

Chris Martin Blames His 'Issues' for Split with Gwyneth Paltrow



By Louisa Gonzales

Chris Martin finally opens up about his split from Gwyneth Paltrow. According to UsMagazine.com, the Coldplay singer, 37, recently sat down with BBC Radio 1's Zane Lowe to talk about his band's new album, how he feels about One Direction and even about the end of his 11-year marriage. It's been one month since news first broke about Martin's separation from Paltrow, 41, but the music artist has now revealed to Lowe in his interview part of the cause of the split falls on him. Martin told Lowe he hasn't let himself be completely "vulnerable" and open to letting love "in" and because of that

it caused problems with his relationship. He continued to say he doesn't want to blame anyone else and only he can make the proper "changes" to his life.

What are some ways to work on your marriage?

Cupid's Advice:

Getting married is a life changing event. With marriage comes new joys, discoveries about yourself and your partner, but also hardships and challenges. Cupid has some advice on some way to work on your marriage:

1. Communicate more: A good relationship requires good communication. If you are having problems in your relationship or any other difficulties going on in you life, it's okay to talk with your partner about them. Don't keep things bottled up, it or make your worries grow and be that much worse when you finally do talk about them.

Related: [Gwyneth Paltrow and Chris Martin Separate](#)

2. Attend counseling: Sure, counseling isn't for everyone, but it may be good to give it a shot. Many couples don't like to admit that they need help, least of all accept or hear advice from other people. However, talking out your problems with someone may be good for your relationship, not to mention the fact it will give you the chance to hear what's on your significant other minds concerning you and the relationship.

Related: [Gwyneth Paltrow Says Chris Martin Helped with Postpartum Depression](#)

3. Remember to have fun: Relationships require work yes, but that doesn't mean you can't have fun and live a little. Make sure to make time to go out together, free of discussing your problems, and do fun things or plan to stay in for romantic evenings, it doesn't matter what you do just do something you both enjoy. It's good to be able to just enjoy your lovers

company from time to time without discussing troublesome things.

**What do you think are some good ways to work on your marriage?
Share your tips below.**