

# Celebrity Exes: Justin Theroux Breaks Silence on Split from Jennifer Aniston



By Courtney Shapiro

In [celebrity news](#), Justin Theroux discussed his split and previous [celebrity relationship](#) with Jennifer Aniston. The [celebrity couple](#) wed in August of 2015 and separated in February after less than three years of marriage. In an interview with *EOnline.com*, Theroux said, “The good news is that was probably the most...it was kind of the most gentle separation, in that there was no animosity.” Theroux and Aniston remain friends even after their split.

# Justin Theroux characterized his split from celebrity ex Jennifer Aniston as “gentle.” What are some ways to keep the animosity out of your break-up?

## Cupid's Advice:

Can a relationship end without animosity? Cupid has some tips to keep the break up amicable:

**1. Talk through any issues:** To end the relationship with no “hard feelings,” it is important to discuss any problems you might have with one another. Work through all your issues and make sure both of you are on the same page. You will be able to be friendly if both parties were able to calmly discuss any concerns.

**Related Link:** [Celebrity Exes: Tate Donovan Says He was ‘Dying Inside’ Working with Ex Jennifer Aniston on ‘Friends’](#)

**2. Keep the details of the break-up between the two of you:** Of course it is difficult to keep the details to yourself, because all of your family and friends will want to know what happen, but keep those private as it was something that happened just between you and your partner. You can share the gist with your support system, but you don't want that person getting attacked for being part of the break-up, when they won't fully understand the reasons behind the decision.

**Related Link:** [Celebrity Break-Ups: Ashlee Simpson Wasn't Totally Surprised By Jessica Simpson & Nick Lachey's Split](#)

**3. Don't try to “win” the break-up:** After the break-up, your sole focus is going to be yourself for sure. You can incorporate positive changes into your life, but don't make it

seem like you're thriving without the person right away.

**Are there ways you have broken up with someone in a friendly way? Let Cupid know below!**