

Former Bachelor Ben Flajnik Was 'Not Happy' With Courtney Robertson's Tell-All Book



By [Katie Gray](#)

This celebrity couple, who originally met on [The Bachelor](#), are not living happily ever after. Though Courtney Robertson and Ben Flajnik did celebrate their [celebrity engagement](#), they never made it down the aisle. Things post break-up got even worse when Robertson wrote a tell-all book called *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villain*. "The only backlash I got was from Ben himself," said Robertson, according to UsMagazine.com. "I did hear from him. He was not happy. I got a couple of emails. I actually didn't respond to his last email but I wish him well. He has moved on and I've moved on."

This former *Bachelor* couple did not split amicably. What are some ways to reconcile after a bitter break-up?

Cupid's Advice:

Not every relationship and love ends happily, and when a split occurs, it's not always amicable. Cupid has some ways to reconcile after a heated break-up:

- 1. Kiss and make up:** The best way to reconcile after a break-up is to put everything on the table and tell one another your

true feelings and hopes for the future. Make amends by being honest about your genuine feelings for each other. Kiss and make up!

Related Link: [What Does Astrology Tell Us About 'Bachelor' Ben Flajnik and His Quest for Love?](#)

2. Take a vacation: Sometimes it's good for people to get away to find themselves in order to recharge their batteries. Go on a little trip with your partner to rediscover what you like about each other and determine a plan to make things work in the future.

Related Link: [Ben Flajnik Proposes Marriage on 'The Bachelor'](#)

3. Renew your commitment: When you're going to get back together with your partner, it's imperative that you re-establish what you both want for the future and what your plans are to achieve it. Some ways to do this are to write each other letters with your feelings, have a wedding renewal ceremony, talk it out over a date or do something special – together!

What are other ways to reconcile after a heated break-up? Share your thoughts below.

'The Bachelor' Winner Courtney Robertson Says Her 'Reality TV Days Are Over'



 By [Jessica DeRubbo](#)

Former *The Bachelor* winner Courtney Robertson is single and ready to mingle! The contestant we used to love to hate has moved on since her celebrity break-up with Ben Flajnik on the reality TV show, and just recently got out of another relationship and love that stemmed from Tinder. According to UsMagazine.com, Robertson met a “normal guy,” Adam, on Tinder and they started dating right after they met. Now, though, she says, “I’m single and I’m happy. I have love in my life, and I have great people in my life. And I’m not rushing that part of my life.” She also said, “Ummm, I don’t think I’ll be back on Tinder anytime soon. I’ll just put it that way!”

This former *Bachelor* star found love on Tinder. What are some drawbacks to using Tinder to get dates?

Cupid’s Advice:

Tinder and other dating apps are sometimes a good way to meet new people, but other times it’s best to explore other avenues. Cupid has some things to be wary of when it comes to Tinder:

1. Unclear expectations: Tinder originally debuted as a hook-up app. It’s since evolved into both a hook-up and dating app, but the line is grey and it can be hard to tell whether a person you’re going to meet up with is looking for friendship, a date, or intimate relations.

Related Link: [New Celebrity Couple: Courtney Robertson is Dating New Tinder Boyfriend](#)

2. Fake profiles: Tinder especially has been known for harboring fake profiles. It’s very easy to create one, and a lot of people think it’s a funny thing to play with. By using

the app, you're opening yourself up to possible deception.

Related Link: [Coffee Meets Bagel Dating App Co-Founder Talks About Being on 'Shark Tank'](#)

3. Lack of romance: There's no reason to let go of romantic notions and desires, and Tinder can sometimes strip that away. If you are traditional and want to be sought after, this type of app will not facilitate that.

What are some other reasons to avoid Tinder? Share your thoughts below.

'The Bachelor' Winner Courtney Robertson Tells All In New Book About Love: "I Really Didn't Hold Back!"



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy. Everyone knows that with every episode of [The Bachelor](#) comes plenty of heartbreak and drama. However, one name has stood out during recent seasons: Courtney Robertson. Even though she was known as one of the most notorious villains of the franchise, *Bachelor* Ben Flajnik proposed to her at the end of season 16. Unfortunately, after the finale aired, the drama didn't stop for Robertson. She and Flajnik split, and the celebrity dating rumors about the former contestant continued.

Courtney Robertson Talks About New Book About Love

In her new book about love *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villain*, the reality TV star reveals the whole story, including intimate details about life before, during, and after her time on *The Bachelor*. "I wrote this book for fans of the show," she says in our [celebrity video interview](#). "I really didn't hold back. If it pertained to me finding a relationship and love and what led to me to go on the show, I put it in!"

Related Link: [Can You Really Find Love on 'The Bachelor'?](#)

After the roller coaster of drama, Robertson is now "happily single," focusing on her book, which she sees as her "labor of love," and her modeling career. Of course, *The Bachelor* will always be a part of her life. She remains friends with former contestants and is enjoying this season of *The Bachelorette* (she thinks Josh is "pretty cute!"). Fans can also catch her on a future episode of *Untold With Maria Menounos* where she'll spill even more behind-the-scenes reality TV secrets.


You can purchase I Didn't Come Here to Make Friends on Amazon or at your local bookstore.

Update: The paperback version of I Didn't Come Here to Make Friends is available from Dey Street Books as of January 6, 2015 for \$15.99. Buy it now!

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Rumor Alert: Are Kris Jenner and 'The Bachelor' Ben Flajnik Dating?



 By April Littleton

Since Kris Jenner's celebrity divorce from Bruce Jenner, there's a celebrity dating rumor that she is now dating a former reality star of *The Bachelor*, Ben Flajnik. However, Flajnik spoke to [People](#) to get the record straight. "Kris is a very, very dear friend of mine," said Flajnik, who lunched with Jenner at Barney's in Beverly Hills on Friday. "We are not dating, we're just working on a couple of projects together, so that's why we've been seen out a lot as of late," he said.

This celebrity dating rumor spread like wildfire. What are some ways to keep rumors from affecting your relationship and love life?

Cupid's Advice:

Rumors can be the demise of a relationship and love if the things being said aren't addressed right away. It's up to you and your partner to have a clear line of communication and to let the truth be known when it's necessary. Cupid has some advice:

1. Talk about it: Don't let untrue information get the best of your relationship and love life. If you're unsure about

something you've been hearing regarding your significant other, ask them about it. Sometimes, choosing to ignore a situation will only make matters worse. Make sure you continue to communicate with your partner in order to avoid any surprises when it comes to neighborhood gossip and news.


2. Dispel it: Whenever you hear a rumor going on about you and your honey, take initiative by making sure you set the record straight. If any of your loved ones ask you about something that happens to be misinterpreted or downright false, let them know the truth right away.

3. Don't think about it: No matter what you do, people are always going to talk about situations that have nothing to do with them – it's part of life. Rather than get yourself and your partner all worked up over nothing, simply choose to worry about things that really matter. Addressing rumors only adds fuel to the fire. If you brush off the problem, people will do the same and turn their attention to something else.

