

Celebrity News: 'Bachelor' Ben Higgins Opens Up About Insecurities & Kaitlyn Bristowe



By Katie Gray

In latest [celebrity news](#), newest *Bachelor* Ben Higgins has spoken out about not letting his insecurities get the best of him as he makes his way on the reality show. Higgins was the runner up on *The Bachelorette* with Kaitlyn Bristowe. According to [UsMagazine.com](#), he is a devout Christian and he has a preference that whomever he chooses be into her faith. Higgins explained, "I would really like to find a woman that has a similar faith as I do – I think that would be important as we raise a family, as we move forward in life." If you were to take [relationship advice](#) from him, that would be it. Perhaps there will be a [celebrity wedding](#) and [celebrity baby](#) in the future for him! Stay tuned.

This celebrity news is exciting for fans of *The Bachelor*! What are some ways to overcome your insecurities related to a relationship?

Cupid's Advice:

Although it's completely natural to have insecurities, it is imperative that you don't let them keep you from succeeding and being happy. Finding ways to overcome those fears and

insecurities are the first steps on your pursuit of happiness, whether that means talking to your loved ones or taking drastic measures. Cupid has some advice on how to get past your relationship insecurities:

1. Vent sessions: Sometimes we all just need a little reassurance to feel better. If you are feeling insecure about something in your relationship, talk with your family and friends to get their opinion about it. They are likely to tell you that it's all in your head and that everything will work out.

Related Link: [Celebrity Couple: Nicki Minaj & Meek Mill Spark Engagement Rumors Again](#)

2. Trust: At the end of the day, it all comes down to trust. You have to trust yourself and your instincts, always. You also need to trust your partner, and if you can't honestly trust them, then you need to be with someone you can. It's common to have trust issues, so first try communicating with your partner and maybe even go to couples' therapy for it. Many say this tactic works.

Related Link: [A 'Bachelor' Baby! Sean Lowe Gushes About Catherine Giudici's Celebrity Pregnancy](#)

3. Imperfections are perfection: It's important to always remember that nobody is perfect, and no relationship is perfect. Although we all have that fantasy in our heads, remember that real perfection lies in the imperfections. Cherish your relationship for its strong suits and its flaws. When you accept all of this, the insecurities are sure to fall.

What are some ways you have overcome the insecurities in regards to your relationships? Comment your stories below.