

4 Things Jennifer Aniston Taught Me About Relationships And Love



By Liz of WeLoveDates.com

I've always been fiercely and annoyingly Team Jen, so when the news of her celebrity engagement to Justin Theroux broke out, I was possibly a bit too excited. As a complete and utter romantic, I'm just happy she's found her happy ending. In honor of America's Sweetheart, here are four things Jennifer Aniston has taught me about relationships and love:

Relationship And Love Advice from Jennifer Aniston

1. Keep on keepin' on: *"There are no regrets in life, just lessons."*

It's easy to look at someone like Aniston and wonder if she would have done anything differently. Would she have fought to stay married to celebrity ex Brad Pitt and gotten into a cat fight with Angelina Jolie? Would she have begged him to stay with her? But by having no regrets and choosing to learn from her past, she is telling the world that nothing that has happened to her in life will ever define who she really is.

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2. Take responsibility: *"Relationships are two people; everyone is accountable. A lot goes into a relationship coming together, and a lot goes into a relationship falling apart. Even if it's 98 percent the other person's fault, it's 2 percent yours... You can only clean up your side of the street."*

Even the best relationships and love can turn sour. A lot goes on behind the scenes, whether you're part of a famous couple or not. Instead of playing the role of a heartbroken victim, good love advice is to evaluate where you went wrong in the relationship. You didn't fall in love over night, and your relationship didn't end in the blink of an eye.

3. Don't try too hard: *"If you try and be sexy, you'll never be sexy."*

You never get the impression that Aniston is trying too hard. She doesn't dress like she's giving something away for free, and she isn't overly gratuitous when it comes to her sexuality. There is a reason why she's often referred to as the girl next door, and women all over the world look to her

for style inspiration. Simply put, she's not desperate, and you shouldn't be either!

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4. Love doesn't play by the rules: *"You know, it isn't designed. Love just shows up and you go, "Oh, wow, this is going to be a hayride and a half."*

Nothing about relationships and love makes sense, and the sooner you accept that, the more fun you'll have dating. To get the most out of love, you have to be willing to let go of control and just go with the flow. Sometimes things won't work out your way, and you'll be heartbroken and alone, but other times, you'll be full of butterflies, loved beyond belief, and excited about the future – like we sure Aniston is over her celebrity engagement.

Liz is the social media manager for We Love Dates, a worldwide online dating site. Join for free now using code WLD GUEST, and check out the popular We Love Dates blog for more dating advice and tips.