

# Celebrity News: 'The Bachelor' Alum Lauren Bushnell Celebrates Birthday in Mexico Without Ben Higgins



By [Whitney Johnson](#)

Is there trouble in paradise? [The Bachelor](#) alum Lauren Bushnell recently celebrated her 27th birthday in Mexico without one special person by her side: fiancé [Ben Higgins](#). According to [UsMagazine.com](#), the reality TV star jetted off to the beach with her family for a week of fun in the sun. Higgins shared a sweet birthday message on Instagram and also responded to recent [celebrity news](#) and break-up rumors, writing, “[J]ust know as @laurenbushnell celebrates her

birthday tomorrow I am still extremely lucky to be able to share life with her and be by her side.” Fans first began speculating about a celebrity break-up when Bushnell spent a girls’ weekend in Nashville without her 4.25-carat Neil Lane engagement ring – which is noticeably absent in her Instagram posts from Mexico as well.

**In celebrity news, this turn of events has us wondering about Lauren and Ben’s relationship. What are some tell-tale signs that things aren’t going well in your relationship?**

**Cupid’s Advice:**

Based on this celebrity news, it’s hard to know if this celebrity couple is headed for the altar or headed for Splitsville – but luckily, it’s easier to tell if your own relationship is on the rocks. Here are three signs that things aren’t going well in your love life:

**1. You’re spending less time together:** If you and your partner are spending more time apart than together, there’s a chance your relationship is headed towards its end. It’s good to have separate interests, but you shouldn’t use those hobbies as an excuse to be away from each other.

**Related Link:** [Celebrity News: Lauren Bushnell Says When She’ll Marry Ben Higgins is the ‘Million Dollar Question’](#)

**2. You argue constantly:** It’s one thing to have a fight every now and then; it’s another if all of your discussions turn into yelling matches. Relationships are all about

communication, so a failure to do so in a civilized manner is a tell-tale sign that things are headed in the wrong direction.

**Related Link:** [‘The Bachelor’ Celebrity Couple Ben Higgins & Lauren Bushnell ‘Happier Than Ever’ After Calling Off Wedding](#)

**3. You no longer make each other happy:** If you’re choosing to be in a relationship with someone, you should feel like the best version of yourself when you’re around each other, plain and simple. Instead, if you’re often stressed and unhappy because of them, it’s time to reevaluate your partnership.

**Cupid wants to know: What’s another sign that your relationship isn’t going well? Tell us in the comments below!**