

Celebrity News: Catherine Giudici Tells Sean Lowe She's Traumatized About Her Body



By Abbi Comphe'l

[Celebrity couple](#) Catherine Giudici and [Sean Lowe](#) discussed their insecurities on *Marriage Boot Camp: Reality Stars*. According to [UsMagazine.com](#), Giudici spoke about how uncomfortable she is with her body. This [celebrity news](#) caused a riff in her [celebrity relationship](#) because she doesn't want to take beach vacations with her husband. The couple married in January 2014.

This celebrity news resonates with a lot of us. What are some ways to reassure your partner in the face

of insecurities?

Cupid's Advice:

Insecurities can be difficult to talk about and very hard to get rid of. Cupid has some advice on how to reassure your partner in the face of insecurities and how to make them feel better:

1. Talk to them: When they come to you with these problems, don't just shrug them off. Hear them out and know that you are there to listen to them. Then, let them know that they shouldn't be insecure because you care about them and wouldn't change anything about them.

Related Link: [Celebrity News: What Happens in Vegas On 'The Bachelor'](#)

2. Do something special: Make them feel special and have them forget about their insecurities. Take them to a nice dinner or to their favorite store and treat them to something special.

Related Link: [New Celebrity Couple: Kendall Jenner & Harry Styles Reunite at Party](#)

3. Remind them: Every day when you wake up remind them how special they are. Don't let their insecurities get to them. Show them how much you care and that they are truly loved. It will help them move on.

How you do reassure your partner when it comes to their insecurities? Comment below!