How do you keep rumors from affecting your relationship and love life? Comment below.

'The Bachelor' Winner Courtney Robertson Lands Tell-All Book Deal



 By April Littleton

The Bachelor Season 16 winner is once again making headlines. Courtney Robertson, now a celebrity author, has landed a book

deal with the title *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villian*. "Going on *The Bachelor* was the most amazing opportunity I've ever had but I did not have a fairy tale ending!" Robertson told UsMagazine.com. The 30-year-old ended her celebrity relationship with Ben Flajnik October 2012.

Courtney Robertson decided to do something positive when it came to dealing with her celebrity break-up from 'The Bachelor' Ben Flajnik What are some creative ways you can get over a break-up without being revengeful?

Cupid's Advice:

Break-ups are tough, especially if you ended things with someone you really cared about. Getting over a celebrity ex without lashing out publicly can be even harder. Cupid is here to help those girls going through a break-up:

1: Have a girl day: When you begin to feel down, call some of your girlfriends and spend the day going out with them. Go to the spa, a movie or just sit around your house and talk about how you're feeling. Relationships and love will come and go, but your friendships will be something you can cherish forever.

2. Hobbies: Keep your mind off your ex by staying busy. What are some of the activities you thought about trying but never got the chance to do? Start going to the gym more often, take piano lessons, and fly in that helicopter over the city! Do something you've always had an interest in and have some of your friends join you as well.

3. Keep a journal: Instead of verbally blaming everyone around you for what happened between you and your boyfriend, write down all of your feelings and emotions in a journal. Finding a healthy way to express yourself is good for the mind and will help you move on faster.

What are some other ways to deal with a break-up without getting revenge? Comment below.

'Bachelor' Winner Courtney Robertson Makes Out with 'Bachelorette' Runner-Up Arie Luyendyk Jr.



 By Nicole Weintraub

Rumor has it that Courtney Robertson shared a smooch with Arie Luyendyk just after ending her engagement to Ben Flajnik a week ago, according to [People](#). Robertson ended her engagement to *Bachelor* star Flajnik who confirmed it on Friday, though no details have been shared regarding the split. Regardless, the *Bachelor* winner locked lips with *Bachelorette* runner-up Luyendyk. It seems that Robertson is keeping it within the same franchise. Her former fiancé seemed bewildered regarding the turn of events. Robertson and Luyendyk went out for a dinner date that ended off with a goodnight kiss at the same restaurant that Robertson went to with her former fiancé during her home visit on the television show.

How long after a broken engagement should you wait before kissing someone else?

Cupid's Advice:

It's difficult trying to recover from a broken engagement, but

some recover more quickly than others. So what is the appropriate amount of time before moving on to someone new? Cupid has some advice:

1. There is no exact timeline: There is no masterful equation of when the appropriate amount of time is to kiss someone other than your former fiancé/fiancée. Though, there is a courtesy time period. Kissing anyone within two-three weeks is immediate grounds for violation and disrespectful.


2. Respect your former beau: You may be ready to live up your newly singlehood, but your partner may still be reeling from the broken engagement. If you are going out and meeting new people, try not to boast about it to mutual friends, to your former beau directly or on the Internet.

3. Check yourself: Rebounds are not good for anyone – especially you. Make sure that if you do meet a new person that you are interested in them for the right reasons. Move on when you are ready, not when you are lonely.

How long did you wait to move on from a broken engagement? How long would you wait? Let us know!

Courtney Robertson Speaks Out About Split with Ben Flajnik



 By Jennifer Ross

The two 'Bachelor' Season 16 lovebirds, Ben Flajnik and Courtney Robertson have finally admitted to calling it quits. Courtney removed her engagement ring, and decided to speak out

via Twitter. The Bachelor winner had brief and positive words to say regarding their break up, which Flajnik, 28, confirmed on October 5. "Thank you all so much for the kind words and for believing in us," the model tweeted. Her ex-fiancé also tweeted his thanks as well, saying he is "blessed to have amazing friends/fam." Even before the official split, the two had admitted to wanting to take a break before getting married. They had concerns that they may have been moving too fast due to public pressure. It appears that their instincts were correct.

How do you know when you've done all you can to make a relationship work?

Cupid's Advice:

As odd as it may seem, it is actually possible to find a partner that checks all the boxes on your list but doesn't work in your real-life. Here are some common situations:

1. The Spark Dies: The initial infatuation fades and you notice that the love for your partner doesn't continue to grow. You rationalize your initial feelings. After all, everything looks great on paper. If the attraction was once there, you convince yourself it was real. You try and try but your attempts at love end up empty. Love cannot be forced when it simply doesn't exist.

2. Professional Help Fails: You used to get along with your partner. You both supported one another and did whatever it took to make each other happy. Somewhere along the way, the bickering began, the stubbornness kicked in and the fighting took over. You tried to solve it on your own, you even went to counseling, but it didn't work. You both realized that two people are sometimes better off alone. It takes a strong couple to let go.


3. Damage is too Great to Repair: Throughout the relationship,

you both were completely honest with each other-or so you thought. Then, you find out he has been having an affair, doing drugs, or gambling his money away. None of these need to be dealbreakers in the relationship. Perhaps your partner has a problem and needs help. If your partner keeps repeating the same mistakes, that's when it's time to decide if it's better for you to move on to a happier place.

What steps did you take to make your relationship work? Tell us below.

Courtney Robertson Is Spotted Without Engagement Ring



 By Jennifer Ross

Nothing spells a breakup any clearer than when a woman takes off her engagement ring, as is the case with *Bachelor* couple Ben Flajnik and his ex-fiancée Courtney Robertson. This Monday, Robertson, 29, was spotted out wearing workout gear minus an engagement ring just a mere few days after Flajnik, 30, had confirmed to [People](#) that the two had split up. As if this was not enough confirmation, Flajnik then posted online, "Welp, another weekend ahead and there is so much going on in San Francisco. I can't even begin to tell you how crazy of a weekend it's going to be." Will Flajnik be the next second-time Bachelor? Stay tuned.

How do you know when to call off your engagement?

Cupid's Advice:

Thankfully, most of us do not have to deal with a breakup while being constantly followed by the media. However, this does not make ending an engagement any easier for you. Before you walk down the aisle, here are a few signs leading towards ending your engagement:

1. Infidelity: Without a doubt, if someone is cheating in your relationship, this is a major sign that the engagement needs to be called off; at the very least, the wedding needs to be postponed. Infidelity is a usually symptom, and not the cause, that someone is not 100 percent on board with a union between two people. Without full commitment from both parties, your future marriage will not last long.

2. Too many missing links: By the time you are engaged, certain fundamental questions should be agreed upon by you and your partner. Where will you two live? How many children will you have? What, if any, religion will the children learn? Who will stay home with them? Not agreeing or compromising to these questions will set your relationship up for future surprises and high risk failure.

3. Instincts are loud: If on the outside everything in your relationship seems perfect but your internal instincts are screaming "run," feeding it cookies will not do you any good. Never let a perfect, albeit false, image of your love life prevent you and your partner from having true happiness, even if it's separately. Like all other challenges in life, you will survive a breakup and be stronger for it.

