

Celebrity Couple Sean Lowe and Catherine Giudici Join Cast of 'Marriage Boot Camp: Reality Stars'



By Katie Gray

In the latest [celebrity news](#), [celebrity couple](#) Sean Lowe and Catherine Giudici have joined the latest cast of *Marriage Boot Camp*. The pair is taking the step to make things better in their relationship! According to [People.com](#), they do not always agree on everything and this is evident in the exclusive sneak peek of the series. Fans of *The Bachelor* fell in love with Sean and Catherine, and now they will get to see them work through their issues to make things better for

themselves!

This celebrity couple has their share of problems. What are some things to try if you find yourself fighting with your partner a lot?

Cupid's Advice:

Every relationship has its problems, and nobody is perfect. There's a fine line between having normal fights and disagreements, and arguing all the time. If you are fighting with your partner more than not, that is a big problem. You should be enjoying your time with them for the majority of the time. Cupid has some [relationship advice](#):

1. Talk it out: Whenever you are having a disagreement or an argument with your partner, make sure you talk it out. Never go to bed angry, because you don't want anger and resentment to build up. It's best to resolve the issue early on. The fight is likely due to miscommunication, so talk it out with your spouse or partner!

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2. Space: Everybody needs their own space sometimes. When you are having frequent fights with your partner, it's likely that you just need a little space. This doesn't necessarily mean space for long periods of times; just take a moment to relax and collect your thoughts. We all get stressed, overtired and burnt out from our busy lives. Take a second to catch your breath, and let the fight blow over. Reconnect once you have started to feel better!

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3. Write this down: If you would rather not go to couples' therapy, why not take matters into your own hands? Jot down in a notebook the feelings that you have for your spouse as well as all of the things you love about them. Once things are spelled out – you will remember why you fell in love with them in the first place. Share your thoughts with each other afterward to rekindle the feelings.

What are some things you have tried when you were fighting with your partner a lot? Share your stories below.