

Celebrity Divorce: Mandy Moore Reflects on 'Sad' and 'Lonely' Marriage to Ryan Adams



By [Mara Miller](#)

In the latest [celebrity divorce news](#), Mandy Moore opened up about her seven-year roller-coaster marriage to singer-songwriter Ryan Adams, according to *UsMagazine.com*. The [celebrity exes](#) met when Moore was 23, and she became smitten with him. They married a year later. Things fell apart in Moore's immediate family when her mother left her father and so she thought, "I'll create my own family," Moore admitted on the "WTF with Marc Maron" podcast. She explained that her

career quieted down soon after the marriage. “I couldn’t do my job because there was just a constant stream of trying to pay attention to this person who needed me and wouldn’t let me do anything else.” Moore and Adams divorced in June of 2015. She is now happily married to Dawes frontman Taylor Goldsmith.

This celebrity divorce ended up being a blessing in the end. What do you do if you find yourself in a marriage that’s bad for you?

Cupid’s Advice:

If you’re truly being abused by your partner, the best thing you can do is get out of the relationship. Call this domestic abuse hotline if you ever need it: 1-800-SAFE (7233). Local women’s shelters and community-based services may be able to provide help as well.

When you’re in a bad marriage, it can be a tough call to decide whether you should leave or stay. But, you have to think about yourself and your children (if you have any) before you think about the longevity of your marriage to someone who makes you unhappy. Cupid has some tips:

1. Stop making excuses: It’s easy to make excuses if you’re in an unhealthy marriage. They’re working too hard for you and your family, or they had a bad day at work, so that’s why they insulted you, especially when it happens constantly. *Stop this.* You’re letting your spouse get away with treating you badly. It’s easy to find yourself in a loop of reasons why it’s okay to let your spouse treat you this way. Remember this: the *only* person that can get you out of this situation is yourself.

Related Link: [Celebrity Exes: Mandy Moore Says Ex Ryan Adams](#)

Was 'Psychologically Abusive'

2. Take a good, hard look at your role in the relationship:

Does the house fall apart when you aren't home no matter how many times you've asked for help? Do they expect you to hold a full-time job *and* do all of the housework? Take care of the kids by yourself? If every single thing falls on you and they aren't trying to help, or they try to make you feel awful when you haven't gotten everything done, then it might be time to get out.

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3. Reach out to friends and family: It can be easy to lose touch with friends and family when you're busy. This is normal. But one of the first signs of being abused is for the abuser to start isolating their partner so they can't reach out for help. Being in a relationship that requires an occasional venting session with your bestie is one thing, but feeling completely isolated with no way out is another beast entirely.

What are some things you can do if you find yourself in a bad relationship? Let us know in the comments below!

Celebrity Exes: Mandy Moore Says Ex Ryan Adams Was 'Psychologically Abusive'



By [Lauren Burczyk](#)

In [celebrity news](#), Mandy Moore opens up about her rocky marriage with [celebrity ex](#) Ryan Adams. According to *UsMagazine.com*, Moore accused Adams of being psychologically abusive during an interview with the *New York Times* that was published on Tuesday, February 13th. Moore, 34, claims that “music was a point of control for him.” She added that “he would always tell me, ‘You’re not a real musician, because you don’t play an instrument.’” The *A Walk to Remember* actress continued, noting that they would write songs together that Adams promised to record, but never did. Adams released a statement denying the claims made by his ex-wife, saying that “the picture that this article paints is upsettingly inaccurate.”

Mandy Moore found herself in an abusive relationship with her celebrity ex. What are some types of abuse you need to protect yourself from?

Cupid's Advice:

Abusive relationships are unfortunately very common, they happen when one person wants to maintain power or control over their partner. Here are some types of abuse that you need to protect yourself from in a relationship:

1. Physical abuse: This can be any type of hitting, punching, or scratching brought on by your partner. Even if this type of abuse doesn't leave a bruise, it's not healthy and needs to be addressed.

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2. Emotional and verbal abuse: Even without physical violence, a relationship can be subject to unhealthy emotional and verbal abuse. Although it doesn't cause physical damage, verbal abuse leads to emotional pain and scarring.

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3. Sexual abuse: Just because you are married to someone or have been with them for a long time, doesn't mean you have to be forced to engage in behavior that you're not comfortable with. This activity should be fun and you shouldn't feel like you are being pressured into anything you don't want to do.

Can you think of any other types of abuse you need to protect

yourself from? Comment below.

