

Celebrity Break-Up: 'Bachelor in Paradise' Couple Kendall Long & Joe Amabile Split



By Ellie Rice

In the latest [celebrity news](#), *Bachelor in Paradise*'s beloved Grocery Store Joe Amabile and Kendall Long have split. The pair released a lengthy statement citing distance as the reason behind the breakup. According to *UsMagazine.com*, the decision was mutual as they both still hold a lot of love for each other. It's sad to see a fan favorite couple turn into [celebrity exes](#), but we hope they find love and happiness on their own journeys!

In celebrity break-up news, this *BIP* couple is no more. What are some ways to know your relationship is over and can't be fixed?

Cupid's Advice:

Acknowledging that your relationship is over can be difficult, but moving on to something healthier and happier is worth it. Cupid has some advice for you on when to know when its really over:

1. Your mental health is suffering: If you aren't feeling like yourself anymore, and the relationship is the root cause, it's time to move on. Letting your mental health suffer for the sake of another person isn't healthy or positive. Love the

life you live, with confidence and strength!

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Couple Demi Burnett & Kristian Haggerty Split](#)

2. The spark is gone: When your relationship feels more like a friendship, then maybe it's become just that. Relationships evolve over time, sometimes deepening that initial romantic connection and other times shifting into a platonic partnership of comfortability. Recognize this shift and have an honest conversation with your partner. It's not fair to either of you, staying in a romantic relationship that you aren't 100% invested in.

Related Link: [Expert Dating Advice: How To Have Tough Talks With Your Partner](#)

3. The cons outweighs the pros: If you feel like you're fighting about minor or meaningless issues and everything has become a challenge, it's time to analyze your relationship. When you're both unhappy, it can lead to small things becoming big things. Once the bad times start to overpower the good, it's time to go.

What are some healthy ways to move on from a partner? Start a conversation in the comments below!