

# Jennifer Aniston Says She's Not a Fan of Dating



She's 42-years old and has been with some famous guys, but in spite of her track record, Jennifer Aniston said she's not that into dating.

"I'm not a big fan of dating," Aniston told [Red Magazine](#). The *Friends* star added that she wouldn't be anywhere without the support of her friends. "We come from homes far from perfect, so you end up almost parent and sibling to your friends – your own chosen family," she said. "There's nothing like a really loyal, dependable, good friend."

**How do you keep your independence in a relationship?**

**Cupid's Advice:**

It's great to share experiences while you're in a relationship, but at the same time, it's important to keep your independence as well. Cupid's got some tips:

**1. Slow it down:** Don't jump into a relationship, because if you move too quickly then you'll have to meet the commitments that come with it.

**2. Keep your space:** Although it's important to spend quality time with each other while in a serious relationship, it's important to have your own friends and sometimes do things without your partner.

**3. Time for you:** Try to remember that it's important to take some time for just yourself. Your mate should understand this if you're in a healthy relationship.

**Know any other ways to maintain your independence? Tell Cupid about it below.**