

Celebrity Break-Up: Jillian Michaels & Heidi Rhoades Split After 9 Years Together



By Rhodesia Williams

In celebrity news, [celebrity couple](#) Jillian Michaels and Heidi Rhoades have called it quits. According to *UsMagazine.com*, the [celebrity relationship](#) has come to an end after nine years. Although the two share two children together, the couple expressed that the [celebrity break up](#) was mutual. “We’ve found we’re better as friends and parents living apart than staying together.”

This celebrity break-up comes after a long-term relationship. How do you decide whether to call it quits on a long-term relationship?

Cupid's Advice:

Sometimes it's hard breaking up, especially when you have been together for a very long time. As hard as it can be, you have to do what is best for the relationship. You can't let time play a factor in this decision. Cupid has some advice on how to decide if you should call it quits on a long-term relationship:

1. Foundation: Without a strong foundation, your relationship won't be able to weather any storm. Coming up with a decision like ending a long-term relationship is hard, but an excellent point to start is at the core. Do you and your partner have the basics down? Just in case you aren't sure what the basics are, we are talking about trust, communication, understanding, and compatibility. When there are problems, it usually stems from one of those components. Think about it.

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2. Future: Think about your future. Granted, we never know what can happen in the future, but knowing your partner, you can take a pretty good guess. Have you come to an understanding about the things you both want? Children? Marriage? Housing? Pets? You have to think about all of the things that you want. Coming together and discussing the future will help, but if ultimately you are having difficulty coming to an understanding, then maybe you have to rethink your future with your partner.

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3. Feelings: You may have a strong foundation, but your feelings do matter. If you have a gut feeling about something or something just doesn't feel right, maybe you should hold off. The saying, "what's done in the dark will always come to the light" couldn't be more true. Listen to your intuition! While we aren't talking about cold feet, there may be something lingering that is bothering you. Pay attention, and give it time. When the feelings are right, you won't have to second guess anything.

How would you decide if it's time to call it quits? Share below.