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# Aaron Rodgers' Toxic Relationship Exposed

## Description

Actress Shailene Woodley recently opened up about her past relationship with ex-fiancé Aaron Rodgers, stating she has often remained quiet because it elicits strong emotions. In a revealing [interview with Outside magazine](#), the "Divergent" star discussed the deeply personal aspects of her time with the Jets quarterback, which ended in early 2022.

"I haven't shared much about my relationship with Aaron because it always makes me cry," Woodley admitted, her eyes glistening with tears. She emphasized that while their time together was challenging, it was also profoundly beautiful. The couple called off their engagement in February 2022, just over a year after they went public with their romance.

Shailene Woodley attends the 2024 Gotham Awards at Cipriani Wall Street on December 2, 2024 in New York City. WireImage

Reflecting on a traumatic experience from early 2022, Woodley explained, "I felt like I lost my soul, my self, my happiness, my joy." She conveyed her struggle with depression and anxiety, describing a profound sense of detachment.

Woodley revealed that she found herself in a "toxic situation," driven by her empathy for others. Although she did not specify who she empathized with, she recognized that her compassion kept her entangled in a cycle of emotional turmoil.

Aaron Rodgers and Shailene Woodley. aaronrodgers12/Instagram

Gradually, she started to reclaim her well-being, attributing her improvement to her stylist, Kris Zero, who supported her through her darkest days. Woodley articulated the turning point in her healing when she said, "I knew I was depressed when I looked at a tree and felt nothing."

Today, both Woodley and the Super Bowl champion are believed to be single, with Woodley expressing a heartfelt desire to become a mother someday.

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## Vocabulary List:

1. **Emotions** /ɪ'moʊʃənz/ (noun): Complex psychological states that involve a subjective experience a physiological response and a somatic expression.
2. **Engagement** /ɪn'geɪdʒ.mənt/ (noun): A formal agreement to get married.
3. **Traumatic** /trɔ:'mætɪk/ (adjective): Relating to or denoting a physical injury or emotional disturbance.
4. **Empathy** /'empəθi/ (noun): The ability to understand and share the feelings of another.
5. **Compassion** /kəm'pæʃən/ (noun): Sympathetic pity and concern for the sufferings or misfortunes of others.



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6. **Detachment** /dɪ'tætʃmənt/ (noun): The state of being objective or aloof; a feeling of separation from or lack of attachment to something.

## Answer

### CATEGORY

1. Entertainment - LEVEL4

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