

Jennifer Garner Source Says Ben Affleck's Alleged Celebrity Affair Was the 'Ultimate Betrayal'



By Katelyn Di Salvo

Devastation hit when the latest celebrity news broke that [Jennifer Garner](#) and [Ben Affleck](#) were getting a [celebrity divorce](#). Now, we have more details on the heartbreaking split. According to [People.com](#), Garner knew her celebrity marriage to Affleck was in trouble for quite some time. While on vacation in the Bahamas, the celebrity couple was planning their next move. Affleck had already admitted to Garner that he had not been committed to the marriage. Sources say that

Garner found out her celebrity husband was having an affair with their nanny, Christine Ouzounian, while on this vacation, something Affleck strongly denies. Garner is angry, and believes this to be the “ultimate betrayal”.

Alleged and confirmed celebrity affairs are splashed across tabloids repeatedly. How do you deal with the public backlash once the news of your partner’s affair gets out?

Cupid’s Advice:

Dealing with a betrayal of trust like an affair is hard enough as it is, but it’s even tougher when the news gets out to your friends and family. Cupid has some tips:

1. Keep your head high: This is the most important step in dealing with the public backlash. Don’t let people’s comments bother you. You just keep your head high and focus on the blessings in your life.

Related Link: [Celebrity Gossip: Ben Affleck Has Been Dating Nanny Christine Ouzounian](#)

2. Focus on bettering yourself at work: There is never a better time to throw yourself into your work. Sometimes you need a distraction from all the craziness going on around you. Bettering yourself at work and becoming even more successful can change the direction of the conversation and can also be the best way to prove to yourself that you still got it!

Related Link: [Ben Affleck Removes Celebrity Wedding Ring After Comic-Con Appearance](#)

3. Surround yourself with loved ones: You can never deal with something like this alone. Having your close friends and family around can make you feel at home, and allows you to have someone to vent to when you need to let it out.

What are some way you would deal with the public backlash after a nasty break up? Share below!