

# Nigella Lawson Is 'Devastated' Over Charles Saatchi's Divorce Filing



By Kristyn

Schwiep

When Charles Saatchi decided to file for divorce, Nigella Lawson was caught off guard. According to the [New York Post](#), Lawson had no idea that her husband was about to announce their separation in a statement to a Sunday newspaper. She is devastated that their family is falling apart, and she has no control over the situation, an insider told [UsMagazine.com](#).

**How do you cope when your partner breaks your heart?**

**Cupid's Advice:**

It's never easy when your partner breaks your heart. The end of a relationship can put your life in shambles and trigger painful emotions. So what are some ways you can cope when your partner breaks your heart? Cupid has some advice:

**1. Find support:** Open up to family and friends or join a support group. Being able to open up and share your feelings will guide you through this difficult time. Isolating yourself through this period can add stress and depression to you. Don't be afraid to talk to other about your emotions, people are willing to listen.

**2. Take care of yourself:** It's crucial to take care of yourself emotionally and physically. This can be a hard time for anyone so remember to exercise, eat well, and relax. Also, take the time to do something you've always be interested in, spending time with your friends and family, and focusing on you. Doing something that will make you happy will go a long way. Think positively, life will get back to normal.

**3. Look to the future:** Don't look back with regret. Once you've accepted the end of your relationship you will begin to heal. Also, it may seem hard to believe you will find love again, but remember you are allowed to – and will love again. So set your sights on the future and don't look back.

**How do you cope when your partner breaks your heart? Share your thoughts below.**

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## **Nigella Lawson's Husband Is**

# Divorcing Her



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Charles Saatchi is seeking divorce from Nigella Lawson. According to [People](#), Lawson failed to publicly defend him during the fallout over their disturbing public fight. Saatchi was seen grabbing the celebrity chef's throat at a London restaurant on June 9. "I feel that I have clearly been a disappointment to Nigella during the last year or so, and I am disappointed that she was advised to make no public comment to explain that I abhor violence of any kind against women," said Saatchi.

**How do you know when to stand by your partner in a scandal?**

**Cupid's Advice:**

Standing by your partner is an essential part of any relationship, but there are certain times when there are no excuses for your partner's actions. So, how do you know when to stand by your partner in a scandal? Cupid has some advice:

**1. Twisted perception:** Only you know how your partner acts on a day-to-day basis, which means only you know how to react to your partner's behavior. Out lookers can twist a situation way out of proportion, so if you know your partner was being harmless or meant it all in good faith it is your decision to stand by your partner even when others are ridiculing your relationship.

**2 . Protecting your family:** Sometimes standing by your partner in a scandal is a good way of damage control. Many times you decide to stand by your partner to protect your family. Showing support to your partner will show your family how much you truly care about one another and that the accusations can't amount to the love you share.

**3. You don't want to lose hope:** Don't lose hope in a relationship over one minor fallback. Relationships come with a lot of stress, sometimes leading others to act out of character. If your relationship is something you believe in make sure you stand by your partner in times of needs. You will then have the opportunity to discuss the situation in private at a later time.

**How do you know if you should stand by your partner in a scandal? Share your thoughts below.**