

Celebrity News: Hometown Heartbreak on 'The Bachelor'



By [Carly Horowitz](#)

According to [EOnline.com](#), [The Bachelor](#) hometown dates resulted in similar fashions. Each of the girls' families made it clear that they weren't too ecstatic over Arie, but they trust their daughters' decisions if they want to marry him. When it came down to the moment of truth, the rose ceremony, Arie pulled Kendall aside and revealed he was looking for an engagement and wanted to know if Kendall could get to that place emotionally. Kendall couldn't answer the question, but she told Arie that he really is everything she wants in a partner. In the end, Kendall accepted the rose that was offered to her. The [reality TV star](#) Tia was very upset with her departure. She thought she did something wrong, but in fact, there was just

something missing between her and Arie.

In this [celebrity news](#), one woman vying for Arie's heart went home. What are some ways to deal with the initial sting of a break-up?

Cupid's Advice:

The feelings you experience from a fresh break-up are not too fun. Fortunately, Cupid is here with some advice on how to deal with your split:

1. Allow healing time: The best thing to do is focus on yourself. Rest, eat healthy, and remember to get some exercise! Even if you don't feel like eating, remember that your body needs the nutrients and you are now in the mindset of giving your full attention to your own needs.

Related Link: [Celebrity News: 'Bachelor' Arie Luyendyk Jr. Justifies First Impression Rose Pick](#)

2. Cry: Yes, cry. You are allowed to let it all out during this fresh break-up period. Allow yourself to cry, it is natural. After you let it all out though in whatever allotted time works for you, remember to pick yourself back up because you are strong and independent!

Related Link: [Celebrity News: Jenny McCarthy Says 'Bachelor' Arie Luyendyk Jr. Is a 'Snooze Fest'](#)

3. Write it out: You are most likely going to have a lot on your mind after a recent break-up. Instead of resorting to social media or worse, your ex, let your feelings out on paper. This is a great exercise to release the feelings inside of you and help you to feel renewed.

What are some other ways to deal with a break-up? Comment below!