What made you decide to call off your engagement? Share with us below.

'Bachelor' Stars Ben Flajnik and Courtney Robertson Call It Quits



 By Nic Baird

Ben Flajnik, the *Bachelor* from the show's 16th season, and his final rose recipient, Courtney Robertson, have ended their eleven month relationship, according to UsMagazine.com. The couple explored Baker Beach, San Francisco in August, and Flajnik even commented on Twitter that it'd be an ideal location for their wedding ceremony. The pair seemed in love this summer, despite Flajnik's rumored indiscretions four months after their November 2011 engagement. Before this recent split, the California winemaker's proposal to *Bachelorette* Ashley Herbert was turned down in favor of competitor J.P. Rosenbaum.

How do you know when it's time to call it quits?

Cupid's Advice:

It's always good to be optimistic about love. Being in a healthy relationship means fostering a connection, allowing growth, and maintaining trust. Looking for a way out is different than examining the strengths and weaknesses of being together. That being said, recognizing these important fundamentals will save you from picking up the pieces of your heart with the boxes of clothes you left behind:

1. Friendship: All relationships are based on the enjoyment you have spending time as a couple. Like any friendship there can be rocky moments and tension. But in spite of this, both parties should still care for each other. This means building

a comfortable foundation and finding new ways to spend time together. A relationship includes intimacy, but if it doesn't feel like you're friends than how could you be more?


2. Future: Most people enter a relationship with the idea that it could progress further. Unless otherwise stated, it's reasonably assumed that your partner is a candidate for marriage. You're stalling if you've already dismissed this in your head. Your partner's life, may have no room for you. If they're unwilling to ever compromise on solutions to develop your partnership, then remember to prioritize your relationship needs. Decide on an appropriate time to put down the candle.

3. Trust: Some broken hearts can't be mended. Second chances are great, but not always realistic. Even with forgiveness, baggage can still tear your relationship apart. Establishing trust is hard, but repairing it is even harder. If there's no hope of trust with this person than don't torture yourself. Confront issues head-on, talk with your partner, and make a final decision.

What are signs that told you to call it quits? Share your experiences below!

'Bachelor' Star Ben Flajnik Heads to Vegas Without Courtney



 *The Bachelor* star Ben Flajnik didn't seem to have any

problems enjoying his stay in Las Vegas without his fiancée Courtney Robertson while on a business trip. According to [People](#), the former bachelor spent one night drinking and talking wine with the patrons of Joe's Stone Crab, and even played wingman for one of his buddies. He spent another night at the *Criss Angel Believe* show enjoying popcorn and cocktails with two of his business partners, and they even got to go back stage and meet Criss Angel after the show.

How do you deal with your partner partying without you?

Cupid's Advice:

Partying without your partner can be a messy business, but it doesn't have to be. Cupid has some tips:

1. Trust: First and foremost, you and your partner have to trust each other. You're not going to be around to see how they're acting without you, so you have to have confidence that they will act appropriately. Otherwise, you're going to stress yourself out with unnecessary worrying.

2. Communication: Make sure that you don't follow the "out of sight, out of mind" phrase. You both need to be actively trying to communicate with one another, and let them know that they're in the back of your mind.

3. Jealousy: Jealousy is an ugly quality and it can bring out the worst in us. Don't make an unnecessary scene or [cause a fight](#) for no reason or on false accusations because it will throw a wrench into your relationship.

How do you and your partner handle partying without one another? Share your comments below.

'Bachelor' Couple Ben Flajnik and Courtney Robertson Step Out for the First Time



It's been over a week since *Bachelor*, Ben Flajnik gave out the final rose and made his big proposal to Courtney Robertson. Since then, they've finally been able to make their first public outing together as a couple. Flajnik uploaded a picture to Instagram of the two, captioning it "1st pic out in public." They were spotted having dinner with two other guests in the North Beach neighborhood of San Francisco and an onlooker told UsMagazine.com, "She was wearing her ring and they looked cozy." But it took a lot for the couple to get to this point, for only three months after the engagement, Flajnik dumped Robertson and was soon after accused of cheating, being spotted with three females he later referred to as just "old friends." Hopefully that rough patch in their relationship is over, and they are able to move forward with their engagement.

How do you get your family and friends comfortable with your new relationship?

Cupid's Advice:

Starting a new relationship not only affects you, but also the people who care about you. Here are some tips on how to announce your relationship to family and friends:

1. Let your family and friends meet them first: It's probably a lot better if they have already met the person you are starting a new relationship with. If they know them, they most likely know that you like them and it won't be such a


surprise.

2. Bring your new beau around more: If you start bringing your boyfriend to family events and out with your friends, it will help build the relationship and make it easier for them to accept the new person in your life.

3. Ask for their opinion: Be open and ask your friends and family what they think about your new romantic interest. It's important to know the opinions of the people you love. After all, they have your best interest in mind.

How did you first tell your family and friends you were in a new relationship? Share your stories below.

Rumor: Did 'Bachelor' Ben Flajnik Cheat on Courtney After Their Engagement?

 Although they got engaged in Switzerland last November, things have been questionable between *The Bachelor's* Ben Flajnik and Courtney Robertson. In the show's *After the Final Rose* episode, Chris Harrison asked the duo about cheating rumors which have been circulating about Flajnik. Although Flajnik ultimately denied the rumors, according to UsMagazine.com, there's indisputable evidence in the form of three photos catching him in the act. The photos supposedly prove that he's had "more than friend" relations with at least three women since being engaged to Robertson. One insider says, "Ben did not seem to care who saw him, considering his

status on a prime-time reality show about finding true love.”

Perhaps the truth will come out soon!

How do you confront your partner about cheating rumors?

Cupid's Advice:

Cheating on a significant other is the ultimate betrayal of trust, so it's important to get the facts before jumping to conclusions. Cupid has some advice:

1. Approach the situation calmly: If you're too quick to accuse your partner of cheating, you'll destroy the relationship before hearing what your partner has to say about the allegations. It could very well be some kind of miscommunication, so make sure to get the facts before letting your anger get the best of you.

2. Drop some hints: If you're not comfortable simply bringing up the topic, drop some hints that there's something important you need to discuss with your partner. Usually a change in your usual routine will draw some curiosity. That way, he'll be prepared for the serious conversation.

3. Be prepared: There's no doubt that cheating is not a pleasant conversation topic. Make sure you're prepared with the points you want to make before going into it, so you can get it all out right away. This way, you can keep the topic to one discussion instead of multiples over time.

How did you confront your partner about cheating rumors? Share your experiences below.

Ben Flajnik Proposes Marriage on 'The Bachelor'

Ben Flajnik has had quite a season on *The Bachelor*, but he's finally found a forever love in Courtney Robertson. According to [People](#), Flajnik said he was "not sure how this is going to end" before Monday's Finale. But, it ended in heartbreak for other finale contestant, Lindzi Cox. Flajnik and Robertson, however, intend to be happy together after saying "I do" despite the reported cattiness of Robertson on the show. Of the ring, Robertson said, "God, this ring is heavy!"

