

# Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call It Quits



By Nicole Maher

In the latest [celebrity news](#), Lamar Odom and Sabrina Parr have decided to call off their engagement. According to *UsMagazine.com*, Odom and Parr's [celebrity break-up](#) stems from personal issues that Odom needs to work through on his own. The couple was engaged in November of 2019, just three months after first being seen together in Atlanta, and had planned their wedding for November 2021.

**According to Sabrina, this celebrity break-up is a result of Lamar Odom needing to work on himself. How do you know if you're in a good place mentally and emotionally for a relationship?**

**Cupid's Advice:**

Sometimes the state of a relationship is dependent on internal factors, such as mental and emotional readiness, rather than external factors. If you are wondering if you're mentally and emotionally ready for a relationship, Cupid has some advice for you:

**1. You have other outlets of happiness:** Being in a relationship should be one of the highlights of your current life, but it should not be your only outlet of happiness. If the only thing that truly brings you joy is being around your partner, then you may not be mentally or emotionally ready for a relationship. Placing all of your happiness on one person can lead to unhealthy standards and more disappointments even if neither partner is in the wrong.

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**2. You're happy with the timing:** When you are in a sound mental and emotional place, you are often happy with the progression of your life. If you are content with the rate at which your relationship is moving, as well as how it fits into your life overall, then you are ready to be in that relationship. However, if you feel that this relationship will cause you to miss out on different areas of your life, you may

be in the spot to commit mentally.

**Related Link:** [Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom Girardi Split After 21 Years Together](#)

**3. You've processed past experiences:** An obstacle that many people face in relationships is getting over negative past experiences caused by an ex. If you are entering a new relationship but are still holding onto issues caused by a past partner, you may not be emotionally ready. However, if you've processed and coped with these past issues, then you are likely in a good spot to go forward with a relationship.

**What are some other ways to tell if you're mentally and emotionally ready for a relationship? Start a conversation in the comments below.**