

# Celebrity News: ABC Announces 'Bachelor in Paradise' Season 4 Cast



By [Marissa Donovan](#)

Get ready for Season 4 of [Bachelor in Paradise](#)! Fan favorites such as Raven Gates, Robby Hayes, and Danielle Maltby from [The Bachelor](#) and [The Bachelorette](#) will return for another chance at love in Mexico. According to ABC, viewers can expect many surprises such as unexpected guests and unlikely relationships. The first episode will air on Tuesday, August 8 at 8PM ET/PT!

# In celebrity news, we're sure there will be no lack of drama in season 4 of *Bachelor in Paradise*! What are some ways to keep drama to a minimum in your relationship?

## Cupid's Advice:

Conflict naturally happens when you spend so much time together as a couple. Here are some tips to reduce tension in your relationship:

**1. Be upfront and honest while it's happening:** Communicate your pet peeves as they come to light, and do not save them for later. Calling out the problem while it's still relevant will relieve you of bottled up emotions that will later build up over time and explode.

**Related Link:** [Celebrity News: Controversial 'Bachelor' Alum Corinne Olympios is Headed to 'Bachelor in Paradise'](#)

**2. Avoid passive aggressive behavior:** Petty behavior will become a bad habit in your relationship if you feel the need to hide behind your real emotions. If you or your partner act this way, take a deep breath and evaluate how to confront the problem.

**Related Link:** [Celebrity News: Amanda Stanton Is Returning to 'Bachelor in Paradise'](#)

**3. Don't let the small stuff get to you:** You have to pick and choose your battles. Drama is bound to happen, but it's better to let it be over a bigger problem like cheating, than a smaller problem like someone forgetting to do a certain chore. You and your partners feelings are valid. Just consider what you're fighting over.

**Who are you excited to see on *Bachelor in Paradise*? Tell us in the comments below!**