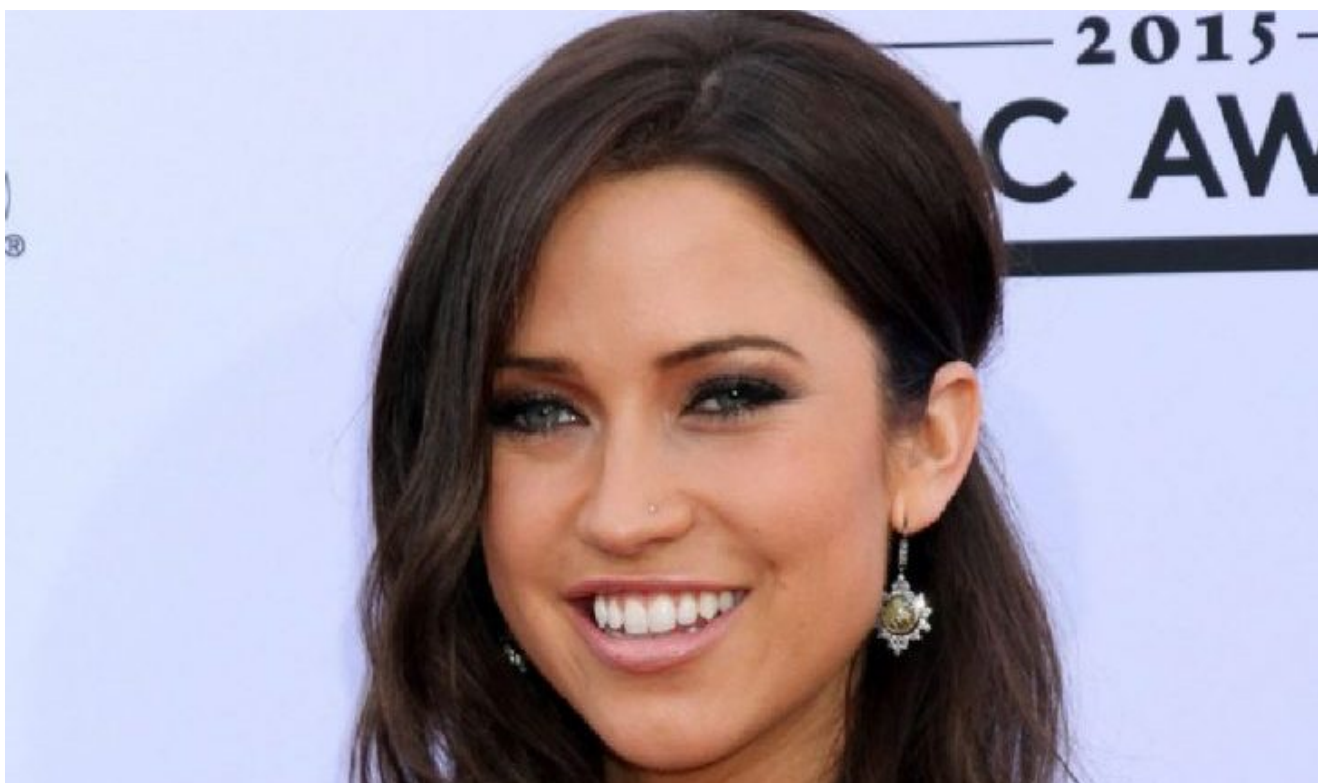


New 'Bachelor' Celebrity Couple? Jason Tartick and Kaitlyn Bristowe Are Going On a Date



By Lauren Burczyk

In [latest celebrity news](#), there may be a new *Bachelor Nation* couple to cheer on. According to *Usmagazine.com*, reality TV stars Jason Tartick and [Kaitlyn Bristowe](#) are going on their first date. This [celebrity news](#) comes after Tartick, 30, told *Entertainment Tonight* that he recently taped an episode of Bristowe's podcast *Off The Vine* before asking out the former *Bachelorette*. Bristowe, 33, accepted Tartick's invitation and now anxious fans will be able to listen to that exchange on an

episode of *Off The Vine*.

There may be a new *Bachelor* celebrity couple in town soon! What are some ways to get over your nerves to ask someone out?

Cupid's Advice:

It's never easy to muster up the courage to ask someone out, but Cupid has some tips:

1. Take some time to relax: Before jumping right into asking someone out, take some time for yourself and relax. Do something that you enjoy to calm your nerves such as going for a jog, reading a book, or listening to some music.

Related Link: [Celebrity Break-Up: Shawn Booth Breaks Silence on 'Painful' Split from Kaitlyn Bristowe](#)

2. Practice: We all know that practice makes perfect, so it's important to practice what you're going to say and how you're going to say it before actually asking for a date. Practicing will give you the confidence boost you need to get over your nerves and ask someone out.

Related Link: [Celebrity News: 'The Bachelorette' Star Kaitlyn Bristowe Says She & Shawn Booth Are 'Going Backwards' with Wedding Planning](#)

3. Avoid the fear of being rejected: The more you think about the negative consequences, the more worried you will become and the less likely you are to ask for a date. So, try not to think about getting rejected and think as if you're going to get the answer that you're hoping for.

What are some ways that you've gotten over your nerves and asked someone out? We would love to hear from you! Please comment below.