

Danica Patrick opens up about 'emotional therapy' following split from Aaron Rodgers

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Danica Patrick has been finding herself in the weeks since she and Green Bay Packers quarterback Aaron Rodgers decided to go their separate ways.

The former NASCAR and IndyCar driver, 38, has been sharing cryptic messages in the wake her split from Rodgers, 36, and this time, Patrick said she's utilizing emotional therapy in order to channel her inner-most feelings.

"I've got me, I always have," the "Pretty Intense" podcast host began the caption of an Instagram post on Sunday.

A LOOK AT DANICA PATRICK'S DATING HISTORY

She continued: "I started doing @theclass last week because @lilyniels has been loving it and we did a few classes together. Turns out, now I do too! It's emotional therapy through moving the body, breath, and acknowledging what comes up."

Patrick explained the process to her followers in which she placed her hand on her heart and lower stomach or the "sacral"

area, which is designed to “reset” the body between moves.

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on me in life. ☐ • We all “got” ourselves WAY more than we give ourselves credit for, that was the message for me today anyway. I mean..... we got this far didn't we friends?!!!!

[A post shared by Danica Patrick \(@danicapatricks\) on Aug 2, 2020 at 10:55am PDT](https://www.instagram.com/danicapatricks/?utm_source=ig_embed&utm_campaign=loading)

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the skin of our teeth. What an amazing sight to see and FEEL!
I can't wait to travel again! I'm a good homebody, but I love
to see the world. There is so much beauty out there!!!! I
think it's also the easiest way to let go of cultural biases.
We are more alike than different. And if we are different.....
sometimes it's better.... And I learn something. ☺ . I know
it's a tough time right now with work and money, but if you
have the ability to plan a trip, it's a great time to
research. Might even be some good deals out there too! And if
you can't, dream into it for the future!</a></p> <p style="
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“We all ‘got’ ourselves WAY more than we give ourselves credit for, that was the message for me today anyway,” said Patrick. “I mean.... we got this far didn’t we friends?!!!!”

Last month, fans began to notice Patrick and Rodgers might have split because the author unfollowed the NFL star and neither had posted a photo of the other since spring ended.

In a statement to Fox News at the time, Patrick’s rep confirmed that she and Rodgers were “no longer together.”

The former couple was together for two years. They went public with their relationship in January 2018 after first meeting at the ESPY Awards in 2012.

Julius is an LA Entertainment Reporter for Fox News.