How do you know when you're ready for marriage in a relationship?

Cupid's Advice:

Sometimes it can be difficult to decide when to make that big decision to walk down the aisle with the love of your life. Cupid shares some ways to know if you're ready:

- 1. You don't have to talk yourself into it:** If you have to talk you or your partner into the idea of getting married, you're probably not ready. There should be no hesitation from either of you.
- 2. Stability:** Are you or your partner financially unstable? You should both have steady jobs so that money doesn't become an issue early on in your happy marriage.
- 3. Trust:** Your partner should be honest and open. It's important to make sure of this before taking that big step toward marriage.

What are some ways you knew that your partner was the one? Share below.

'The Bachelor' Season 16 Finale: Jesse Csincsak Discuss Ben Flajnik's Decision to Choose Courtney Robertson



By Steven Zangrillo

Matterhorn Madness! It was the ending we saw coming. Courtney Robertson got her ring. America groaned. Life went on.

And so, we've come to the conclusion of the 16th season of The Bachelor. While it would be difficult to attach superlatives like "best" to the rhetorical descriptive of this season, "most weird" would definitely be a fine way to describe it. This season was beyond weird. Aside from the usual batch of girls who didn't quite make the cut, we saw a strange dynamic develop between Ben Flajnik, CourtneyRobertson and Lindzi Cox. You would imagine that, at first glance, Lindzi would be the runaway favorite. A girl like Courtney, who chafes and bothers everyone she's in the same room with, shouldn't have made the cut. Lindzi is a self-made, sharp, talented professional who sustains and supports herself. However, Courtney is, ahem, a skinny dipping model. Unfortunately, for America that's what

Ben seemed to be looking for in a wife. Lindzi was sent packing. Ben worried that the feelings “wouldn’t last a lifetime.” These are the ebbs and flows of The Bachelor. Below, Jesse gives his take on Ben’s big decision and whether he flubbed it, or not.

1. Ben’s sister Julie acted as if it would take a lot for her to like Courtney. Were you surprised with how quickly she changed her mind?

Jesse: Nope! She drank the Courtney Kool-Aid. Plus, the producers could have told her what to say and how to act. They probably edited it in a way to make us see it that way.

2. Did Ben look stiff and awkward to you while Lindzi was opening up and being vulnerable to him on their date?

Jesse: Ben always looks a bit stiff to me but, yes he seemed awkward. Listen up ladies... if you tell a guy *numerous* times that you love him and he doesn’t say it back... it’s *game over*.

Related: [Courtney Robertson Says She Tried Hard To Be Nice to the Other Women](#)

3. Was there any time during the episode that you thought maybe, just maybe the whole thing would be twisted and Ben would choose Lindzi over Courtney?

Jesse: Nope. People love to hate. Choosing Courtney meant ratings. Mike Fleiss loves that!

4. Any advice for Lindzi given that she was rejected on National television?

Jesse: Keep on keepin, girl. You’re the whole package. You’ll be *just* fine.

Related: [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

5. When Ben was preparing to propose to Courtney, he said “but.” What was your reaction?

Jesse: Just a production adlib. They made him include that in his proposal.

6. After watching *The Final Rose*, have your feelings about Courtney changed?

Jesse: I still don’t believe her, but I think Mike Fleiss and his production team have sold out Ben for ratings.

Related: [The Bachelor Season 16: Ann and Jesse Csincsak Discuss Hometown Dates and One Big Faux Wedding](#)


7. Do you think that Ben should have been there by Courtney’s side throughout the media backlash?

Jesse: Of course. If you chose her you should defend her, bro. Stick by what you do!

8. Any predictions for this couple?

Jesse: Best of luck!

‘The Bachelor’ Contestant Nicki Says She’s Still Not Over Ben Flajnik

 Nicki Sterling saddled back to Texas after falling in love and spending the night in the fantasy suite with *The Bachelor’s* Ben Flajnik. The former contestant told [People](#) she

was blindsided when she didn't get a rose, but believed it boiled down to him having stronger feelings for the other two women. "Hearing him refer to me as the "dark horse" lets me know he enjoyed my company in the beginning, but didn't have a strong connection until the end. I probably had stronger feelings for him sooner than he had for me," Sterling said. While she admits that she's still in process of getting over everything [from the show], Sterling is at a good point in her life and is in no rush to start dating again. "It's hard to fall for somebody that doesn't fall back. The idea of dating hasn't crossed my mind since I left Switzerland," Sterling said. "I'm going to take a while to put myself out there 100 percent like on the show. I'm confident it will happen. I'm just not in any hurry."

What are some ways to move on after heartbreak?

Cupid's Advice:

It's hard to move on after splitting with your lover, but it's not impossible. Here are some ways to help repair your damaged heart:

- 1. Spend time with your family and friends:** One of the many benefits of having [family](#) and close friends is they're always there for you when you need them. Instead of being by your lonesome, desperately waiting for that phone call from your ex, have fun with your circle.
- 2. Pick up a hobby:** Find things that you enjoy doing to get your mind off of your tainted love. Join a yoga or fitness class to relax. Plus, it'll give you the opportunity to meet new people.
- 3. Focus on yourself:** It's so easy to lose sight of the plans you made for yourself, especially when you're going through a breakup. However, now is the time to reevaluate yourself, go after your goals and put yourself in the spotlight.

How did you move on after heartbreak? Share your comments below.

'The Bachelor' Winner Courtney Says She Tried Hard to be Nice to the Other Women

On last Monday's all new episode of *The Bachelor*, Courtney Robertson realized that Ben Flajnik was having his doubts about her because of the way she's been acting with the other girls. Robertson was quick to pull Flajnik for some one-on-one time in Switzerland to explain herself. In high hopes of gaining his full trust back, she desperately told him, "I'd say something and they'd jump on me. I had my guard up." Little does Flajnik know, there's a lot more she said to her cast members that he wouldn't be so happy about.

What do you do if you don't get along with your partner's friends?

Cupid's Advice:

There are times where you just can't get along with your partner's friends, but they have a problem with that. Not sure how to fix this problem? Here are some tips:

1. Give it another shot: Maybe there are certain friends of your significant other's who you don't get along with, but there has to be someone you can manage to have a conversation with. Try not to be close-minded, and try giving his or her


friends another chance.

2. Bring a friend with you: Whenever you both go out with a bunch of friends, bring yours along, too. It's much easier to loosen up and be cool when you have your best friends along with you.

3. Have them over your place: If you all get together at your place, you'll feel comfortable and there will be less tension. Also, since it is your pad, their friends will most likely be extra nice to you.

Do you get along with your partner's friends? Share your experiences below.

