

# Celebrity News: Sarah Jessica Parker Says Time Apart is Beneficial to Her 20-Year Marriage to Matthew Broderick



By [Jessica Gomez](#)

In [celebrity news](#), Sarah Jessica Parker explains how having busy schedules helped her 20-year marriage to Matthew Broderick. According to [UsMagazine.com](#), Parker appeared on an episode of *Girlboss Radio with Sophia Amoruso*, expressing how time apart was beneficial to the [celebrity couple](#). “I know this sounds nuts, but we have lives that allow us to be away and come back together,” Parker said. “His work life takes him here, and mine takes me there. In some ways, I think that

that's been enormously beneficial because we have so much to share in a way," she continued. And the actress had some insight as well: "Anytime that any relationship is hard, it's the point in which you're deciding, 'Is this worth the investment getting through whatever that thing is?'"

## **In celebrity news, time away truly does make the heart grow fonder. What are some ways that distance can actually help your relationship?**

### **Cupid's Advice:**

Sometimes in a relationship, you do need space. Sometimes we like it, sometimes we don't – but that's how it is! Here are a few ways relationships can benefit from space:

**1. It can boost your individual growth:** When in a relationship, we can sometimes lose sight of who we are as an individual. Many times this is due to the compromises we have to make and our focus on "couple goals," more than individual goals. Time apart will help because you'll get alone time. During this time, give some thought into where you want to go in life. Think of you, the individual. You can also learn some new things about yourself. As humans, we are constantly changing, and having space for yourself provides the environment and alone time to recognize something about yourself – which leads us to #2...

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**2. You can learn something new, like a hobby:** And bring it back to your relationship. If you both learn new things while

having time apart, it can be an exciting experience to share it with your partner after. Doing new things while there is space between you two helps because you learn things that are concentrated around your personal preferences and interests. You're doing two things: enjoying your time alone while learning and bringing something new that can even maybe spice up the relationship.

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**3. It can increase trust and decrease insecurities:** If you're going to have time apart, you obviously have to trust each other. And if you don't trust each other, then you have to build that trust – and time apart is a way to do so. You can also gain a new perspective on the relationship. The independence you'll receive can actually make you more confident since you'll be focusing on yourself. Trust us, like we said before, some time apart can make the heart grow fonder.

**What are ways giving each other space has helped your relationship? Share below!**