

Scarlett Johansson Says She 'Hit Rock Bottom' in Celebrity Relationship



By [Brooke Crawford](#)

According to [UsMagazine.com](#), Scarlett Johansson shared how she hit an all time low recently. During her May 2016 exclusive [celebrity interview](#) with *Cosmopolitan*, Johansson shared that she dated someone who was perpetually unavailable. She went on to say that she found herself going to lengths that made her feel as though she had become a different person. Johansson gave [relationship advice](#) by sharing that after the realization sets in that you can't stoop any lower, then it is time to cut off the problem. Johansson's former [celebrity relationship](#) is a prime example of how things can easily get out of hand.

It seems this celebrity relationship didn't have staying power. What are some ways to know you've hit rock bottom in a relationship?

Cupid's Advice:

Not all relationships are meant for the long haul. Cupid has some relationship advice about how to know when you're at the end of the rope:

1. You don't recognize yourself: A very big sign that you have hit your rock bottom is when you have compromised who you are so much so that you do not recognize who you are anymore. When you begin to say and do things that do not match your core beliefs or morals, it is time to do a self check in to assess if you have hit your lowest point.

Related Link: [Expert Dating Advice About Dating Traps to Avoid](#)

2. Depression: If you are experiencing signs or symptoms of depression, you very well could be at your version of rock bottom. Seek out help from a professional to open up to them about where you are emotionally and mentally. The sooner you pinpoint the issue, the sooner you can rectify it.

Related Link: ["Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can – and Should – be Saved"](#)

3. Putting your life on hold: When you start sacrificing your responsibilities or the things you like doing, it is time to question whether or not you are on a downfall. If you are no longer your first priority, you no longer value yourself. Your main focus should always be on you because if you are in love with you, then others will be, too.

**Hitting the lowest point in your life is not a pretty site.
What were your signs and how did you come out of rock bottom?
Share your experience below!**