

Celebrity News: Former 'Bachelor' Ben Higgins Discusses Why He Sent Becca Tilley Home Before Hometown Dates



By [Marissa Donovan](#)

[The Bachelor](#) star Ben Higgins has finally addressed why he sent Becca Tilley home before the hometown dates happened. According to [UsMagazine.com](#), Higgins recapped the event on his *Almost Famous* podcast from his perspective by expressing that he already knew Lauren Bushnell was very special to him. He also added that he didn't want to upset Tilley's family since

he saw what happened to Nick Viall during his second home date. Tilley and Higgins are now friends who joke about her exit from the show.

This [celebrity news](#) has us feeling a little awkward for Becca. What are some benefits to keeping your past relationships in the past?

Cupid's Advice:

Rehashing past fallouts with exes can be uncomfortable! Here are some benefits for keeping old drama and exes in the past:

1. You can have better relationships: Revisiting old feelings should be used as a learn lesson. Now you know what to expect from that person and you can move on to someone that you can have more compatibility with.

Related Link: [Celebrity Break-Up: Ben Higgins Is Still Upset Over Split From Lauren Bushnell](#)

2. New relationships will be unpredictable: Don't get stuck in the mindset that your new relationships will be the same as the last one. Your new relationship might have similarities to your last one, but the person you are with will give you a different experience on what it means to be in a relationship.

Related Link: [Celebrity News: 'Bachelor' Stars Nick Viall & Vanessa Grimaldi Attend 2017 MTV Movie Awards](#)

3. You will have sense of humor: Like Ben and Becca, you can make jokes out of the pain instead on dwelling on how you felt during the moment. Since the relationship is over, you don't have to worry about getting hurt again by that person and now you can look back and laugh!

Do you think Ben Higgins should have picked Becca Tilley after all? We would love to hear what you think in the comments!