

Celebrity Break-Up: Anna Faris Opens Up About Split from Chris Pratt



By [Melissa Lee](#)

Earlier in the week, former Hollywood [celebrity couple](#) Anna Faris and Chris Pratt announced that they were separating from one another. Though the news was revealed via social media, Faris finally broke her silence after opening up on her podcast, *Unqualified*. She offered relationship advice to one heartbroken listener, eventually hinting at her own situation with Pratt. [People.com](#) reported that Faris found herself feeling lost in relationships, explaining that one should always know their worth and independence.

This celebrity break-up has left Hollywood shocked and sad. What are some factors to consider when it comes to independence in a relationship?

Cupid's Advice:

After eight years of marriage, coming to terms with divorce must have been a hard pill to swallow for both Anna and Chris. It seems like a lot of the issues stemmed from Anna's struggle to understand her independence in the relationship. If this situation sounds familiar to you, head below to read some of Cupid's tips:

1. Try not to lose yourself: In serious relationships, it can become increasingly difficult not to lose sight of the person you are at heart. At times, we may find ourselves changing our likes and dislikes (among other things) simply due to our partner. While there's nothing wrong with change, you should always remember who you are. You should know your boundaries, in addition to knowing when you've changed *too* much. At the end of the day, you should always recognize the person you are.

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2. Do things on your own: Going out to eat, trips to the super market, and walks in the park are always fun to do with your sweetheart, but that doesn't mean you should do *everything* with them. If you are constantly performing tasks and going places with your partner – and find yourself having difficulty doing the same things by yourself – you may be losing your independence as a human being. While it's

enjoyable to have company when doing mundane tasks, you should still be taking the time to embrace your independence by doing things on your own as well.

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3. Never stop working on yourself: A common misconception is that it's harder to grow as a person when you are in a relationship. This can be true at times, but that's usually because you're not putting the work in. Regardless of the relationship you find yourself in, you should never stop working on yourself. You should always take the time to do beneficial things for yourself, along with putting yourself first every now and then.

What are some of your tips for keeping your independence when in a relationship? Leave your thoughts below.