

Christina Aguilera & Jordan Bratman Admit to Separation



Burlesque's

Christina Aguilera and husband Jordan Bratman are yet another couple on Hollywood's long split list. After almost five years of marriage, [E! Online](#) originally confirmed the two had called it quits and were living separately, but were still hoping to work it out for their two-and-a-half-year-old son, Max. Now, however, Aguilera and Bratman have filed for divorce, citing "irreconcilable differences," according to [TMZ](#). The former couple began dating in 2002 and wed in 2005 with a private ceremony in Napa Valley. The pair announced their separation right on the heels of another celebrated Hollywood couple – Courteney Cox and David Arquette. It seems as if celeb couples are having a rough time this month!

Why should you try separation before divorce?

Cupid's Advice:

People are so busy juggling their crazy lives these days that

they sometimes forget how much time and energy it takes to maintain a healthy relationship. When things in a relationship get bad, it may seem like divorce is the only option. But this decision can be life-altering, it's better to try separation first:

1. Take a step back: Sometimes when you take yourself out of a situation, it's easier to gain perspective on what's truly going on in your relationship. You'll have time to decide whether it's possible to work things out or whether it's time to call it quits. It's best to clear your head, analyze the situation and allow enough time to pass before making any serious decisions.

2. Define your wants and needs: Go back to the basics, and make sure your personal goals haven't changed over time. Do you still want kids? What are your career goals? Where does your partner fit in? Figure out exactly what you want out of life before returning to your mate to make sure he/she wants similar things.

3. Love or lust: Do some soul searching and make sure that what you and your partner have is true love. You may have married too quickly or too young and mistaken lust for love. But if what you have is the real thing, it might be worth figuring out how to work together as husband and wife. Separating for a bit may motivate you to recommit to your marriage together.