

# Celebrity Break-Up: 'Bachelor' Ben Higgins Sheds Light on 'Tough' Split from Lauren Bushnell



By [Noelle Downey](#)

*Bachelor* star Ben Higgins is opening up about his [celebrity break-up](#) from Lauren Bushnell. According to [EOnline.com](#), Higgins is letting it all out when it comes to the end of his [celebrity relationship](#) on his upcoming podcast with fellow reality TV star, Ashley Iaconetti. In the first episode, Higgins claimed, "Lauren will always be one of my best friends. I learned a lot about myself; I think she learned a lot about herself. It's tough." Higgins went on to share that his heartbreak over [celebrity ex](#) Bushnell is still "very fresh" because he truly thought that, "[she] was the one." However, Higgins is also the first to acknowledge that the [Hollywood relationship](#) had real problems. "Mutually Lauren and I saw that life was getting more difficult," Higgins admitted, "I would say the joy that we felt toward our relationship at the beginning was—for some reason—slipping

away.” He confessed there was “no real saving or redemption to be done” and that ultimately he felt that their split was “for the best.” Regardless, Higgins has hope for both of them, even if it’s as individuals, instead of a [celebrity couple](#) and stated, “I am a better man today because of Lauren and because of our relationship.”

## **This celebrity break-up proves that when a relationship becomes more work than pleasure, it’s time to let go. What are some ways to know your relationship has run its course?**

### **Cupid’s Advice:**

It can be tough to know when a relationship is really over, but here are the top three ways that you can be sure:

**1. When you no longer see a future together:** A good way to figure out if what you’re experiencing is a rough patch or really the end is to analyze whether or not you can still imagine a future with your partner. Can you picture a time when realistically things get better and you as a couple move past whatever it is that’s causing stress on your relationship? Or is this conflict destined to be a part of your relationship forever? Your answer can help you determine whether or not it’s time to move forward or move on.

**Related Link:** [Celebrity Break-Up: ‘Bachelor’ Stars Lauren Bushnell & Ben Higgins Split](#)

**2. When the love is gone:** If you genuinely feel as if you’ve fallen out of love with your partner, then it’s time to move

on. If the thought of leaving provides you with more relief that you won't have to fake it any more than sadness, you can be sure that ending the relationship is the best thing for both of you. Don't try to force love or affection after a certain point. If you're not feeling it, you're just not. Let go.

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

**3. When you feel trapped constantly:** If your relationship has been reduced to nothing but a ball and chain around your ankle, think long and hard about whether or not you want it to continue. If you feel that the only thing your partner does is hold you back, consider the fact that you both might be able to go farther without each other. Sometimes the most loving thing you can do for another person is set them free knowing that both of you will actually be better off without one another, even if at first the split is painful.

**Have you ever called it quits in a relationship? How did you know it was time? Let us know in the comments!**