

# Celebrity Break-Up: Ant Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina



By Carly

Silva

In the [latest celebrity news](#), Ant Anstead asked fans to stop leaving comments about his marriage and [celebrity break-up](#) with Christina Anstead on his Instagram account. The [celebrity exes](#), who married in late 2018, announced their split earlier this month. According to *People.com*, Ant shared a photo of the son he shares with Christina and chose to turn off comments on his post while asking for privacy and for their family.

# In celebrity break-up news, there may not be more to the break-up story between Ant and Christina after all. What are some benefits to keeping the details of your break-up private?

## Cupid's Advice:

Keeping your break-up private can be beneficial in quite a few ways. If you're wondering what some of the benefits of keeping the details of your break-up private are, Cupid has some advice for you:

**1. It shows respect for each other:** If you choose to keep the details of your break-up private, it shows that you still want to be respectful person toward your ex. Instead of airing their dirty laundry and telling everyone exactly what happened, it is very considerate to respect the privacy of your ex and keep the details of the split between the two of you.

**Related Link:** [Celebrity Break-Ups: Tarek El Moussa Is Sad for Ex Christina Anstead Amid Her Split](#)

**2. It prevents others from casting judgment:** If you are willing to tell others all the intimate details of your break-up, you also give them the power to comment or judge your choice to break-up. If you are not willing to listen to someone else's opinion or judgements on you and your ex's choice to end things, it may be best to refrain from giving all of the details out freely.

**Related Link:** [Celebrity Exes: Demi Moore Posts Epic Throwback Emmys Pic with Ex-Husband Bruce Willis](#)

**3. It stops further harm from being done:** If you continue to talk about your break-up with others or on social media, you run the risk of making the break-up even worse. Keeping things private helps to keep the drama to a minimum and moving on in a mature way rather than gossiping about or dwelling on the break-up. It can also prevent further arguments and blow-ups between you and your ex.

**What are some other benefits of keeping the details of your break-up private? Start a conversation in the comments down below!**