

# Jennifer Aniston Hints at Brad Pitt Years, Saying She 'Needed Therapy'



By Kristyn Schwiep

Jennifer Aniston and Brad Pitt were married for five years, but it seems that Aniston would've done a few things differently if she could go back in time. Aniston, 44, let her *We're the Millers* costar, Jason Sudeikis, interview her at a dinner party at her Los Angeles home. According to [UsMagazine.com](http://UsMagazine.com), Aniston told Sudeikis about how she wishes she would have gone to therapy in her thirties, but why she's finally happy with fiancé Justin Theroux.

**What are some ways to get over a heartbreaking divorce?**

## **Cupid's Advice:**

Moving on after a divorce can take time, but cupid has some advice for you to help you get through a heartbreaking divorce:

**1. Get outside help:** If you need outside help don't be afraid to get it. Reaching out to others is a hard thing to do, especially when talking about your emotions. Seeing a counselor or joining a support group could be a positive experience for you during a divorce. Make sure you find a person or place that you feel comfortable opening up, so you can work through the divorce.

**2. Friends and family:** Spend time with people who support, love, and care about you. Spending time with people who truly value you and your emotions are the people you need to reach out to during this hard time. Surrounding yourself with positive, loving friends and family who will listen to you will help you feel less alone.

**3. Explore:** Explore something new and exciting. A divorce is the end of a relationship, but can be the beginning of a better and happier life. Take this time to explore new interests and activities. It will clear your head and help you enjoy life in the moment.

**What are some ways you have gotten over a heartbreaking divorce? Share your stories below.**