

'Bachelorette' Celebrity Couple JoJo Fletcher & Jordan Rodgers to Appear on 'Ben and Lauren: Happily Ever After'



By [Stephanie Sacco](#)

[The Bachelorette](#) franchise is shifting gears as it takes on Freeform with a new [reality TV](#) series. *Ben and Lauren: Happily Ever After* will follow [celebrity couple](#) Ben Higgins and Lauren Bushnell after their Bachelorette fame. According to [EOnline.com](#), [JoJo Fletcher](#) and Jordan Rodgers (who received her final rose) will be stopping by for a visit. In [celebrity news](#), it could get awkward on this double date since Higgins admitted to being in love with Fletcher at the end of his season. Jealousy might come into play here.

This celebrity couple doesn't have an issue mingling with their exes apparently! What are some ways to move past hurt from your ex partner?

Cupid's Advice:

Exes can cause great pain that takes time to move on from. Hurting is common when dealing with a break-up and coping isn't always easy. Cupid is here to help:

1. A new relationship: The best way to get over somebody, is

to get under somebody else. While this isn't always the case, sometimes it takes another person to distract you from your ex. Once you can accept the break-up and feel for somebody else, you'll be able to move on.

Related Link: [Celebrity Couple News: 'Bachelorette' JoJo Fletcher Chooses Her Man](#)

2. A new hobby: Distractions come in all forms and focusing on something new can keep you from dwelling on the past. Pick something you've always wanted to do or something you've never done before and put all your energy into that. Channeling your emotions into a painting or creating something can give you a sense of contentment.

Related Link: [Celebrity News: 'Bachelor' Ben Higgins Offers Advice to Ex JoJo Fletcher & Fiance](#)

3. A new look: Don't ever change for somebody, especially a guy, but doing your hair the way you like or wearing your favorite clothes can make you feel better. A new look can create a new attitude where you are 100% you. Holding back for a guy can cause resentment and being you is the most important thing.

How do you move on after heartbreak? Comment below!