

# Nikki Ferrell's Ex Says She 'Normally Wouldn't Take That' from a Guy



By Sanetra Richards

Playing it cool seems to be what Nikki Ferrell is doing. *The Bachelor* season 18 winner is not letting the outside opinions bother her relationship with Juan Pablo Galavis. According to [UsMagazine.com](http://UsMagazine.com), the 26-year-old's ex, Ryan Dill, spoke of her unusual actions in a recent issue: "Knowing her like I do, I'm surprised Nikki acted like everything was fine during After the Final Rose." Dill went on to refer to the post-finale show when Ferrell informed host Chris Harrison that Galavis has not professed his love, saying, "She normally wouldn't take that s-t from a guy. The Nikki I know would have slapped him and walked out."

**What are some ways to know you're being yourself in a**

## relationship?

### Cupid's Advice:

Your relationship is going well; everything is all hugs and kisses . . . except there is one problem. You are questioning whether you are still the same person you once were. Cupid is here to give you a few tips on how to maintain yourself in a relationship:

**1. Doing what you love:** Whether this is a hobby like reading or painting, if you are doing it because you thoroughly enjoy it, a sense of you still remains. The chances of you and your partner having all of the exact same interests are slim to none. So, why not do something that is just for you? A relationship is about union, not about consumption.

**Related:** ['Bachelor' Stars Juan Pablo Galavis and Nikki Ferrell Attend Wedding Weekend](#)

**2. Ability to detach from your partner's hip:** You can have a day out with your friends without constantly finding a way to add your relationship into the conversation – the good news is you have not completely lost yourself. As stated before, your life does not revolve around your significant other (there's no need to drag him or her along). Your friends and family deserve to have just you sometimes.

**Related:** ['Bachelor' Star Juan Pablo Responds to Backlash By Posting Selfie with Nikki](#)

**3. Being vocal:** Having a voice in your relationship is vital. Do not think you are obligated to continuously compromise because you will eventually lose that voice, which is a part of you. Instead, inform your partner of what you are feeling or what your desires are and work towards them together.

**How do you know if you are being yourself in a relationship? Share your thoughts below.**