

Celebrity Break-Up: Christina Ricci is Granted Protective Order Against Husband James Heerdegen



By Diana Iscenko

In the latest [celebrity news](#), Christina Ricci was granted an emergency protective order against husband James Heerdegen. According to *UsMagazine.com*, the Los Angeles Police Department responded to a call for domestic battery at the actress' home. Ricci was granted the protective order, which prohibits any contact between the [celebrity couple](#). Heerdegen was not arrested.

In celebrity break-up news, Christina Ricci and her husband James Heerdegen are clearly having major issues. What do you do if your partner becomes violent toward you?

Cupid's Advice:

Finding out your partner is abusive is difficult to navigate. While you may still love them, it's important to keep yourself safe. No matter what kind of violence you're facing, it isn't your fault and you aren't responsible for your partner's abusive behavior. If you need help figuring out how to leave a

violent relationship, Cupid has some advice for you:

1. Create a safety plan: A safety plan is a personalized plan to keep you safe while in a violent relationship. It should include telling close friends or family about the abuse and how to stay as safe as possible before leaving the relationship. Teach children how to stay safe in these emergencies.

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

2. Get legal protection: Protective orders and restraining orders can help you immediately by keeping your partner physically away from you and your family. Once you have a protective order, you should always keep the document with you. You can apply for these documents at courthouses, women's shelters and police stations.

Related Link: [Celebrity News: Demi Moore Says She Was 'Addicted' to Ashton Kutcher](#)

3. Leave your abuser: Make a plan to escape quickly. You might want to request a police escort when you leave. Be sure to grab important documents and other irreplaceable keepsakes when leaving. After leaving, try to change up your routine to lessen the chance of your abuser finding you. This might include changing your hours at work or changing your phone number.

Do you have advice for those facing intimate partner violence? Start a conversation in the comments below!