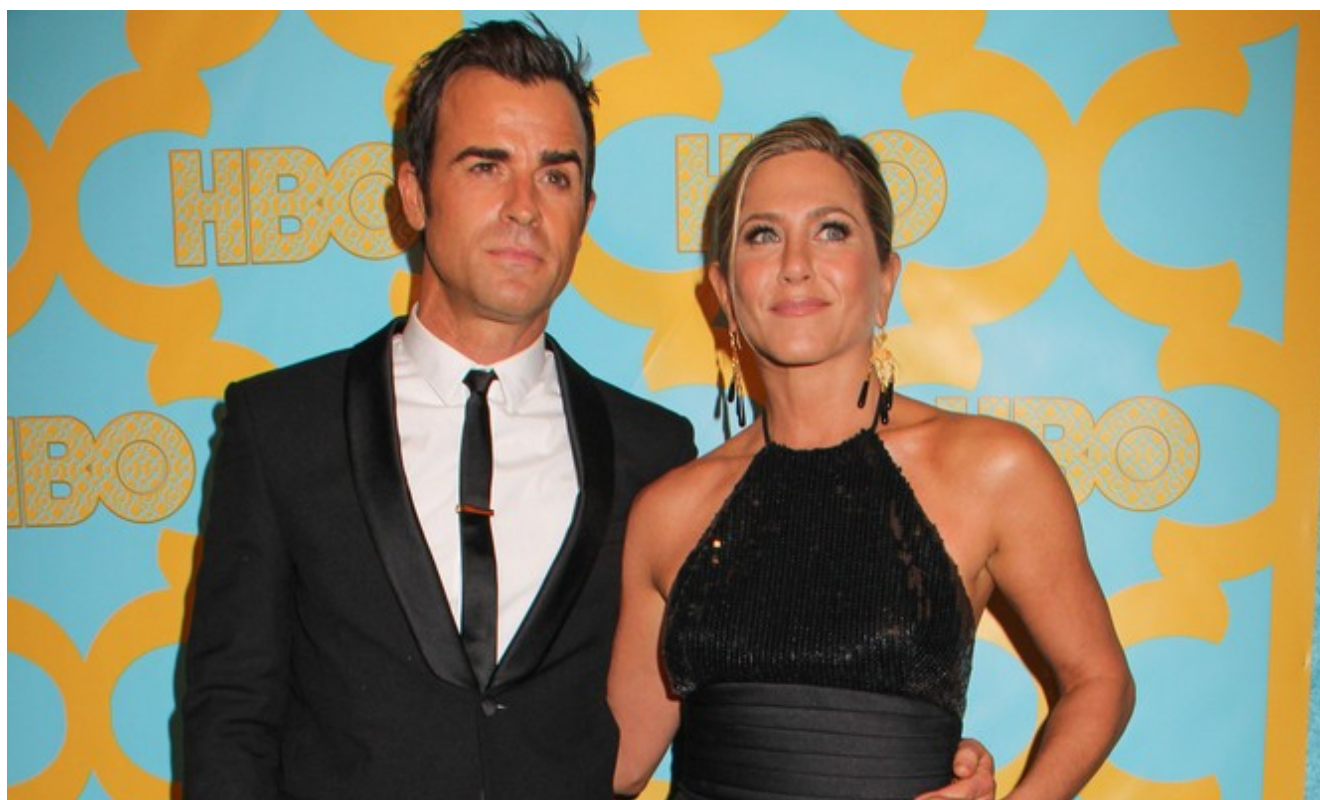


# Celebrity Exes: Justin Theroux Wishes 'Fierce' Jennifer Aniston a Happy Birthday



By [Lauren Burczyk](#)

In [celebrity news](#), [celebrity exes](#) Justin Theroux and [Jennifer Aniston](#) will mark their one-year anniversary of their post-Valentine's Day announcement of their divorce. Despite their break-up, Theroux wished his ex a very happy birthday in an Instagram post. On Monday, he captioned a photo of Aniston holding a pair of bull horns above her head with her muscular arms, saying "Happy Birthday to this fierce Woman." It is unclear if Aniston received the well wishes because she

doesn't have an Instagram, but one of their mutual friends commented on his post. So, chances are she gladly got the message.

## **It seems these celebrity exes are keeping things amicable post-divorce. What are some reasons to remain civil with your ex after a break-up?**

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

Though it may be tough to remain civil with your ex following a break-up, there are many reasons to keep things amicable post-divorce. Here are some reasons to remain civil with your ex after a break-up:

**1. They know your backstory:** Having been through so much together, your ex knows everything about you. Keeping them around as a friend is a great idea so that you have someone you can go to if you need advice.

**Related Link:** [Celebrity Exes: Jennifer Garner Will Support Estranged Husband Ben Affleck 'No Matter the Circumstances'](#)

**2. Your relationship was too important to just end things completely:** So, you couldn't find a way to make things work as partners, but that doesn't mean you can't remain friends. After being together for so long, you can't just pretend your ex doesn't exist, so, it's best to stay civil with them.

**Related Link:** [Celebrity Exes: Justin Theroux Breaks Silence on Split from Jennifer Aniston](#)

**3. It's easier to get over the break-up:** One of the most difficult things after a break-up is missing the person you

used to share your life with. If you're both cool with still being friends, then it can make your split easier to get over.

**Can you think of any other reasons to stay civil with your ex following a split? Comment below.**