'Big Bang Theory' Co-Stars Kaley Cuoco & Johnny Galecki Secretly Dated

Big Bang Theory star Kaley Cuoco has been channeling her spy side. The actress, 24, recently opened up about her undercover relationship with *Big Bang* co-star Johnny Galecki in an interview with [CBS Watch Magazine](). "We dated for almost two years. It was such a huge part of my life and no one knew about it," Cuoco said. "This is the first time I've ever talked about it, ever. It was a wonderful relationship, but we never spoke a word about it and never went anywhere together." But why did they keep their love a secret? According to Cuoco, it was because they wanted to protect themselves and their show. Unfortunately, the secrecy proved to be too much and the couple called it quits last winter.

Is keeping a relationship under wraps healthy?

Cupid's Advice:

There are numerous reasons you may be tempted to keep your relationship off the radar. Maybe your family and friends won't approve of the person you're dating, or perhaps you've been friends for so long that you're hesitant to tell the world you've taken it to the next level. Cupid explores why keeping a relationship to yourself may not be healthy:

1. It takes work: Sure, at first it may feel mysterious and exciting to sneak around, but eventually it will get tiring to tip-toe around your friends, family and the old places you normally go. Relationships are hard enough without adding another element of difficulty into the mix.

2. Suppressed emotions: When you keep your relationship behind closed doors, you're keeping your emotions there, too. Suppressing your feelings and happiness to the outside world is unhealthy for your mind and body.

3. Lowers self-esteem: Make sure to evaluate the reasons for your secrecy. If infidelity, or being ashamed of your partner, plays any part in why you are hiding your love from the outside world, it may not be love at all. These types of issues can lower self-esteem and hurt your chance of finding love when the right one does come around.