

Celebrity News: Ben Affleck Had Breakdown While Filming Scene About Broken Marriage



By Ellie Rice

In the latest [celebrity news](#), Ben Affleck was caught in a deeply emotional moment while filming his latest flick, *The Way Back*. According to *UsMagazine.com*, the actor felt parallels between his character's struggles with addiction and his own personal life. Affleck has openly acknowledged his battles with sobriety and how they have affected his career, children, and life with ex-wife Jennifer Garner.

In celebrity news, Ben Affleck is experienced some emotions about his past personal trauma while at work. What are some ways to function at work when you're going through tough times in your relationship?

Cupid's Advice:

Every relationship goes through challenges and each person will handle them differently. But when you start to feel those struggles affect your work life, Cupid has some advice for you:

1. Separate the two: Take time in the morning to reflect on your relationship and the struggles you are currently facing. Give yourself a few moments to really think about the problems you are having with your partner. Once you are finished, channel your energy solely into your work for the day and do your best to keep your focus locked in on it. By separating the two, you are distracting yourself and productively redirecting your efforts.

Related Link: [Celebrity Exes Ben Affleck and Jennifer Garner Have 'Underlying Tension' Coparenting](#)

2. Take a walk: If your relationship is starting to affect your ability to do your job, then changes need to be made. Start by taking your work breaks outside. Go for a walk or just get some fresh air to allow your body to relax and refocus on the task at hand.

Related Link: [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

3. Have lunch with your coworker: Spend some quality time with your friends at work by going out to lunch. By taking a break from your job and socializing over a meal, you will be able to stay healthy and in the company of others.

**What are some ways you deal with challenges in your life?
Start a conversation in the comments below!**