

Britney Spears and Jason Trawick Call Off Their Engagement



By Michelle Danzig

In a mutual agreement Friday, Britney Spears and fiancé Jason Trawick called off their engagement. According to [People](#), it's been only a year since Trawick, 41, proposed in Las Vegas. A source told *People* that the two decided to split because of different relationship goals. Spears, 31, who began dating the actor in 2009, reportedly was upset by his constant desire to have his own life outside of their relationship. Sources also say that Spears and Trawick didn't see eye-to-eye about continuing a family as well. The pop singer and former *X-Factor* judge currently has two sons, Sean, 7, and Jayden, 6. Although Jason loves her boys, he wasn't in a place to have his own family. In addition to ending their four-year relationship, Trawick also resigned at Spears' co-

conservator over her person, which gave him authority to make decisions about her general well-being. Her father, Jamie Spears, is her primary conservator. Despite the heartbreak, Spears desires to return to her original passion: music.

How do you know when to call it quits on a long term relationship?

Cupid's Advice:

Ending a long-term relationship can be difficult. As the years go by, it is hard not to become comfortable and immersed into life with a significant other. Sometimes, however, the relationship just doesn't work. But, how can you tell? It is definitely hard to pinpoint the reasons and spot the signs that it is time to end your relationship. To make the breakup a little easier, here are some basic red flags that it's time to call it quits:

1. Disconnection, isolation and avoidance: You may find that you and your long-term sweetie have drifted apart. Maybe he is going out with his friends more often or you start doing a former group activity, by yourself. If you and/or your partner is isolating themselves from the other—and this goes double if he/she is straight up avoiding you—it may be time to step back and see it for what it really is.

2. Lack of intimacy: If you and your partner can't remember the last time you couldn't keep your hands off each other, chances are that intimacy has flown the coop. Think about the last time you passionately kissed or had a romantic night together, if it is difficult to pinpoint or the idea of it just doesn't seem appealing, it may be time to end your partnership.

3. Difference in wants or needs: This is usually the hardest obstacle to overcome. If you find that you and your boyfriend/girlfriend's options, views, and wants have shied

away from each other, than it's safe to say that you no longer want the same things. In the beginning, the wants and needs may have been mutual, but people change and so does your relationship.

How did you know it was time to end your relationship? Tell us your story below!