

# Celebrity Break Up: Jennifer Garner Wants Ben Affleck to “Work on His Health” Before Finalizing Divorce



By [Haley Lerner](#)

In [celebrity break up news](#), [Jennifer Garner](#) isn't rushing to finalize her [celebrity divorce](#) from [Ben Affleck](#). According to *UsMagazine.com*, new court documents state that the couple was warned by a judge in the L.A. Superior Court that if the two can't settle their divorce case, a judge has the right to call it off. But, apparently Garner has been stalling the divorce. A source said, "Jen wanted to give Ben the time and opportunity to work on his health and sobriety. She isn't in a

rush.” The insider added that Garner wants Affleck to be “the best father he can be” to their three kids and “wants what’s best for the kids. But, it seems Affleck is ready to move on, as he’s been dating *Saturday Night Live* producer Lindsay Shookus. The source added, “Ben would have liked to have finished this and closed the books sooner.” But, “Jen just isn’t willing to settle the custody issues until she’s 100 percent certain that he’s clean.”

## **Jennifer Garner isn't rushing to finalize her divorce with Ben Affleck because she cares about his wellbeing. What are some ways to support your ex after a break up?**

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

Breaking up with an ex can be hard when they are going through a rough time. Cupid has some tips on how to support your ex after a break up:

**1. Give them space:** After a break up, sometimes the best thing you can do for your ex is to give them space. They need to heal from the split just like you, so giving your ex space can be good for both of you.

**Related Link:** [Celebrity News: Jennifer Garner 'Doesn't Want' Her Kids Around Ben Affleck's GF Lindsay Shookus](#)

**2. Talk to their friends:** If you don't want to be the one to directly help your ex, talk to their friends or family and let them know you think they are in need of some help. They can then take the lead and figure out how to help out.

**Related Link:** [Celebrity News: Jennifer Garner and Kids Visit](#)

## [Ben Affleck In Hawaii](#)

**3. Be there for them:** If you're comfortable with it, you can keep the door for conversation open with your ex. Make it clear that you want things to be platonic, but that you are also willing to be a friend to them and are there to talk them through anything they are dealing with.

**Have any more ways to support an ex after a break up? Comment below!**