

# Mandy Moore and Ryan Adams File for Celebrity Divorce After 6 Years of Marriage



By Maggie Manfredi

Well, it's been a marriage to remember. According to [UsMagazine.com](http://UsMagazine.com), actress and singer Mandy Moore is calling her celebrity marriage to Ryan Adams quits. This celebrity divorce ends after a six year relationship between the two artists. The celebrity exes released a statement stating, "It is a respectful, amicable parting of ways and both Mandy and Ryan are asking for media to respect their privacy at this time."

This celebrity couple has always kept their relationship private, and the divorce is being handled no differently.

# Celebrity divorce is often analyzed by the celebrity news media and public. What are some ways you can keep your divorce private?

## Cupid's Advice:

Handling divorce is a delicate procedure whether you are celebrity exes or not. Wanting to keep your relationship termination private is understandable, but at times it can be tricky. Cupid has some tips on how to handle the process:

**1. Keep your thoughts to yourself:** This may seem like common sense, but if you want to keep the divorce private you have to stay quiet. That definitely includes, but is not limited to, social media. If you feel the need to express what you are feeling, try starting a personal journal. It will feel good to write it all down. Good news here: you aren't limited to 120 characters.

**Related Link:** [Mandy Moore and Ryan Adams Celebrate 5-Year Anniversary](#)

**2. Share with people you trust:** There is no shame in reaching out for professional help. A psychologist, counselor or therapist will be able to listen with no judgement and can give you tools to move forward with your life. If you want to reach out to your personal connections, make sure you are staying within the circle of people who you know have your back and will support you.

**Related Link:** [Mandy Moore Discusses Happy Ending with Husband Ryan Adams](#)

**3. Communicate with your ex:** If you are working to keep a divorce quiet, make sure that the person you are sharing the

breakup with are on the same page as you. Be honest with each other and set boundaries for the road ahead as separate individuals.

**What is your solution for a private end to a relationship?  
Share your thoughts below.**