


Celebrity News: 'Bachelorette' Clare Crawley Explains Why She Kept Dress from Juan Pablo Galavis Breakup



 By Ellie Rice

In the latest [celebrity news](#), soon to be *Bachelorette* Clare Crawley shared a throwback picture with fans on Instagram. Posting to her story, Crawley revealed that she kept her iconic finale dress from her breakup with Juan Pablo Galavis. According to *EOnline.com*, she held onto the dress for its custom design and because that scene was the most empowering moment of her life. Fans may remember this dramatic episode as Crawley stood her ground and told Galavis exactly how she felt about him. We love a woman who isn't afraid to speak her mind and can't wait to see her journey for love unfold next season!

In celebrity news, Clare Crawley talks about keeping her dress because she wore it during the most empowering moment of her life. What are some ways to remain empowered in your relationship?

Cupid's Advice:

Every relationship comes with challenges, but it's important to understand your worth and voice your opinions. If you're looking for ways to feel empowered in your relationship, Cupid has some advice for you:

1. Stay vocal: Always communicate with your partner openly and transparently. Voice your feelings to them so you are both on the same page about where you stand in your relationship. Don't be afraid to initiate hard conversations and always stand your ground. Being forthcoming and honest will create a consistently healthy environment where you will feel empowered and appreciated.

Related Link: [Celebrity News: Clare Crawley Is Announced as Season 16 'Bachelorette'](#)

2. Keep your independence: Even though you are in a committed relationship and sharing a lot of things with your partner, that doesn't mean that everything has to be done together. It's important to keep your individuality when in a relationship so you are growing personally and together. Be sure you're making time for your friends and hobbies as these are important aspects of your personal life.

Related Link: [Celebrity News: Former 'Bachelorette' Andi Dorfman Calls Juan Pablo Season 'Stupidest Thing I've Ever Been a Part Of'](#)

3. Learn to say no: Don't be afraid to say *no* to things in your relationship. If you feel overwhelmed and like you're spreading yourself too thin, speak up. Your partner may not realize how much they are asking of you, so it's important to set healthy boundaries.

How do you stay empowered in your relationship? Start a conversation in the comments below.