

Celebrity Break-Up: Danica Patrick's Posts About 'Pain' After Aaron Rodgers Split



By Alycia Williams

In latest [celebrity news](#), Danica Patrick is focusing on her emotional well-being after her [celebrity break-up](#) from Aaron Rodgers. According to *UsMagazine.com*, Patrick shared that she watched a video on where trauma is stored in the body. She also shared a few quotes to her Instagram. “You know the saying ‘gut feeling’? I have found it speaks to me before the mind. I take it as an invitation to stop and look within. I journal and ask what could be going on?” She later shared another quote: “The pain that we are given is the pain that we pass on.”

In celebrity break-up news, Danica Patrick seems to be having a rough time after her split from Aaron Rodgers. What are some ways to communicate your pain to family and friends?

Cupid's Advice:

Feeling pain after a break-up is completely natural and expected, but holding onto that pain will only make it worse. If you are looking for ways to communicate your pain to your friends and family, Cupid has some advice for you:

1. Find out who you're most comfortable with: Telling all of your friends and all of your family about your pain won't be helpful because you'll just keep repeating yourself. Out of everyone find two or three people you feel the most comfortable talking to and anytime you feel like you need to talk you should call one of them.

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2. Don't hold back: The whole point of talking to your friends and family is to get what you need off your chest. That won't work if you leave stuff out. Be open and honest with them to really lay out all of the pain.

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3. Find out what works best for you: Since this is your time to release pain you should have control over every detail. Whether it's texting, calling, or meeting up in person,

whatever makes you feel the most comfortable is what you should be doing.

What are some other ways to communicate your pain to family and friends? Start a conversation in comments below!