

Celebrity Couple News: Pink & Carey Hart Are 'Solid' After Two Breaks from Their Marriage



By [Cortney Moore](#)

Pink and Carey Hart have made celebrity news in the last 16 years due to their tumultuous relationship. However, after celebrating their 11th anniversary back in January, it seems that this celebrity couple have found a way to make it work. How were Pink and Hart able to save their relationship? Well, Pink credits the two breaks her and Hart took in 2003 and 2008 as factors that transformed their love for each other. "The first one was about a year. And the second one was 11 months,"

Pink explains in an interview with [UsMagazine.com](https://www.usmagazine.com). An insider also spoke with the magazine and agreed that Pink and Hart are a solid celebrity couple, "They love their life together." Taking a break during marriage might be a little unorthodox, but this strategy has helped them avoid divorce. Let's applaud this famous couple for making it work. There are so many in Hollywood who aren't as lucky.

This celebrity couple proves that sometimes breaks in a relationship can be beneficial. How do you know if a break will help or hurt your relationship?

Cupid's Advice:

The very idea of taking a break is scary for many couples. However, if your relationship has been on the rocks for some time, a break might be just what you need. Before you decide to go all-in, let Cupid help you figure out whether a break will be beneficial or hurtful for your relationship:

1. There's a weak foundation: The reason you're considering a break is due to a failing relationship. Some things just aren't working out anymore and you need space to see if this is something you really want. Taking a break helps you find the cracks in your relationship, and hopefully with some time apart you can fix these problems together. But, you also need to be wary. Being able to see all of your relationship's flaws might also tempt you to run away. You need to go into a break with the intention of possibly getting back together. If you don't do this then it's just a plain breakup and not an actual break.

Related Link: [Celebrity News: Carey Hart Shares Sweet Family](#)

[Photo on Anniversary with Pink](#)

2. Get on the same page: Before you and your partner officially decide to part ways, you need to discuss what you're both okay with and what you're both not. Will this be a break that allows you to both date other people, or do you both expect monogamy during your time apart? These nitty-gritty details might not be something you want to discuss during tough times, but it's a conversation that must be had. If you're both not on the same page about the break, then someone is going to get hurt and your relationship will be strained even more than before. So talk it out, you might even be pleased to see you both share similar ideologies.

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3. Gives you very much needed 'me time': Taking a break from your relationship helps to free up your schedule. This is great because it provides you the opportunity to reassess your priorities personally and professionally. If there's something you always to do, it's time you pursue those dreams. Whatever it is that makes you happy may translate over to your strained relationship. When you feel good about yourself, you're confident, and that positive energy might be something your partner was missing in you. Just make sure you're not too busy for a relationship. Remember, the point of a break is that you and your partner intend to reunite.

Have you ever had to take a break in a relationship? How did it work for you? Share your comments below!