

'The Bachelor' Star Nikki Ferrell Opens Up About Celebrity Breakup with Juan Pablo Galavis



By [Whitney Johnson](#)

On the red carpet prior to Monday night's premiere of *The Bachelor*, former winner Nikki Ferrell opened up to host Chris Harrison about her celebrity breakup with Juan Pablo Galavis – and surprisingly she had nothing but nice things to say about her celebrity ex! According to [UsMagazine.com](#), the pediatric

nurse shared, "I'm not a quitter. I tried everything, and he tried too. It wasn't just a one-side thing. We real-life tried, not TV-tried." She added, "I knew I was never going to be the number one priority. He has a daughter...but there's a difference between being the second priority and the seventh priority."

Not everyone speaks so highly of their celebrity ex like 'The Bachelor' winner Nikki Ferrell. What are some factors to consider when someone asks you about your ex?

Cupid's Advice:

Everyone handles a breakup differently. Maybe you want to hide under the covers and consume pint after pint of Ben & Jerry's Phish Food until your heart begins to heal. Or perhaps you can't help but spill intimate details about your relationship to anyone who will listen, including that stranger who sat next to you on the subway. So what is the best way to respond when someone asks you about your ex? Cupid has some tips:

1. Think before you speak: It's tempting to say exactly what's on your mind (nice or not) when it comes to chatting about your ex and your intense breakup. Instead, when you're alone, really think about your relationship and come up with a blanket statement to share with anyone who asks for more information. Take a cue from *The Bachelor* winner Ferrell and consider something as simple as, "We tried our best to make it work."

Related Link: ['Bachelor' Winner Nikki Ferrell Confirms Split](#)

[from Juan Pablo Galavis](#)

2. Keep private details to yourself: If you find yourself saying too much when family or friends inquire about your recent heartbreak, start a journal. Writing down your emotions is a great way to share your feelings but still keep them private. That way, you'll be more in control of your thoughts when your loved ones want to know what happened!

Related Link: [Did 'Bachelor' Winner Nikki Ferrel Reveal She Has a New Man?](#)

3. Change the subject: If you're worried that you won't be able to stop talking about your former partner once you get going, just bring up a new topic! Politely say that you'd rather not talk about it and then ask about their holidays or if they've been watching the most recent season of *The Bachelor*. Easy!

How do you respond when someone asks you about your breakup? Tell us in the comments below!