

# 'Once Upon a Time' Co-Stars Jennifer Morrison and Sebastian Stan Call It Quits



By Kerri Sheehan

It doesn't look like it will be happily ever after for former *Once Upon a Time* costars Jennifer Morrison and Sebastian Stan. The couple has officially called it quits after more than a year of dating. Multiple sources have confirmed to [UsMagazine.com](http://UsMagazine.com), "They broke up at least four months ago. They have gone their separate ways—no bad blood." It seems the couple has just grown apart and there will be no hard feelings.

**How do you announce your breakup to family and friends?**

**Cupid's Advice:**

Breakups are never easy. Let Cupid help you ease the transition from together to apart:

**1. Don't send out a huge announcement:** A lot of people get the idea to send out an announcement letter to all of their friends about their breakup. This is especially true if they feel they have been wronged. They want to be casually vindictive and let other know that the breakup wasn't their fault. However, this is the wrong way to go about it unless you're still in middle school.

**2. Leave the drama out of it:** It's a breakup, not a breakdown. So, when you're informing your friends and family that you and your lover have called it quits, don't be too dramatic about the whole situation. Sure it will take some time to get over, but it is not the end of the world.

**3. Practice makes perfect:** Before informing anyone, sit down by yourself and figure out exactly what you want to say. You may not want to give them every little detail and therefore having a blanket statement ready to tell people is a good idea.

**How would you announce a breakup? Share below.**