

Celebrity Break-Up: Anna Faris Learns Important Lesson From Divorcing Chris Pratt



By [Carly Horowitz](#)

In [latest celebrity news](#), Chris Pratt finally broke the silence in regards to his [celebrity divorce](#) from Anna Faris. Pratt and Faris announced that they were “legally separating” in August 2017 after eight years of marriage, and they filed for divorce by the end of that year. “Divorce sucks,” Pratt ultimately revealed in an *Entertainment Weekly* interview this week. He continues to explain that him and Faris are still friends and are kind to one another for the sake of their five-year-old son, Jack. From Faris’ view, she said, “We have

a great friendship, we really do and we always have. And it's always tough to envision your future as one thing, but I think there is a lot of love," on a SiriusXM's *Hits 1 in Hollywood* interview. According to EOnline.com, Faris added, "I think it's a lesson learned a little bit in terms of keeping relationships a little more private, potentially, even though I pride myself on being a pretty open person. But, I don't know, it's tough when you're under the scrutiny." In other news, Faris is currently dating Michael Barrett, while Pratt is allegedly still single.

This is the first we are hearing about the opinions of Chris Pratt and Anna Faris since their [celebrity break-up](#). What are some benefits to keeping your post-relationship details on the down-low?

Cupid's Advice:

It can truly be a tough time in your life after you split from a partner you were together with for so long. You don't need to expose all of the details to every single one of your friends and family if you do not wish to. If you keep to yourself and a few close friends, here is what can happen:

1. You will be able to explore your true self: Without the input from others, you will have the opportunity to really understand what you are feeling. Sometimes, it isn't bad to have input from the ones you trust most, but this can occasionally lead to you thinking that you are feeling one way when you are really not. It is most beneficial to get to know

yourself alone during this time.

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2. You won't receive as much judgement: This is hard for you as it is, you don't need further scrutiny to just make this situation even worse. When people go through break-ups, it is really difficult for outsiders to truly understand the emotions and feelings that you go through. Therefore, they may judge. You can minimize that by conducting your life in a more private manner.

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3. You won't be bombarded: The more details you put out there, the more people will crowd you with questions. "Why did you break-up?" "Was there cheating involved?" "Are you guys still talking at all?" It can become overwhelming. It is okay to just stick to talking to one specific person that you trust most to help get you through this time and then let the magical self-growth occur.

What are some other reasons to keep your post-relationship information private? Comment below!