

# Celebrity Break-Up: Justin Theroux Found Post-Its from Brad Pitt During Jennifer Aniston Marriage

By [Carly Horowitz](#)

In [latest celebrity news](#), Justin Theroux found post-it notes from [Jennifer Aniston's celebrity ex, Brad Pitt](#), during the time that he was together with Aniston. According to [UsMagazine.com](#), a source stated, "He stumbled upon old Post-it notes Brad had written. Sweet little Post-its like, 'You looked nice tonight' or 'Miss you already'." The source further explained that these post-it notes caused much controversy. The source goes on to say, "Jen assured him they weren't a big deal, but Justin wasn't thrilled ... Justin had moments of insecurity like that." Needless to say, details are still surfacing with regard to the Aniston-Theroux [celebrity break-up](#).

**Details from this celebrity break-up are still emerging. What are some ways to keep the personal details of your relationship under wraps post-split?**

**Cupid's Advice:**

Personal details about your relationship are just that –

personal. It can be a burden if these intimate details are being released. Post-split time is stressful in general. It doesn't need to be more stressful by details being revealed. Cupid is here with some advice on how to keep those personal details on the down-low after your break-up:

**1. Be careful to whom you tell information:** A relationship is usually between only two people. If you truly want to keep the details between you two, be meticulous about who you share your post-split details with. Even your best friend might not be able to keep the juicy details to themselves.

**Related Link:** [Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation](#)

**2. Get on good terms with your ex:** Have a mature conversation with your ex and make sure you guys are on decent terms after your separation. Make it clear that you want to keep your information private. If you and your ex aren't on good terms, it could cause them to potentially leak information in regards to your relationship that you did not want exposed. Make sure you guys are on the same page.

**Related Link:** [Celebrity Break-Up: Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston](#)

**3. Be straight forward:** If you must expose information to someone post-split, be straight forward and make affirmative statements so that your words cannot be twisted and skewed. Say things like "We have moved on maturely", and just leave it at that.

**How else can you keep your personal break-up details secret? Comment below!**