'The Bachelor' Ben Flajnik Sends One of Three Women Home

 Ben Flajnik had an eventful weekend in Switzerland with the final three contestants of *The Bachelor*, Courtney, Lindzi and Nicki. Previously eliminated Kacie B. even made a surprise appearance. According to [People](#), Kacie said, "I didn't see that coming at all," talking about their breakup to Flajnik. "It's hard for me to get that out of my head." Ben explained that he felt he was protecting Kacie by ending things when he did. She replied with a final piece of advice about Courtney. "I feel like if you were to choose Courtney you would get your heart broken. It seems like she's in it to win it... It makes me sick to think that you could be hurt again." Disregarding Kacie's advice, Flajnik gave roses to Courtney and Lindzi. "I just hope you're making the right decision,"

Nicki told Ben, who said, "Believe me, I do too."

What do you do if you see your friend making relationship mistakes?

Cupid's Advice:

Watching your friend make mistakes is hard, but so is trying to intervene with his or her relationship. Here are some friendly ways to have your pal's back:

1. Get your facts straight: Before taking your referee skills center court, be sure you know what you are breaking up. For all you know, your friend could be giving you one-sided stories and their partner is completely guilt-free. Observe as a separate third party to be sure your assistance is necessary.

2. Approach your friend: When you are positive there's an issue, point it out to your friend. She may not even be aware that her boyfriend is sounding like her father. Once his flaws are showing, your friend will hopefully clear things up on her own.

3. Offer advice: If your gal pal doesn't help herself, it's time to step in and try to make some changes. Give her some advice; tell her how you would handle the situation. Don't tell her exactly what to do, though, because that could just cause problems within your friendship.

What did you do when you saw your friend making relationship mistakes? Share your stories below.

'The Bachelor' Season 16 Episode 9: Ann and Jesse Csincsak Discuss Ben's Final Dates in Switzerland



 By [Lori Bizzoco](#)

On this week's episode of The Bachelor, it was time for Ben Flajnik to narrow the girls down to two. The scene for the infamous one-on-one fantasy suite dates was set in Switzerland where Nicki, Lindzi and Courtney had the opportunity to get some alone time with Ben. In the middle of it all, was an unexpected twist. Kacie B. decided to return. She timidly knocked on Ben's hotel room door and wanted him to give her a reason why he let her go. His reasoning being simply because they were "world's apart." Personally, we didn't think he could muster up the courage to say that her parents were too old-fashioned for his taste (e.g., they were opposed to having their daughter move in with him before she was married).

Kacie then continued the conversation by letting Ben know that Courtney was up to no good and could break his heart.

This all happened directly following Ben's one-on-one talk with Courtney about this very issue. Nevertheless, when it came to the final rose ceremony it wasn't Courtney being sent home; it was Nicki. Sometimes, a man has to do, what a man has to do. And, then there were two! As if we didn't know who was "winning!" Here's a look at the weekly Q&A from your resident Bachelor Couple, Ann and Jesse Csincsak:

1. Overall, what did you think of tonight's episode? What was your favorite part?

Jesse: It's was very uneventful! I was glad to see Kacie come

back; it made it a little more interesting.

Ann: I enjoy watching the show more towards the end because you're a little more invested in the girls and who goes home and who stays. In the beginning, I don't care as much about who gets cut!

2. Ben seems extremely confused (for good reason), is there anyone he can call or talk to about his feelings or is it all on him?

Jesse: Nope! He's all alone on this one. He really isn't even supposed to talk to his family.

Ann: No, the producers are not the ones to talk to because to be honest they are probably the CEO's and Board of directors for Team Courtney, THEY want him to pick her.

Related: [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

3. That scene where Ben and Nicki were dropped off on the cliff by helicopter, how long do they leave them there in the middle of nowhere?

Jesse: A couple of hours they just film a couple of shots and all the producers and camera men are there.

Ann: I would say they were up there long enough to get a good shot and kiss and that's about it. It just made for good TV because it was so dramatic to be standing on a cliff.

4. Why do they keep making Lindzi do these daring dates instead of giving her a romantic one-on-one? Do you think these type of dates work for or against someone?

Jesse: She told producers she was afraid of heights so they play on that. I think he likes her at this point so the dates are just for show.

Ann: They have her do it 1) because she is afraid of heights. 2) He is probably not as romantically interested in her. They just have a really good time together. I think in the begging these stunts work well for women because it shows a sense of adventure in them but towards the end it just feels like a repeat of the daring ones from the beginning.

Related: [The Bachelor Season 16: Ann and Jesse Csincsak Discuss Hometown Dates and One Big Faux Wedding](#)

5. What's really going on in the fantasy suite?

Jesse: Exactly what you think happens in the fantasy suite happens in the fantasy suite.

Ann: N/A

6. Do you think Courtney was sincere in apologizing? Do you think she really likes Ben?

Jesse: Yes and no. I think she's sorry she is getting flack but not sorry she's gotten so much attention.

Ann: I think she likes the idea of ben and WINNING! That's it.

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney](#)

7. What did you think of Kacie B's return? Was that done by the producers to position her as the next Bachelorette like we've seen many times before?

Jesse: Totally produced! I don't think she'll be the Bachelorette but you'll see her again on the pad.

Ann: I think she will be forgotten by the time the next Bachelorette (after Emily) comes around, so no. But it was producer planned and it made for a few minutes of excitement. I kept thinking he would let her come back.

8. What would you do if you were Ben and everyone kept warning

you about someone you had strong feelings for?


Jesse: Ignore it! People do what they want in the end.

Ann: It would depend on how I felt for that person. There are plenty of people my friends have dated that were bad news and me telling my friend made no difference to them. Maybe it gets someone thinking but in the end people have to decide for themselves.

9. Anything you hope to hear or see on the tell-all next week?

Jesse: A whole bunch of drama! Haha! They are gonna destroy Courtney and she can't even defend herself. Oh well!

Courtney Stages a Fake Wedding for Ben Flajnik on 'The Bachelor'

 Courtney Robertson's fake wedding vows on *The Bachelor* may have been sweet music to Ben Flajnik's ears but it seemed to be a bit too familiar to *Sex and the City* aficionados. Complete with a stand-in officiant, Robertson set up a mock wedding in a local park of her hometown of Scottsdale, Arizona during her hometown date. While wheedling Flajnik into writing original vows, the model repeated the same vows as the *Sex and the City* character Carrie Bradshaw, played by Sarah Jessica Parker. "I'm looking for love. Real, passionate, can't-live-without-each-other-love. When I look at you from across the room, I know that the key to your happiness is the key to mine. Ben, I want to love you and

treat you right. Every day and every night," Robertson told him. "I hope you know I'm 100% ready for marriage and so happy I found you. I want you to know that I'm in love with you."

Forget the mock ceremony, let's begin with whether or not a woman should propose to a man!

Cupid's Advice:

Beyonce may have said it best in *Single Ladies*: "If you like it then you should have put a ring on it..." But what happens if your partner doesn't put a ring on it when you feel the relationship is ready? Women are going after what they want nowadays- and love is no exception. While it's up to you to decide if you want to pop the question to your partner, Cupid has some advice to help you make the decision.

1. Go after what you want: Being an independent woman, isn't a task- it's a lifestyle. Instead of waiting for your Prince Charming to plan the perfect proposal, show him how you want it done by doing it yourself.