Celebrity Break-ups of 2015





Gwen Stefani and Gavin Rossdale

This musical duo surprised everyone when they announced their celebrity divorce on August 3rd. They've promised to keep things amicable and co-parent their three sons together.
Photo: Albert L. Ortega / PR Photos

New Celebrity Couple Alert! Ryan Adams is Dating Amber Heard's Sister, Whitney





By Meranda Yslas

Hollywood has a new [celebrity couple](#)! Singer Ryan Adams is now dating singer Amber Heard's younger sister, Whitney Heard, according to [People.com](#). Just two months earlier, Adams and actress Mandy Moore officially announced their celebrity divorce. Although the celebrity couple had been married for almost six years before the split, they were going their separate ways beforehand. One insider shared, "They really were just two very different people. He's such an introvert, and she may not want her life out there every day, but she's so sweet and friendly and social. Total opposites."

It looks like former celebrity couple Ryan Adams and Mandy Moore are going their separate ways! How do you know when you're ready to

move on from a past love?

Cupid's Advice:

Moving onto a new relationship and love is exciting! However, if you find yourself constantly thinking about your ex, maybe you're not quite ready to start something new. If you need some reassurance that you're over your old fling, here are some signs:

1. Thinking of the future: What do you imagine your life being like in the next three months? Year? Five Years? If in these fantasies and future goals, your ex partner isn't in them, it's safe to say that you've moved on from him.

Related Link: [Mandy Moore and Ryan Adams File for Celebrity Divorce After 6 Years of Marriage](#)

2. You've stopped talking about them: It's a tell-tale sign that you aren't over your ex if you find any excuse to bring up their name. Some simple relationship advice: if you want to forget about a past love, don't constantly remind yourself of it.

Related Link: [Mandy Moore and Ryan Adams Celebrate 5-Year Anniversary](#)

3. Excited for love: If you can picture yourself in a new relationship with different people, then your ex isn't a problem anymore. You are free from any lingering feelings that may have stopped you from grabbing fro-yo with your cute coworker.

How did you know you were ready to move on from a past love? Share below!

Mandy Moore Ditches Wedding Ring & Spends V-Day with Minka Kelly Amid Celebrity Divorce News



By [Rebecca White](#)

Sometimes even married celebrity couples have to call it quits when things go terribly wrong in their celebrity relationship. When the latest celebrity news and gossip hit the press that famous couple Mandy Moore and Ryan Adams were filing for celebrity divorce, our hearts were broken. According to

UsMagazine.com, Moore officially became a single celebrity woman by ditching her wedding ring and spending Valentine's Day weekend with her best friend at a celebrity getaway.

Celebrity divorce is tough because all eyes are on people like Mandy Moore and estranged husband Ryan Adams. What are some ways to keep your divorce drama private?

Cupid's Advice:

Unfortunately, when a celebrity divorce occurs, all eyes are on the Hollywood couple, with rumors and gossip flying around in Tinseltown. Luckily for us, when we decide to get divorced, it is not a celebrity break-up on the front page of the tabloids. Here are a few ways to keep the divorce drama private:

1. Keep it off social media: When your relationship and love life is going downhill and you decide to file for divorce, keep it off social media. There's no reason for every acquaintance to be aware of your personal life.

Related Link: [Mandy Moore and Ryan Adams File for Celebrity Divorce After 6 Years of Marriage](#)

2. Only tell trusted family and friends: During this time of heartbreak, keep your friends and family close, rely on them for support, and don't tell anyone else about the dying romance. Right now, you need time to grieve with your group of support.

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[Spouse](#)“

3. Keep legal issues amicable: Try not to engage in unnecessary arguments and keep the divorce amicable. If the split is as mutual and friendly as possible, then no one will overhear a fight or see you with your guard down, therefore keeping your private life, private.

How do you keep divorce drama private? Comment below!

Mandy Moore and Ryan Adams File for Celebrity Divorce After 6 Years of Marriage





By Maggie Manfredi

Well, it's been a marriage to remember. According to UsMagazine.com, actress and singer Mandy Moore is calling her celebrity marriage to Ryan Adams quits. This celebrity divorce ends after a six year relationship between the two artists. The celebrity exes released a statement stating, "It is a respectful, amicable parting of ways and both Mandy and Ryan are asking for media to respect their privacy at this time."

This celebrity couple has always kept their relationship private, and the divorce is being handled no differently.

Celebrity divorce is often analyzed by the celebrity news media and public. What are some ways you can keep your divorce private?

Cupid's Advice:

Handling divorce is a delicate procedure whether you are

celebrity exes or not. Wanting to keep your relationship termination private is understandable, but at times it can be tricky. Cupid has some tips on how to handle the process:

1. Keep your thoughts to yourself: This may seem like common sense, but if you want to keep the divorce private you have to stay quiet. That definitely includes, but is not limited to, social media. If you feel the need to express what you are feeling, try starting a personal journal. It will feel good to write it all down. Good news here: you aren't limited to 120 characters.

