

Celebrity Break-Up: 'Bachelor' Stars Lauren Bushnell & Ben Higgins Split



By

[Noelle Downey](#)

In breaking [celebrity news](#), there's an item that may have reality TV lovers less than enthused; *The Bachelor* alums Lauren Bushnell and Ben Higgins have officially called it quits. According to [UsMagazine.com](#), the former [celebrity couple](#) celebrated their [celebrity engagement](#) during the finale of season 20 of *The Bachelor* and announced their [celebrity break-up](#) months later on May 15, 2017. "It is with heavy hearts that we announce our decision to go our separate ways," Bushnell and Higgins confessed in a statement to the

press, “We feel fortunate for the time we had together, and will remain friends with much love and respect for one another. We wish nothing but the best for each other, and ask for your support and understanding at this time.” Although the romance of their [Hollywood relationship](#) was well-documented on *The Bachelor* and on their follow-up show, *Ben & Lauren: Happily Ever After?* audiences also witnessed some tumultuous signs of trouble in the couple’s [celebrity relationship](#), especially when it was revealed that Higgins had also confessed his love to contestant Joelle Fletcher during the run of the show. Bushnell acknowledged this did not sit well with her in several celebrity interviews, sharing, “I did carry some resentment toward him. I will never understand. I will never be the Bachelor.”

This *Bachelor* couple has decided on a celebrity break-up. What are some ways to know you’ve done all you can to salvage your relationship?

Cupid’s Advice:

When it comes to working out a rocky relationship, things can get tricky, and sometimes it’s just time to call it quits. Here are Cupid’s top tips on how to know when it’s time to throw in the towel:

1. When you’ve tried talking it out... and failed: If you’ve sat down together, maybe even with a third party like a therapist, and honestly tried to work out your problems with little to no progress, that’s a serious sign that you may have reached the final hours of your relationship. Of course, working through your problems takes time and effort, but if you feel like you’ve really committed to spending time working on the problem and nothing has been changing or getting better, it

may be time to take a step back and take a long, hard look at whether or not this is a relationship you feel you should stay in.

Related Link: [‘The Bachelor’ Celebrity Couple Lauren Bushnell & Ben Higgins’ Relationship ‘Ain’t Perfect’](#)

2. When they’re in love with someone else: If you feel as if your partner has some serious feelings for someone other than yourself and they’re distracting them from being in a committed relationship with you, that’s a serious problem. If your partner is in love with someone else (assuming you’re in a monogamous relationship) that’s a major deterrent to the success of your relationship. It may be time to acknowledge that it’s time to let go and let you both move on to something even better than what you have right now.

Related Link: [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

3. When all that’s left is fighting: Every couple has rough patches and seasons of their life together when they argue more than others. But if it seems that you two are constantly locked in a battle for the upper hand, and can’t even spend any amount of time together without a big fight blowing up, it’s time to call it quits. Let each other go, and let yourselves find someone else who you won’t be in constant conflict with.

Have you ever been in a relationship that went down the tubes? What was the final straw? Let us know in the comments!