

# Jennifer Lawrence and Chris Martin Call It Quits



By Amanda

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After four months of dating, celebrity couple Jennifer Lawrence and Chris Martin have officially split up. According to [UsMagazine.com](http://UsMagazine.com), the couple began dating in June after Lawrence got out of a relationship with long-term boyfriend, Nicholas Hoult. Chris Martin had also recently separated from his wife, Gwyneth Paltrow, at the time. With both of their careers in high gear, sources say their relationship has been rocky even though they do really like each other.

**What are some ways to balance your career and your relationship?**

**Cupid's Advice:**

Finding yourself in a tough situation when trying to find a balance with your work and love life? Read ahead for some advice from Cupid:

**1. Technology away:** Designate some time with your partner to set aside your phones and laptops. This way you can focus on each other and keep some quality time in your relationship.

**Related:** [Gwyneth Paltrow Wants to 'Spend a Little time' With Jennifer Lawrence](#)

**2. Making plans:** Make an effort to balance your work plans and date plans. Stop rescheduling or giving rain dates on either side, and make sure there is a give and take in both relationships!

**Related:** [Love Advice: Can Jennifer Lawrence and Bradley Cooper's Work Marriage Work?](#)

**3. Take a step back:** Occasionally look at the positives and negatives in both of your lives, and find new ways to improve both. Some retrospective always helps moving into the future.

**Have another way to balance both your work and love life? Comment here!**