

New Celebrity Couple: Jesse Williams Is Dating Sports Reporter Taylor Rooks



By Rhodesia Williams

In [celebrity news](#), Jesse Williams is now dating Taylor Rooks. According to *EOnline.com*, Jesse Williams, well known for his role in *Grey's Anatomy*, is now dating Taylor Rooks, an anchor for *SportsNet New York*. After Williams' [celebrity divorce](#), he dated actress Minka Kelly. After they called it quits earlier this year, Williams met Rooks. The new [celebrity couple](#) were seen Memorial Day weekend in Atlantic City, attending Kevin Hart's comedy show.

Celebrity couple alert! Jesse Williams has moved on after his divorce. What are some ways to know you're ready to date after a split?

Cupid's Advice:

Sometimes you don't want to start over, but in most cases you have no choice. Cupid has advice on ways to know when you're ready to date after a split:

1. You need time: Nine times out of 10 if you think you are ready to date after breaking up with someone a day earlier, you aren't ready. Once you've taken a good amount of time for yourself, then you will be ready. There is no specific amount of time, but when you are ready, you will feel it mentally and emotionally. Don't be afraid to take time for yourself; date yourself. It sounds cheesy, but this will help you in the long run because we all know you will kiss a few frogs before you meet your prince.

Related Link: [Relationship Advice: I'm Scared to Get Back Out There and Date!](#)

2. Listen to your feelings: Are you waking up every day with a smile or a frown? When you finally start waking up with a smile and are able to go about your day, you are just about ready. On the contrary, if you are still hurt and cry a lot, you may not be ready. Some say the best way to get over someone is to jump back on the horse, but sometimes we are just not emotionally ready. Be mindful and careful because just like you don't want to get hurt, you don't want to hurt someone else either.

Related Link: [Dating Advice: How Long Should You Date Around, After You Meet a Man You Like?](#)

3. Check your vibes: Putting time and feelings together pretty much makes up your vibes. What kind of vibe will you be giving off? When you project positive vibes, you usually get them back. Will you be able to go out on a date without mentioning your ex? Will you be able to mention the break up without getting upset? Your vibes have to be just right because people will pick up on them. Nobody wants to go on a date with the person that constantly brings up their ex or, once they mention the break up, the mood of the date changes. The best practice is with friends and family.

After a split, what are the indicators that you use to know when you are ready? Share below.