2. Be non-traditional: Sure, a man is *supposed* to ask for his woman's hand in marriage, but that doesn't have to be the case in every situation. Make your engagement story unique.

3. If you really love him: If you're ready for the next step in your relationship but your partner hasn't necessarily approached you about it, take the initiative to do so yourself. Talk to him about marriage and make sure you're both on the same page and plan from there.

Do you think a woman should propose to a man? Share your comments below.

'The Bachelor' Season 16 Episode 8: Ann and Jesse Csincsak Discuss Hometown Dates (Three Girls and a Wedding)



 By [Lori Bizzoco](#)

This week on The Bachelor Season 16 with Ben Flajnik, we were taken to the horse country, the Bible Belt, a Texas-style dress-up party and a mock wedding. Yes, three women and a wedding. Lindzi got to show Ben what it was like to race horses, ride horses and grow up with horses all around her.

She said she rode before she even walked. Nikki's fun-loving spirit led Ben into a Texan cowboy store where they both bought hats and boots and sported being a Texan all day. Ben said it was something that he always wanted to do. Courtney invited Ben not only to meet her family but to meet his future wife (her) in a full-course wedding with an officiant and all.

They exchanged vows in what some Twitter followers say was a rip-off of Sex and the City. Overall, the parents seemed down-to-earth and warm towards Ben. However, the one family that didn't welcome him as easily was Kacie B. Unfortunately, their traditional values and lack of alcohol consumption (after all, Ben is a wine maker) probably got in the way of his feelings for her. At the end of the episode, she was the one who was sent packing.

Here's this week's Q&A commentary from Ann and Jesse Csincsak:

1. What are your thoughts on Ben's horse date with Lindzi?

Jesse: Umm Lindz is the whole package! She is down-to-earth and fun. Her parents are super fun and she is not bad to look at either.

Ann: Very cute! It seemed very true to who she is. Not just sitting around the house but outdoors enjoying life.

2. What did you think of the coincidences between Lindzi's parents and Ben and Lindzi's first date?

Jesse: Her parents are easy going and I think they would be fun to have as in-laws.

Ann: I thought it was funny Lindzi didn't know any of that stuff about her parents but very funny coincidences...

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Weigh in on Ben Flajnik's Ladies in Belize](#)

3. Do you think Kacie B's conservative family had anything to do with Ben not choosing her? Why?

Jesse: No one and I mean NO ONE wants to have in-laws that are up tight and tell you how you're gonna live your life with your other half. LET PEOPLE LIVE THERE LIVES!!

Ann: Yes!!! I think that was most of the reason. If Jesse asked my dad if he could marry me and my dad said no that would be a big deal. Ben must have sensed that after meeting them.

4. Thoughts on Bachelor Ben in a Texas cowboy get up?

Jesse: I know nothing about fashion but I am sure my wife would call it a #FashionFail

Ann: Gag! Ben looked hilarious in that hat. Thank God he didn't audition for Sweet Home Alabama.

Related: [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

5. There were four bottles of wine opened on this episode (maybe more) over promotional? normal? or on the brink of alcoholism?

Jesse: Producers pump you full of alcohol and try to get you to say things that you wouldn't normally say- PERIOD.

Ann: Most people would call that alcoholism on the bachelor it's just another Monday night!

6. What did you think about Courtney's family? She obviously picked up the skinny dipping hobby from her dad if you saw the last few moments of the episode!

Jesse: Courtney's family seemed ok but she still seems to act like she is better than them or above them. I can't really put my finger on it. The producers are definitely realizing that they need to redeem Courtney and her image and as far as I am concerned it's just too late. And the wedding was a total repeat of a date Ashley Hebert had on her season. I really wish the producers would stop recycling dates!

Ann: They seemed nice but very negative and skeptical. Probably where she gets it from! I hope she didn't steal skinny dipping tips from her dad.

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney](#)

7. What would you have done if you were the Bachelor/Bachelorette and someone played out the whole marriage scenario like Courtney did?

Jesse: I would refuse. Marriage is the real deal not something fun to do for a joke on a date.

Ann: I wouldn't do it. It would be funny for a second but

vows and a ring exchange was too much. Being married and having that moment is serious and shouldn't be cheapened for a good TV episode.

8. Do you think Courtney took a risk setting up the whole wedding or she smartly played right to the cameras?

Jesse: It was totally produced. It was a cut and paste date from Ashley H.'s season.

Ann: I think the cameras and producers set it all up and Courtney said YES! They have very little to do with the dates.

9. Any thoughts or surprises with the final rose ceremony?

Jesse: I thought Nikki could be the one to go home but Kacie's parents shot any of her chances down. It's okay Kacie; you're a doll. You will be just fine.

Ann: I was surprised Kacie B. went home but not surprised after her family's reaction to Ben. Her family doesn't even drink and he MAKES WINE for a living... Those two don't add up.

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Talk Skinny Dipping, Ball Playing, Sick of Being Single Bachelorettes](#)

10. Are you looking forward to watching Emily on the next season of 'The Bachelorette'?

Jesse: I think Little Miss Golddigger's season will be the worst one yet. How can you watch someone that you know is a LIAR? She claims that she hates the press and the cameras but yet she's The Bachelorette? Sorry, not interested in seeing you send 24 guys home and choose an ARMDOLL to prance around with for a few months after your season is done. Total fail in my opinion. Her season will be as fake as it gets!

Ann: Yes, but to be honest it's to see her fashion choices.

She has great style.

11. They showed what looked to be a dramatic trailer and a surprise appearance on Emily's season, who do you think comes back?

Jesse: Honestly, I think we will either see Brad or Bentley. Either one would be stupid to come back for her.

Ann: That scene was from her season with Brad but I think it might be Brad that shows up or at least I hope it is.

12. Do you think the producers will do what's needed to keep Emily's daughter, Ricki close by? Do you know what took place when Jason Mesnick went on the show?

Jesse: I think Emily bringing them to the south to film is going to be a total train wreck and having her daughter close by is a sketchy situation at best.

Ann: I believe Ty stayed home with Jason's family, not sure. I think Ricky will either stay with family back home or Emily's family is staying in LA with Ricki to be close by.

13. Have you heard anything about Bachelor Pad 3 yet?

Jesse: Nope, but I am sure they have all their producers chipping away at it.

Ann: No but I have a few good guesses for the new cast!

14. Anything to add?

Jesse: I will be surprised if this show gets resigned after Emily's season.

What Does Astrology Tell Us About 'Bachelor' Ben Flajnik and His Quest for Love?



 By Lori May

Benjamin Flajnik, also known as “Bachelor Ben,” is the latest contestant on The Bachelor to go looking for love. With the season drawing closer to the final episode and live special, more and more fans of the series are perplexed by who Benjamin Flajnik is—and what is he really looking for in a Lady Love?

What does Astrology tell us about Benjamin Flajnik and his quest for love?

