

Celebrity Break-Up: Roger Mathews Claims Wife Jenni 'JWoww' Farley Finds Him 'Repulsive'



By

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In [celebrity news](#), Roger Mathews posted a comment on a fellow *Jersey Shore* star's Instagram photo where he said "fun fact. My wife finds me repulsive." It is unclear whether the comment is serious or not, yet many people seem to find it humorous and sarcastic. The [celebrity relationship](#) between Mathews and his ex-wife Jenni 'JWoww' Farley ended in September after Farley filed for divorce. According to *UsMagazine.com*, the reality star shared an Instagram post in October with the

comment, "Humor has always been my way through life. Praying for a better tomorrow." the pair was married for three years, and also have two kids together.

In celebrity break-up news, things aren't going well in this *Jersey Shore* romance. What are some ways to keep a level head during a break-up?

Cupid's Advice:

How can you keep a level head during a break-up? Cupid has some advice:

1. Don't listen to what other people say: You and your partner are the only ones who know all the details of your break-up. Just ignore what other people say about the relationship because they weren't involved anyway.

Related Link: [Celebrity Break-Up: Shawn Booth Breaks Silence on 'Painful' Split from Kaitlyn Bristowe](#)

2. Don't overthink everything: This is easier said than done, but try to keep the break-up out of your head. Overthinking every "wrong" thing will only drive you crazy and make you more upset. Stay calm and approach the situation rationally.

Related Link: [Celebrity Break-Up: Ariana Grande & Pete Davidson's Loved Ones Are 'Relieved' They Split](#)

3. Try not make assumptions or jump to conclusions: Speak to each other calmly and try not to yell or get uptight so fast. You don't fully know what that person is thinking, so don't

get ahead of yourself.

How were you able to stay level headed during a break-up? Let us know below!