

Celebrity News: Inside 'Bachelor in Paradise' Stars Raven Gates & Adam Gottschalk's Relationship

By [Ashleigh Underwood](#)

While she may not have gotten the fairy tale ending during her run on [The Bachelor](#), Raven Gates has surely found love this time around. According to [E! Online](#), Gates and boyfriend Adam Gottschalk met on this season of [Bachelor in Paradise](#) and have not let their spark fade away since. Ever since the season ended, the [celebrity couple](#) have posted several photos together on Instagram documenting their amazing time together. In one caption, Gates wrote of Gottschalk, saying, "my ride or die."

In celebrity news, this Bachelor Nation couple is still going strong. What are some ways to continue building the strong foundation of your relationship?

Cupid's Advice:

Keeping a relationship strong and healthy, takes a lot of work. There need to be a solid foundation built if there is any hope of continuing on. Here a few ways to strengthen your

romantic foundation:

1. Communicate: The only way to build a relationship with someone is to talk with them. Get to know who they are, what they like and don't like, who their family is, and tell them all the same things about yourself. In order to have a strong relationship with someone, you have to know them and be able to accept them as they are.

Related Link: [Celebrity News: 'Bachelor in Paradise' Star Danielle Lombard Says Dean Unglert Was 'Encouraged to Cut Ties](#)

2. Explore: Once you know more about your partner, go out with them and see for yourself who they are. If they enjoy sports, go to a game with them and really see them in their element. Not only is it important to do things together that you enjoy, but it lets you see more of their personality in action.

Related Link: [Celebrity News: Spoiler Alert! 'Bachelor in Paradise' Stars Derek Peth & Taylor Nolan Are Engaged](#)

3. Work: One of the simplest things you can do in a relationship to help it grow, is to work for it. Make an effort to show them you care and that you want it to work. Doing the little things, like cooking dinner one night or surprising them with a gift you know they'd love, just continues to build on that romantic foundation that you two have.

How do you build up your relationship? Comment below!