

# Celebrity Exes: Mandy Moore Says Ex Ryan Adams Was 'Psychologically Abusive'



By [Lauren Burczyk](#)

In [celebrity news](#), Mandy Moore opens up about her rocky marriage with [celebrity ex](#) Ryan Adams. According to *UsMagazine.com*, Moore accused Adams of being psychologically abusive during an interview with the *New York Times* that was published on Tuesday, February 13th. Moore, 34, claims that “music was a point of control for him.” She added that “he would always tell me, ‘You’re not a real musician, because you don’t play an instrument.’” The *A Walk to Remember* actress continued, noting that they would write songs together that Adams promised to record, but never did. Adams released a

statement denying the claims made by his ex-wife, saying that “the picture that this article paints is upsettingly inaccurate.”

## **Mandy Moore found herself in an abusive relationship with her celebrity ex. What are some types of abuse you need to protect yourself from?**

### **Cupid’s Advice:**

Abusive relationships are unfortunately very common, they happen when one person wants to maintain power or control over their partner. Here are some types of abuse that you need to protect yourself from in a relationship:

**1. Physical abuse:** This can be any type of hitting, punching, or scratching brought on by your partner. Even if this type of abuse doesn’t leave a bruise, it’s not healthy and needs to be addressed.

**Related Link:** [Celebrity Wedding: Mandy Moore Opens Up About Her New Engagement](#)

**2. Emotional and verbal abuse:** Even without physical violence, a relationship can be subject to unhealthy emotional and verbal abuse. Although it doesn’t cause physical damage, verbal abuse leads to emotional pain and scarring.

**Related Link:** [Celebrity News: Mandy Moore Wants to Have Kids ‘Sooner Than Later’](#)

**3. Sexual abuse:** Just because you are married to someone or have been with them for a long time, doesn’t mean you have to be forced to engage in behavior that you’re not comfortable

with. This activity should be fun and you shouldn't feel like you are being pressured into anything you don't want to do.

**Can you think of any other types of abuse you need to protect yourself from? Comment below.**