

Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation



By [Carly Horowitz](#)

In [latest celebrity news](#), [Jennifer Aniston](#) and Justin Theroux have officially announced that they are separated. The former couple was wed secretly in August 2015. Now, this [celebrity break-up](#) was also kept until wraps until yesterday. According to [UsMagazine.com](#), the duo released a statement, saying, "In an effort to reduce any further speculation, we have decided to announce our separation. This decision was mutual and lovingly made at the end of last year." The former [celebrity couple](#) wanted to release the truth despite false speculation. "Normally we would do this privately, but given that the

gossip industry cannot resist an opportunity to speculate and invent, we wanted to convey the truth directly. Whatever else is printed about us that is not directly from us, is someone else's fictional narrative." Aniston and Theroux seem to have had a pretty peaceful celebrity break-up, as they also stated, "We are two best friends who have decided to part ways as a couple, but look forward to continuing our cherished friendship."

This celebrity break-up comes after much speculation. What are some ways to keep your break-up just between you and your partner?

Cupid's Advice:

One of the worst things that can happen during a break-up is that other people get involved. Cupid has some ways to keep your split between you and your partner:

1. Don't post: In order to keep your break-up just between you and your partner, it is definitely a good idea to refrain from posting anything on social media that could cause break-up speculation. Posting nasty comments will only make you look bad.

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2. Stay in contact as friends: If you think it would be a healthy idea to stay friends with your ex, then go for it. This will also decrease speculation of a break-up because you and your partner will still be acquaintances.

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3. Keep intimate facts to yourself: Even if the word of your break-up does get released when you were trying to keep it a secret, you can still decrease the false information that is out there by refraining from revealing intimate details regarding the break-up. You don't need to explain to anyone the reason why you broke up if you don't want to. Keep it short and simple, and just let people know that it is over, but that everything is okay.

What are some other ways to keep your break-up just between you and your partner? Comment below!