Benjamin Flajnik is a Virgo (Sun Sign placement), based on the public information of his birth date being September 10th, 1982, in California. As an avid fan of The Bachelor, I have tuned in since the beginning of Ben’s season only to be repeatedly amused by just how much of a “typical Virgo” Ben seems to be. Below are a few highlights of the traits, interest, and behaviors of Bachelor Ben’s that led me to apply the “typical Virgo” stamp of approval.

Virgo Man traits Ben exhibits:

Need for Flexibility: Ben has repeatedly commented, both to the camera and to various female contestants, about how much he values and appreciates flexibility. The ability to “go with the flow” seems very important to Bachelor Ben, which is typical not only of Virgos but also the other Mutable Zodiac Signs (Gemini, Pisces and Sagittarius, specifically).

Desire for the Outdoors: Several of the girls have stated that

they enjoy how rugged Ben is, and how outdoorsy or hands-on his dates have been. Virgo men are typically very good with their hands, have an affinity for the outdoors, and love to take a chaotic situation and make sense of it. Taking the girls fly fishing, paddling down the Panama Canal, or on a scenic picnic during a one-on-one date are all extremely appropriate endeavors for a Virgo.

Guarded Emotions: Many viewers have been concerned that Ben Flajnik seems too reserved, even shy, to be a successful Bachelor. Virgo men tend to keep their emotions in check, not only because of their Mutable nature but also because—like fellow Earth Signs Taurus and Capricorn—emotions are often confusing and even overwhelming to the very logical, practical Virgo man's mindset.

Related Link: [The Bachelor Season 16 Episode 7: Ann and Jesse Csincsak Weigh in on Ben Flajnik's Ladies in Belize](#)

Emphasis on Activity: Ben puts a lot of emphasis on physical activities during his dates, even one-on-one adventures, such as his deserted island date with Kacey B. The women's ability to be productive with him during these physical activities seems very important to Ben, which is very true to Virgo's hands-on nature. The ability to work as a couple and accomplish something tangible is extremely appealing and possibly even mandatory in Ben's potential wife.

Dislikes Being Questioned: The women that have challenged Ben's decisions and actions do not seem to receive a very receptive response. For example, Emily's decision to approach Ben about fellow contestant Courtney on two occasions caused Ben to visibly "draw back" from the conversation. Virgo men do not appreciate having their decisions and opinions questioned by others—a very Earth Sign trait—and more than most men, they have a tendency to respond to such questions as though it's a slight towards their manhood.

Avoids Emotional Outbursts: The women who have consistently seemed overly emotional or unstable have not lasted long this season (i.e., Jenna and Blakely). Alternatively, the more reserved, laid-back ladies seem to put this Virgo Bachelor at ease. One exception to this rule is Courtney, who is consistently intense and even romantically aggressive towards Ben during their alone time.

Related Link: [The Bachelor Season 16 Episode 6: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney](#)

Attracted to Physical Qualities: On the subject of Courtney, Ben seemed to be immediately intrigued by her after first seeing her during the introductory segment of the premiere episode. This spark of chemistry and physical attraction seems to have Bachelor Ben very much under Courtney's spell, which is one weakness most Virgo men share when in love: A tendency to be blinded by physical attraction and chemistry, and to value those connections above a more practical, logical assessment of partners.

What do you think of Benjamin Flajnik's Virgo behavior? Check back with us here at CupidsPulse.com for further explorations into Bachelor Ben's Astrology, and our theories about who will go home next—and which girl should stay!

'The Bachelor' Season 16

Episode 7: Ann and Jesse Csincsak Weigh in on Ben Flajnik's Ladies in Belize



☒ Welcome to Belize. This week's episode of 'The Bachelor' had quite a few break downs. Lindzi gets a Blue Lagoon type date with Ben and they spend their date hunting for food caveman style. They end the date by writing a fairy tale love note, putting it in a bottle and sending it out to sea (cheesy). Nikki has break down #1 complaining that she needs a one-on-one with Ben.

Breakdown #2 was in full swing by Courtney after she becomes enraged at her 'boyfriend' for betraying her by giving Emily a date card. Unfortunately for Emily, there was absolutely no on-air chemistry between them although viewers had to witness their disgusting display of tongue action (gross)!

When Courtney receives the final one-on-one date card, she tells the other girls "he listened to me." Noting earlier, that she better get a date card if he "knew what was good for him." On the date, Courtney makes Ben work for her love by telling him that she may have lost a spark. Sweet and lovable Kacie B. gets a rose on the three-on-one shark diving date with Rachel and Nikki but gets our vote for Breakdown #3 when she opens up about her disdain for Courtney. During the rose ceremony, Emily and Rachel are eliminated.

Next week we are off to the hometown dates!

1. Of the four girls left, who do you feel has the most chemistry with Ben when you watch them together on television?

Jesse: Well let's see. Who has gotten naked for him?

Courtney. Who rode him naked in the ocean? Courtney. Who plays the "I-don't-know-if-you-can-meet-my-parents" card? Courtney.

Ann: Kacie B by far! The funny thing is, I don't think he even has chemistry with Courtney. They have a lot of sexual chemistry, but not the romantic kind.

2. Who do you feel has the least amount of chemistry with Ben?

Jesse: Nikki.

Ann: Nikki. I actually thought she was going home and Rachel was staying!

3. What if Lindzi said "no" to jumping out of a plane on her date because she was too scared?

Jesse: It would have made their date a lot more interesting.

Ann: I would have pushed her in! Just kidding. I think they would have bullied her into jumping. Don't underestimate the power of the producers to get you to do something uncomfortable if it makes good television.

4. Is she allowed to say, "no?"

Jesse: This is reality TV. There are no rules. The rules are what the producers say they are in that exact moment! If one of the girls wanted to walk up to Chris Harrison and kiss him, they would let it fly if it created ratings.

Ann: Yes, she is allowed to say no, but they would have made it really awkward for her. At this point, the producers are her "friends." I use that word lightly – it would have been like all of your friends making you feel dumb for something.

5. If Ben liked her, wouldn't he still like her even if she didn't do it?

Jesse: If Ben is a *real man*, he knows that women almost never

do what you ask them (sorry, honey).

Ann: I think Ben is genuine enough that if she hadn't done it he still would have liked her. Do I think she is going to win the show regardless? NO!

6. Are the stunts they do on the show dangerous or is it just made to look that way (shark diving, helicopter jumping)?

Jesse: People do shark diving every day in places like that and people jump out of planes from 4,000 feet in the sky not 30 feet over the water, totally safe in my book!

Ann: They are all things any tourist could do with enough money. So, they're definitely not that dangerous. The show would be over if anyone died from one of these things.

7. Why does Ben keep saying, "I could see myself spending the rest of my life with (insert the person he just went on a date with)?" Or, "I could be falling in love with this person." We hear this after almost every date. Is this true or a canned response?

Jesse: All those lines are done post show. So after the finale, they make Ben and the winner go back and do voice overs, saying all the lines they need to fill in the show. Those just happen to be the lines that they use!

