

Why Do We Care So Much About Celebrity Couples?

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If you've spent some time on the internet this past weekend, you'll know that Chris Pratt and Anna Faris have split up.

It's been reported on every major news website. I mean, hello, you're reading about it right now. And by now, you've probably seen your friends comment about how devastated they are.

The couple that everybody deemed #RelationshipGoals have separated, and fans worldwide have the same thought: "Love is dead."

So why exactly is everybody freaking out about this couple? And why are people so quick to give up on love because a couple they don't know decided to part ways?

When a couple decides to break up, friends choose sides. When a celebrity couple breaks up, the world chooses sides.

It's hard enough announcing a breakup to family and friends. Can you imagine having to tell that to the entire world?

Once you announce it, everyone is somehow given permission to comment on a relationship they have no idea about. How can someone possibly heal from a painful breakup when a third, rather large, party is involved?

Why do we care so much about celebrities, their lifestyles, and their relationships?

Listen, I'm not above this. I'm guilty of speculating about breakups and what went down between two celebrities. It's easy to get sucked into thinking we know them. We have such unfettered access to their lives through social media and interviews.

It feels harmless to get invested because we *think* we know them. We *think* we want what they have. We *think* they are #RelationshipGoals. But we're guilty of exactly what they do, too—we share what we want. And usually, that means we share the highlight reel.

We never grew out of that Barbie phase. We treat celebrities as our dolls now.

While we're stuck at home eating takeout and watching TV, they're living their lives on TV. They're the ones getting dressed for the ball, and they're the ones being showered with accolades.

So why not indulge and live vicariously through celebrities? Sure, it's fun to imagine the dresses you'd wear at the Golden Globes or what you'd say when you accept an Academy Award. It's fun to play out these dream scenarios. Instead of using Barbies, we use celebrities. They're equally beautiful and unattainable! There's no difference.

We're always going to choose fiction over fact.

Sure, you can accept that they mutually decided to part ways. But if someone presents "insider info" that talks about scandals... well, isn't that more interesting? Wouldn't that be more fun to investigate and run with that story?

Believe it or not, celebrities really are just like us. With slightly more glamorous lives and more money, but they are human. And breakups are a part of life. Sometimes, celebrities can also just decide to end a relationship with no drama.

The hashtag #RelationshipGoals is real, but the concept isn't.

It's easy to get down about yourself and say, "If gorgeous people like them can't get it together, then where's the hope for us?" But at the end of the day, nobody knows what that relationship is really like. They show us what they want to show. And we take it for what it's worth. It's never the full story.

And is a relationship really "goals" if they get each other anniversary gifts? It's so much easier to say yes. Because how can you portray "They helped me out during my darkest days" in a photo for Instagram? That's just not as shareable!

It's always fun to ship characters and people, but it's easy to get carried away.

I'm still going to love talking about celebrities and following them on Instagram. I don't feel that I violate their privacy by doing so. But it's harmful to get carried away and leave comments, such as "Team Jen" or "Team Angelina." You remember that phase, right? Pitting two women against each other? That one never seems to go away.

You read the headline, you read the statement, and that's it. You move on. They're trying to move on too.