

Celebrity News: Nick Viall Faces Exes on 'Bachelor Women Tell All' Episode



By [Mallory McDonald](#)

In recent [celebrity news](#), *Bachelor* Nick Viall had to face all the women he sent home on this season's *Bachelor Women Tell All*. A lot of the women had a lot to say to each other and to Nick. After watching the season back, of course, the drama between Corrine and Taylor came to a head. According to [UsMagazine.com](#), Liz discussed her difficult position with Nick, saying, "I was in a place in my life that I really, really cared about somebody else, you know, and I needed that period to heal." By the time she was ready to "cross paths" with Nick again, he was already gearing up to be the *Bachelor*. Kristina had an emotional journey and was finally able to get the closure she deserved. Once Nick entered the room, many of the women had a lot to say about [celebrity relationship](#) their and journey with Nick!

In celebrity news, there's nothing like facing over 20 exes at one time! What are some ways to deal with an ex who wants to talk?

Cupid's Advice:

The thought of talking to your ex can be extremely nerve racking. However, giving both you and your ex closure after the breakup can end up being a positive for both of you:

1. Stay vulnerable: One of the hardest things you can do is be vulnerable with the person that caused you so much pain. You have most likely already put up walls to try and protect yourself from more pain. But, this is only going to hinder you from actually talking about your true feelings and leaving with closure.

Related Link: [Celebrity News: 'Bachelor' Nick Goes on Hometown Dates with Four Women](#)

2. Be honest: Don't be rude or mean, but don't sugar coat your words either. This may be the last time you get the chance to speak to them and it is important you leave feeling like everything is out on the table.

Related Link: [Celebrity News: First Black 'Bachelorette' Rachel Lindsay Hopes People 'Rally Behind' Her](#)

3. Show emotions: Along with being vulnerable, you shouldn't be embarrassed or try to keep your emotions inside. Despite breaking up and wanting to seem strong after it, you need to show them how the breakup made you feel and let them know that you are ready to move on.

**How did you handle talking to your ex after you broke up?
Comment below!**