

# 'Bachelor' Celebrity Couple Sean & Catherine Lowe Share 'Foolproof' Marriage Advice



By [Melissa Lee](#)

Season 17 *Bachelor* contestants Sean and Catherine Lowe have been going strong for nearly four years – a rarity for the *Bachelor* franchise, especially with all the [recent drama](#) surrounding the show. The couple sat down with [okmagazine.com](#) to reveal their “foolproof” marriage advice, which includes attending a marriage group, being committed, and constantly working on their relationship. We wish the best of luck to the Lowes, plus their adorable one-year-old boy, Samuel!

## This celebrity couple has come a long way since *The Bachelor*! What are some ways to keep your marriage strong?

### Cupid's Advice:

Against most odds, Sean and Catherine Lowe have managed to keep their marriage afloat by working hard to keep committed. If you and your significant other are in a similar position, here are some tips to keep your relationship strong:

- 1. Problem? Acknowledge it:** If there's an on-going issue between you and your partner, don't ignore it – acknowledge the problem by sitting down to have a productive conversation

that consists of finding the cause and a solution.

**Related Link:** [Relationship Advice: How Excitement Drives Your Expectations](#)

**2. Don't be afraid of counseling:** Sean and Catherine attended marriage counseling to work out their problems (along with thousands of other couples, celebrity or not), and it ended up heavily working in their favor. There's nothing wrong with seeking help from a professional and it can do amazing things for your relationship, including introducing the opportunity to make your marriage that much stronger.

**Related Link:** [Relationship Advice: 5 Communication Keys Every Relationship Needs](#)

**3. Make time together:** If you and your partner tend to live busy day-to-day lives, it's important to make time for one another so you're able to simply sit down and spend time together. This one-on-one time could be extremely beneficial. Whether it consists of a date night, watching a movie together, or even just discussing your days before going to bed, forming this routine could improve your marriage.

**What are some of your tips to strengthen marriages? Leave your thoughts below.**