

Celebrity News: Luke P. Loses His Temper with Garrett on 'The Bachelorette'



By [Katie Sotack](#)

The drama never ceases on this season of [The Bachelorette](#), and this week's episode was no exception. According to [UsMagazine.com](#), Hannah Brown was forced to make a hard decision between Luke P. and Garrett after their fearsome fight. As usual, Luke had used the group date as a way to belittle the other men, and Garrett was fed up. After warning Luke that his "time was coming to an end," Garrett ended up with a lap full of bologna as Luke P. screamed in his face. The tension ran high at the rose ceremony when Luke P. and Garrett were the last two left without their red petals. Ultimately, Hannah gave a rose to Luke, who laughed as Garrett exited the set.

In [celebrity news](#), Luke P. lost his cool with Garrett in the most recent episode of *The Bachelorette*, showing his true colors. What are some ways to handle an angry partner?

Cupid's Advice:

In any relationship, romantic or otherwise, anger is normal. Feelings of resentment, jealousy, or sadness can bubble up in

a red hot rage. Knowing the right course of action to deal with an angry partner can be a challenge. Here are tips to calm the emotional forest fires in your partner:

1. Be patient: When your significant other is losing their cool it's important to remember this isn't about you. It can be easy to take offense to yelling or hurtful tones, but instead focus on what they're trying to say. Chances are they're truly hurt and not expressing it properly.

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2. Respond in kindness: Because anger is symptomatic of inner pain, be kind toward your hot headed lover. Let your S.O. know that their emotions are valid and they are still loved. Meeting anger with warmth may help condition the insecurity that lies beneath.

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3. Know when to call it quits: If your partner's always operating at the red hot level and you're left feeling hurt, it's time to end it. Anger is a normal response in small doses. However if your partner's always running off the rails and you feel more bullied than loved, it's not healthy. You can't fix someone's emotional baggage, no matter how much you love them, and if this anger is dragging you down it's time to go.

How do you deal with an angry partner? Share in the comments below!