Related Link: [Mandy Moore and Ryan Adams Celebrate 5-Year Anniversary](#)

2. Share with people you trust: There is no shame in reaching out for professional help. A psychologist, counselor or therapist will be able to listen with no judgement and can give you tools to move forward with your life. If you want to reach out to your personal connections, make sure you are staying within the circle of people who you know have your back and will support you.

Related Link: [Mandy Moore Discusses Happy Ending with Husband Ryan Adams](#)

3. Communicate with your ex: If you are working to keep a divorce quiet, make sure that the person you are sharing the breakup with are on the same page as you. Be honest with each other and set boundaries for the road ahead as separate individuals.

What is your solution for a private end to a relationship? Share your thoughts below.

Real Life Celebrity Duets





Beyonce and Jay Z

Known as the queen and king of music, this couple is one of the most powerful celebrity duos. Not only has the hot pair been together for over a decade, they collaborate regularly with too many songs to count and recently performed their On The Run Tour together for thousands of fans around the U.S. Photo: Janet Mayer / PRPhotos.com

Mandy Moore and Ryan Adams Celebrate 5-Year Anniversary





By Louisa Gonzales

Mandy Moore and long-term partner Ryan Adams marked their fifth wedding anniversary with a huge celebration on Sunday with family and friends. The star posted pictures of the evening's festivities on Instagram, with everyone looking lovely and in smiles. According to [People](#), everyone who attended the party dressed up for the monumental occasion, with the guys wearing '50s looks and the gals wearing party dresses along with fun accessories. Moore, 29, herself sported a sombrero, while her good celebrity friend Minka Kelly wore a clown bow-tie. The fashionable couple got engaged back in 2009 and are now happily married. Moore even posted a photo of her marriage certificate the week before with a caption that read, "The best 5 years...". Congrats to the married couple!

How do you make your wedding anniversary special?

Cupid's Advice:

Marriage is a special thing that signifies a bond and love between two people. Once you're married they are a lot of

hardship, but also a lot of good times. When you love someone you want to make them feel special, loved and appreciated. This is even more important come your wedding anniversary. Cupid has some advice on how to make your wedding anniversary memorable:

1. Plan a celebration: What better way to celebrate your love and marriage with your lover than to plan something special like a celebration. Celebrating your anniversary doesn't have to be a huge extravagant thing, it can be as big as a party filled with family and friends or as simple as a romantic evening in. The point is you are celebrating the day you decided you wanted to be with your lover forever. However you plan to mark the special occasion is up to you, just make it memorable and perfect for the both of you.

Related: [Mandy Moore Discusses Happy Ending with Husband Ryan Adams](#)

2. Take them someplace fun and exciting: Why not use your wedding anniversary as an excuse to go out and do something adventurous or fun? Your sweetheart will be sure to feel loved and appreciated when you take them some place they have always wanted to go, but never could before. Maybe, take them to a fancy new restaurant, or to the beach or travel some place special, it doesn't matter. Sure, life can get busy or costs can get expensive, so make plans that work for the both of you, just keep in mind on what would make significant other the most surprised and happy.

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3. Get them an unforgettable gift: Nothing says, "I love you" like the perfect gift. When you're working on the gift or thinking about what to get, try to consider what would truly show how much you understand your lover, after all no one probably knows your honey better than you. Maybe you can write

them a card, filled with inspiring words or all the things you love about them. Or you can write a song for them, make them something special or buy a gift it doesn't matter, just make sure it's something that your honey will appreciate.

What are ways to make your wedding anniversary special? Share in the comments below.

Mandy Moore Discusses Happy Ending with Husband Ryan Adams



It looks like there's at least one celebrity couple we can count on. After two years of marriage to musician Ryan Adams, Mandy Moore is still very much in love. The actress and singer recently told [People](#), "I feel very supported and loved and at peace ... I got my own little happy ending." And for Moore, happiness is found in the little things. After mentioning how "nerdily obsessed" she and her hubby are with their two cats and dog, the actress added, "We're big homebodies ... We never want to leave [the house]." **How do you have fun staying in for the night?**

Cupid's Advice:

Going out on the town can be exciting, but sometimes you just need to chill out at home. Here's how to make the most of staying in:

- 1. Be romantic:** Just because you're staying home doesn't mean you have to forgo romance. Cook an extravagant dinner for your partner, and then snuggle while you watch a corny movie.
- 2. Go old school:** Dust off that old game of Chutes & Ladders or Monopoly and go wild. A retro game night will help you bond.
- 3. Get close:** Are you usually too busy or too tired to get quality intimate time with your partner? Use this opportunity to try new things in (and out) of the bedroom.