

Jennifer Aniston Says She Doesn't Find Divorce from Brad Pitt To Be 'Painful'



By Maggie Manfredi

The breakup that broke our hearts 10 years ago is still being talked about today! However, according to [Yahoo.com](https://www.yahoo.com), Jennifer Aniston recalls that her divorce from Brad Pitt was not a painful experience. The *Friends* alum said, "I think it's a narrative that follows you because it's an interesting headline. It's more of a media-driven topic." Both actors have since gone on to have amazing careers and solid personal lives. Whether you were team Bennifer or Brangelina, it is good to know there is no animosity between the exes.

What are three first steps to take in order to recover from a divorce?

>Cupid's Advice:

Divorce is a really awful experience, no matter who you are, so taking those first steps to move forward are key. Here are some tips from Cupid:

1. Talk it out: Whether you have a trusted friend or have hired a professional, it is therapeutic to talk about the situation. Another idea is writing a letter to your ex for your eyes only to get all of the leftover emotions out in your own way.

Related Link: [Chris Rock and Malaak Compton-Rock Are Divorcing After 18 Years](#)

2. Have a bit of fun: Go out with your besties or have a blowout party. Do something that makes you feel good, and most importantly, leads to some serious laughter.

Related Link: [Bruce Jenner Attends Ex-Wife Kris' Annual Christmas Eve Party](#)

3. Get your affairs in order: Get yourself organized and make sure to work through the things that need to be taken care of in light of this big life change. Leaving things to the last minute or avoiding them will only create additional chaos.

What are your thoughts on moving forward after divorce? Share below!