Ann: If you watch closely, his hair is different in some of these shots and it sounds very generic. They use clips from all throughout the season and paste them together (gotta love editing). Aside from that, one of the main requirements to being the 'Bachelor' or 'Bachelorette' is being able to play ball with the producers. Meaning, they have to say certain things on camera if the producers request it or suggest it.

8. Doesn't Courtney "losing the spark" send a red flag that she may do the same thing in a relationship with Ben once the cameras are off and things get "real?"

Jesse: She got naked and rode him in the ocean, need I say more?

Ann: Yes, Yes and YES! If she weren't such a TV gold mine she would be gone by now. This is the "bad boy" syndrome in reverse. Ben is attracted to her because she plays hard to get.

9. Are you excited to see how Courtney acts among her family and what they have to say about her?

Jesse: Nope. I am pretty sure her parents are just like her – they think they're better than the rest. *Sad, really.*

Ann: No, I am sure her family is a lot like her. If they aren't, THANK GOD! I would love to see her family put her in her place, that would make for good TV, but after her mothers article that came out I doubt that will happen.

10. Were you shocked at the outcome? Emily going home and Nicki and Courtney staying?

Jesse: The only one who I thought would stay was Rachel and that Nikki would go. Courtney will be in the final two. She makes the show; otherwise no one would watch!

Ann: YES! I dramatically gasped outloud. I actually thought Rachel would stay instead of Nikki. Oh well.

**'The Bachelor' Contestant
Jennifer Says Ben Should Run**

from Courtney



Although Jennifer Fritsch was eliminated during the rose ceremony last week by *The Bachelor's* Ben Flajnik, she isn't holding it against him. That said, she *is* rooting for all the final girls but one, and that's front-runner Courtney. Fritsch claims to no longer be bitter towards Flajnik for his surprising elimination, but says that Courtney is not the girl for him. She believes the skinny-dipping model is in it for her career, and she doubts that she even has feelings for Flajnik. In her opinion, Courtney is as bad of a person as she's portrayed to be on the show. In an interview with [People](#), Fritsch said she would advise *The Bachelor* to "run for the hills" when it comes to this contestant.

How do you know when to take your friend's relationship advice seriously?

Cupid's Advice:

Some people have been your friend your entire life, while others act as your friend when they need or want something.

Cupid has some tips to help you recognize a good friend without an ulterior motive:

1. Trust: Relationships provide gossip for everyone, so make sure that you're not spilling your love life problems for everyone to hear, and only take advice from friends who are close to you and know more about your relationship.


2. Motive: If a person whom always seemed to be in love with your partner buddies up with you the minute they hear you're having issues, be skeptical. If they think the best way to resolve your problems is to break up, they may try to snatch up your potential ex when they're vulnerable.

3. History: The best person to take advice from is someone who knows your relationship history. Just because they may tell you something you don't want to hear doesn't mean they're trying to sabotage you. It probably just means they care enough to point out the obvious when you're too blinded to see it.

Who's dating advice have you found the most helpful? Share your comments below.

'The Bachelor' Season 16, Episode 6: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney



 By [Lori Bizzoco](#) and Steven Zangrillo

Welcome to Panama. This season of 'The Bachelor' has taken a turn for the... weird. First, we have serial nudist Courtney Robertson who continues to use her body to command Ben's attention. While on the other end of the sexual spectrum, we have prude-gone-wild Jamie who gives full on kissing instructions to Ben. And, somewhere caught in the middle is Blakely who during the two-on-one date with Rachel, reveals an over-the-top visual board to Ben fantasizing the non-existent romance she was having with him. Jamie and Blakeley were sent packing.

The one-on-one date was with Kacie B., who Ben took to a private island (surprise!). Over the course of the date Kacie divulges that she once had an eating disorder. Opening up to Ben gets her a rose. On the group date, the girls are taken to a tribal village in Panama. The girls all don traditional Panamanian tribal wear – over their bikinis. Courtney, however, decided that beads alone would do the job. Ben didn't look so upset about it. However, Lindzi was the one receiving the rose much to Courtney's dismay.

Speaking of being sent home, it was discovered (although with gray areas) that Casey S. has a love interest of her own at home-her (ex) boyfriend Michael who refuses to marry her. Ben wasn't too thrilled and Casey is ousted. And, then there were six!

1. What lessons can we learn from watching Kacie B's interaction with Ben?

Jesse: Realness and honesty are key!

Ann: Be natural and be yourself and it will get you a long way. Like I said a few weeks ago, no games and you will go far in a relationship.

2. Do you think Courtney's strategy of being sexual will keep her in the competition or will it eventually be her demise?

Jesse: Demise! Ben will eventually catch on because being sexual only goes so far. Anyone in a long term relationship knows that you can't base a relationship on it or it will crumble.

Ann: Normally, I would say that doesn't work well for women but in this case I think Ben is under some kind of spell and doesn't realize that he's making the classic mistake of falling for the wrong things about a girl. Courtney is getting her 15 minutes and she knows that, she'll come out of this

looking dumb with a lot of attention!

3. Next week looks interesting. Any thoughts on what will happen with Courtney?

Jesse: Maybe she gets pushed off a cliff? A guy can hope. Sorry.

Ann: I think 'The Bachelor' is creating drama this year more than ever. Tonight's episode is a perfect example. Lots of girls have feelings for other guys and none get called out and sent home.

4. What did you think about Blakeley's inspiration book?

Jesse: Creepy. You have known him a month.

Ann: The scrapbook was way too much! I'm just saying. Talk about too much, too fast. She made a vision book about a life with Ben she didn't have. Scary.

5. Why didn't Ben choose Blakeley over Rachel on the two-on-one?

Jesse: Blakeley is always putting her two girls in his face – *not attractive*. Get to know him and cover up your bits and pieces.

Ann: Blakeley came out of nowhere with these serious feelings and was pushing too hard. Lesson for all girls, push too hard and you become too available with no mystery.

6. Regarding Casey S., do you think it's common that people go on The Bachelor/Bachelorette still in love with their ex?

Jesse: Every guy or girl who has ever come on this show has an ex back home and probably had some sort of feelings for them. So, the fact that the producers just pulled this nonsense out of nowhere is ridiculous. They will exploit anyone and everyone to get drama for this show. It's sad

really.

Ann: Yes. I think lots of people go on from all different situations. I think they needed a little drama so they made an example out of this. I think if all those girls were honest on camera they would admit to being there for all different reasons, some including fame (*cough, cough* Courtney).

7. The show felt pretty uneventful until the awkward kissing scene with Jamie took place, we would love to hear your thoughts on that scene.

Jesse: I think Jamie was probably told by producers that if she didn't do something like that, then she was going to be sent home and she fell for it hook line and sinker. I kind of feel bad for her.

Ann: Horrified! I covered my head cause the awkwardness actually made me uncomfortable. It was like watching someone narrate a sex class.

8. Any predictions for who will go home next week?

Jesse: Nikki. No one even knows who she is.

Ann: Emily! Possibly Nikki. I think Emily was kept here for drama but that seems to be gone so, so will she.