

BREAK-UP BLOGGING



Is venting to millions about your break-up ever a good idea?

The pair announced their 'conscious uncoupling' after 10 years of marriage



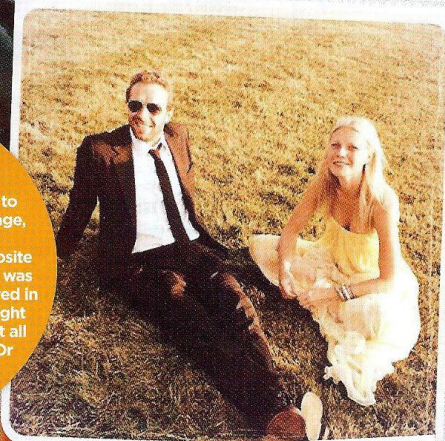
Conscious Uncoupling

It is with hearts full of sadness that we have decided to separate. We have been working hard for well over a year, some of it together, some of it separated, to see what might have been possible between us, and we have come to the conclusion that while we love each other very much we will remain separate. We are, however, and always will be a family, and in many ways we are closer than we have ever been. We are parents first and foremost, to two incredibly wonderful children and we ask for their and our space and privacy to be respected at this difficult time. We have always conducted our relationship privately, and we hope that as we consciously uncouple and coparent, we will be able to continue in the same manner.

Love,
Gwyneth & Chris

PUBLICITY STUNT?

Gwyneth Paltrow raised eyebrows by using Goop.com to announce the end of her marriage, with some accusing her of capitalising on the split. Her website crashed, #consciousuncoupling was trending on Twitter and she starred in an episode of *Glee* the same night as the announcement. So was it all a well-planned media grab? Or just Gwyneth trying to explain her situation?



Big Brother winner TIM DORMER thinks it was done in earnest

Gwyneth changed her relationship status to 'single', who cares!? If I have to scroll through my Facebook news feed, clogged with friends' photos of their boring weddings and posts describing the mess their baby has made, it's OK for Gwyneth to overshare online.

Gwyn is a celebrity who we want to hear about! So why are we complaining when she has shared something juicier than parenting tips she's learnt from Apple?

What did people expect Gwyn to

do? A lot of other celebrities try to restrict what personal information is released to us plebs, so it's refreshing she's chosen to let us know. It makes us feel like we're friends, and perhaps she would have told us over a cup of hot tea if only she wasn't so busy.

We can't pick and choose when we want our celebrities to be human. Shock horror, Gwyneth Paltrow has relationship struggles like us; she has feelings like us. After all, she is human, just like us.

IT'S OK!



Therapist MARIE ROWLAND believes the announcement was insincere

Many Paltrow fans will be disappointed by this self-serving behaviour. Her Goop website is a portal for her to discuss her views on food, motherhood and lifestyle. Using this public forum to deliver personal news shows very little respect for her husband of 10 years, and in effect reduces her website to a gossipy platform for her own self-gratification.

In a word, it is tacky! If she was looking for validation and support, she may have chosen

to see her therapist. Or, perhaps, to issue a joint and brief personal statement through a third party or respected outlet. This would have shown appropriate restraint and respect to not only each other, but also to their children.

She really does need to find some dignity, and perhaps some perspective too, as her ego endures the blowback she is deservedly receiving. Gwyneth, do us a favour and go offline. Please.

NOT OK!

