

# Celebrity Break-Up: Jessie J Posts About 'Unhealthy Love' After Channing Tatum Split



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In the latest [celebrity news](#), Jessie J revealed details about her relationship with Channing Tatum after their split, referring to the relationship as “unhealthy love.” According to *UsMagazine.com*, the singer made reference to her relationship with Tatum on her Instagram Story when she included a quote about avoiding relationship timelines and emphasized falling in love at any age. The [celebrity couple](#) dated on-and-off for the past two years before officially announcing their [celebrity break-up](#) earlier this year.

# In celebrity break-up news, Jessie J is seemingly speaking out about her unhealthy relationship with Channing Tatum. What are some tell-tale signs that you're in an unhealthy relationship?

## Cupid's Advice:

**1. There's no compromise:** One of the most important aspects of a relationship is the willingness to compromise. It is likely that you and your partner will not agree on everything, but when both people are willing to compromise in different ways, it allows for healthy communication and an overall healthy relationship. However, if your partner is not compromising in any way and you are constantly forced to follow their decisions, you are in an unhealthy relationship.

**Related Link:** [Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split](#)

**2. Other areas of your life are impacted:** Unhealthy relationships can cause a great deal of stress and frustration when you are around your partner, but these feelings can also spread into other areas of your life. If you feel yourself getting frustrated with your other friends or work environment but are unsure why, it may be stemming from stress that started in your relationship.

**Related Link:** [Celebrity Break-Ups: Lenny Kravitz 'Blew It' During First Meeting with Ex Lisa Bonet](#)

**3. You feel worse about yourself:** The person you are in a relationship with should never leave you questioning your own worth or how much they care about you. While nearly every

relationship goes through a rough patch, there should never be a time where your partner makes you feel like less of a person. This willingness to put you down shows a lack of overall respect and is likely a sign of unhealthy love.

**What are some other tell-tale signs you're in an unhealthy relationship? Start a conversation in the comments below.**