

# Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship



By [Karley Kemble](#)

[Reese Witherspoon](#) usually keeps her personal life out of the public eye, but in the latest [celebrity news](#), the actress is opening up about her past. In an interview with *O Magazine*, Witherspoon sat down with Oprah Winfrey and Mindy Kaling in a [celebrity interview](#) to talk about their new movie, *A Wrinkle*

*in Time*, reports [EOnline.com](http://EOnline.com). The women also talked about the current state of Hollywood, the #MeToo and Time's Up movements, and Witherspoon briefly delved into her past abusive relationship. When she finally ended the relationship, Witherspoon said, "It changed who I was on a cellular level, the fact that I stood up for myself. It's part of the reason I can stand up and say, 'Yes, I'm ambitious.' Because someone tried to take that from me." We certainly admire her courage and bravery in such a sad situation.

**In this celebrity news, Reese Witherspoon opens up about an abusive relationship. What are some things you can do if you find yourself in an abusive situation?**

**Cupid's Advice:**

Abusive situations are very serious and can be challenging to leave. If you or somebody you know is struggling with any sort of abuse, here are three things to do:

**1. Acknowledge:** Victims usually blame themselves or minimize the reality of the situation. Abuse isn't always broken bones or black and blue bruises. It takes form of sexual assault, verbal intimidation and threats, too. Acknowledging that your situation is an abusive one does not define who you are, it is a step closer to getting out of it.

**Related Link:** [Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16](#)

**2. Talk:** Once you open up to somebody about your relationship, overcoming it becomes easier. Whether you confide in a family member, friend, or anonymous hotline, you are taking a huge

step in your path. Don't be afraid to talk about what you're going through. The National Domestic Violence Hotline has amazing, trained people to talk to 24 hours a day, so call them anytime: 1-800-799-7233.

**Related Link:** [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

**3. Use a safe computer:** It's important to keep your well-being at the front-lines. Computer usage is easily monitored, so you want to ensure your abuser has no access to your searches. The National Domestic Violence Hotline's website has some very informative information about how to reduce your "tech footprint" to reduce the chance of your abuser finding your cries for help. Deleting your history, cache, and cookies are all starters, though the website has more detailed tips for your benefit.