

'The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins' Relationship 'Ain't Perfect'



By [Whitney Johnson](#)

Amid celebrity break-up rumors, *The Bachelor* star Lauren Bushnell posted a picture on Instagram of her hugging fiancé [Ben Higgins](#) with the caption, "We ain't perfect but we tryin." According to [EOnline.com](#), fans first noticed the [celebrity couple](#) spending less time together after their [reality TV](#) show *Ben & Lauren: Happily Ever After?* came to a close in 2016. After Bushnell took a recent birthday trip to Mexico without Higgins, the rumor mill really started churning, but still,

the reality TV duo is standing by one another.

Despite reports of a break-up, this celebrity couple is standing firm in their love for each other. How should you respond to rumors about your relationship?

Cupid's Advice:

Given their life in the spotlight, rumors are inevitable for a celebrity couple like Bushnell and Higgins. Even those of us who don't share our relationship on reality TV can still deal with gossip from time to time. So how should you address rumors about your love life? Consider this relationship advice below:

1. Work together: If your parents have heard gossip about your relationship or your BFF is worried about you, it's time to deal with the untruths. But before you do so, talk to your partner and make sure you're both on the same page. If you tackle the rumors as a team, it'll be easier to shut them down.

Related Link: [Celebrity News: 'The Bachelor' Alum Lauren Bushnell Celebrates Birthday in Mexico Without Ben Higgins](#)

2. Use social media: It's nearly impossible to pick up the phone and call all of your friends and family to make sure they know the truth. Instead, take a cue from this celebrity couple and keep it short and sweet on social media. Your loved ones will immediately be reassured about the state of your relationship.

Related Link: [Celebrity Couple: Lauren Bushnell Says When](#)

[She'll Marry Ben Higgins is the 'Million Dollar Question'](#)

3. Don't overthink it: It's easy to get caught up in the gossip and wonder if your partner is cheating or if you're better off single. At the end of the day, only *you* know the truth about your relationship. Trust your heart, and don't second guess yourself or your response to the rumors.

Cupid wants to know: What's your best tip for dealing with rumors about your relationship?