

# Ben Affleck Is Spotted Wearing Wedding Ring Post Celebrity Divorce Announcement



B

y [Katie Gray](#)

[Ben Affleck](#) was spotted wearing his celebrity wedding band again! Ben Affleck and [Jennifer Garner](#) are in the midst of a [celebrity divorce](#) and America is devastated, as they are a celebrity couple favorite. The actor took his daughter on her school field trip, while wearing his wedding ring. After the pair's split announcement on June 30th, he was seen at Starbucks without it. Maybe there is still hope and things are being worked out between the lovely couple, or maybe it's for

the children. According to [UsMagazine.com](https://www.usmagazine.com), a source said, "They are going to try and model their divorce like Gwyneth and Chris. They feel like they have to be mature adults for their children's sake and that they will figure out the healthiest way to co-parent. They want the kids lives to stay the same and to not have to change just because they aren't going to be married anymore."

## **Celebrity divorces are nothing to laugh about, and they're complicated. What are some ways to streamline the break-up process?**

### **Cupid's Advice:**

Divorces, separations and break-ups are never any fun. It's a tough time, and they are sensitive situations. To make the process smoother, it's good to take the respectful route, like Ben Affleck and Jennifer Garner. Cupid has some tips:

**1. Maturity:** Act your age, not your shoe size. A sure way to make the break-up process smooth, is to always remain mature and take the high road. Continue to be polite and respectful. Although you are hurting, you are better than stooping to a level of being immature.

**Related Link:** [Jennifer Garner Says She 'Would Do Anything' for Ben Affleck](#)

**2. Calm, cool, collected:** The best way to make the break-up process smooth is to stay calm, cool and collected. Don't let your ex-partner see you upset. They may want you to be devastated, but don't let them see that you are hurt. Your life will go on without them, because you are independent and don't need a partner to survive. They will be envious of how you're holding yourself together. But remember, your life goes

on because you are amazing!

**Related Link:** [Lessons From Jennifer Garner and Ben Affleck](#)

**3. Open communication:** You may want to ignore your ex, but whether you like it or not, there will need to be some communication. If you both have open communication, it will make the process smooth. When you are speaking, try not to get a temper or lash out. Just stick to the basics of what you need to say. Be straight to the point! It will make it over quicker as well.

**What are some ways you have smoothed your break-up process? Share your stories with us below.**