

Katie Holmes Discusses 'New Phase' Pre-Split

After news of Tom Cruise and Katie Holmes' divorce broke, there may have been subtle clues that their split was fast-approaching. UsMagazine.com reports that in an interview Holmes conducted six weeks prior to the divorce file, she did not speak of Cruise in a lovey-dovey manner. When questioned about the stigma of being "Mrs. Tom Cruise," she defensively said "he has been Tom Cruise for 30 years. I know who I am and where I am and where I want to go, so I want to focus on that." She also denied the rumor that having married an A-lister helped her acting career. Holmes sounded independent throughout the interview and noticeably stated that she's entering "a new phase" of her life, a phase that we now know will include much less of Tom Cruise.

How do you know when your partner is holding you back?

Cupid's Advice:

You and your partner are supposed to support each other, not hold each other back. Here are some ways to know that enough is enough when you are giving more than you are getting in a relationship:

1. You make more sacrifices than your partner: Every relationship comes with its sacrifices, but there should be an almost even balance of loss and gain between the two of you. If you are always sacrificing and your partner never does, it may be time to cut them off.

2. You don't know who you are without them: Identity is key in every relationship because in order to love another, you must first love yourself. If you rely heavily on your partner and

do not feel any sense of independence, they are holding you back too much.

3. You don't go after your dreams: If your partner succeeds in their own dreams but doesn't support yours, they're holding back your sense of self. You may be in a relationship together, but you can succeed in aspects of your life on your own. Don't let your partners accomplishments hinder yours.

In what way is your partner holding you back? Tell us below.