

Celebrity Divorce: Mandy Moore Reflects on 'Sad' and 'Lonely' Marriage to Ryan Adams



By [Mara Miller](#)

In the latest [celebrity divorce news](#), Mandy Moore opened up about her seven-year roller-coaster marriage to singer-songwriter Ryan Adams, according to *UsMagazine.com*. The [celebrity exes](#) met when Moore was 23, and she became smitten with him. They married a year later. Things fell apart in Moore's immediate family when her mother left her father and so she thought, "I'll create my own family," Moore admitted on the "WTF with Marc Maron" podcast. She explained that her

career quieted down soon after the marriage. "I couldn't do my job because there was just a constant stream of trying to pay attention to this person who needed me and wouldn't let me do anything else." Moore and Adams divorced in June of 2015. She is now happily married to Dawes frontman Taylor Goldsmith.

This celebrity divorce ended up being a blessing in the end. What do you do if you find yourself in a marriage that's bad for you?

Cupid's Advice:

If you're truly being abused by your partner, the best thing you can do is get out of the relationship. Call this domestic abuse hotline if you ever need it: 1-800-SAFE (7233). Local women's shelters and community-based services may be able to provide help as well.

When you're in a bad marriage, it can be a tough call to decide whether you should leave or stay. But, you have to think about yourself and your children (if you have any) before you think about the longevity of your marriage to someone who makes you unhappy. Cupid has some tips:

1. Stop making excuses: It's easy to make excuses if you're in an unhealthy marriage. They're working too hard for you and your family, or they had a bad day at work, so that's why they insulted you, especially when it happens constantly. *Stop this.* You're letting your spouse get away with treating you badly. It's easy to find yourself in a loop of reasons why it's okay to let your spouse treat you this way. Remember this: the *only* person that can get you out of this situation is yourself.

Related Link: [Celebrity Exes: Mandy Moore Says Ex Ryan Adams](#)

Was 'Psychologically Abusive'

2. Take a good, hard look at your role in the relationship:

Does the house fall apart when you aren't home no matter how many times you've asked for help? Do they expect you to hold a full-time job *and* do all of the housework? Take care of the kids by yourself? If every single thing falls on you and they aren't trying to help, or they try to make you feel awful when you haven't gotten everything done, then it might be time to get out.

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3. Reach out to friends and family: It can be easy to lose touch with friends and family when you're busy. This is normal. But one of the first signs of being abused is for the abuser to start isolating their partner so they can't reach out for help. Being in a relationship that requires an occasional venting session with your bestie is one thing, but feeling completely isolated with no way out is another beast entirely.

What are some things you can do if you find yourself in a bad relationship? Let us know in the comments below!