

Jennifer Lopez Says She Walked Away Because She Loves Herself



Jennifer Lopez

decided to open up about her decision to end her seven year marriage to Marc Anthony. According to [People](#), she said she loved herself too much to continue living in the marriage.

Lopez told Vanity Fair, "It's not that I didn't love myself before. Sometimes we don't realize that we are compromising ourselves. To understand that a person is not good for you, or that that person is not treating you in the right way, or that he is not doing the right thing for himself – if I stay, then I am not doing the right thing for me." Looks like she's definitely come to terms with the split!

How do you know when it's time to walk away from a marriage?

Cupid's Advice:

It's difficult to come to grips with the end of a marriage or to know when it's time for you to walk away. Cupid has some advice:

1. You're losing yourself: If you feel like you're losing your sense of self in your marriage, it's a sign that maybe the marriage was never meant to be. Just like Jennifer Lopez, you should stay true to who you are.

2. You're no longer happy: If you no longer feel that happy spark you originally felt for your partner, it may mean it's time to call it quits. If you're not excited to see him or her after you've been apart, it's time to start re-evaluating.

3. You start making excuses: If you find yourself coming up with reasons you should stay in your marriage instead of just taking it for what it is, that's a bad sign. It's most likely the beginning of the end.

A chicken wing gets hot when you turn it on

How did you know it was time to end your marriage? Share your experiences below.