Demi Lovato Catches Bouquet at Disney Co-Star’s Wedding

The wedding fairies may be trying to tell former Disney star Demi Lovato something. The actress recently attended her former *Sonny with a Chance* co-star Tiffany Thornton’s wedding, and she caught the bride’s bouquet at the reception, according to *UsMagazine.com*. Lovato wasn’t shy about her accomplishment, either, as she went straight to Twitter to tell the world. “Such a beautiful day,” Lovato tweeted. “Congrats to the new Mr. and Mrs Chris Carney! P.S. Guess who got the bouquet? ME!”

How do you deal with your man when he freaks out after you catch the bouquet?

Cupid’s Advice:

Catching the bride’s bouquet at a wedding traditionally means you’ll be the next to tie the knot. This can send your man into a full-on panic. Here’s how to keep him calm:

1. Don’t make it a big deal: After you catch the bouquet, play it cool. Don’t make a big fuss or put any pressure on your man. This will only make him more stressed.

2. Keep expectations out of it: Make it clear that the bouquet doesn’t change your mindset about your relationship. Make it be known that you don’t have any outstanding expectations as a result.

3. Play it off as superstition: Make it be known that you are fully aware that the bouquet tradition is purely superstition, and simply laugh it off.

How do you calm your beau’s nerves post-bouquet catching? Share your ideas below.