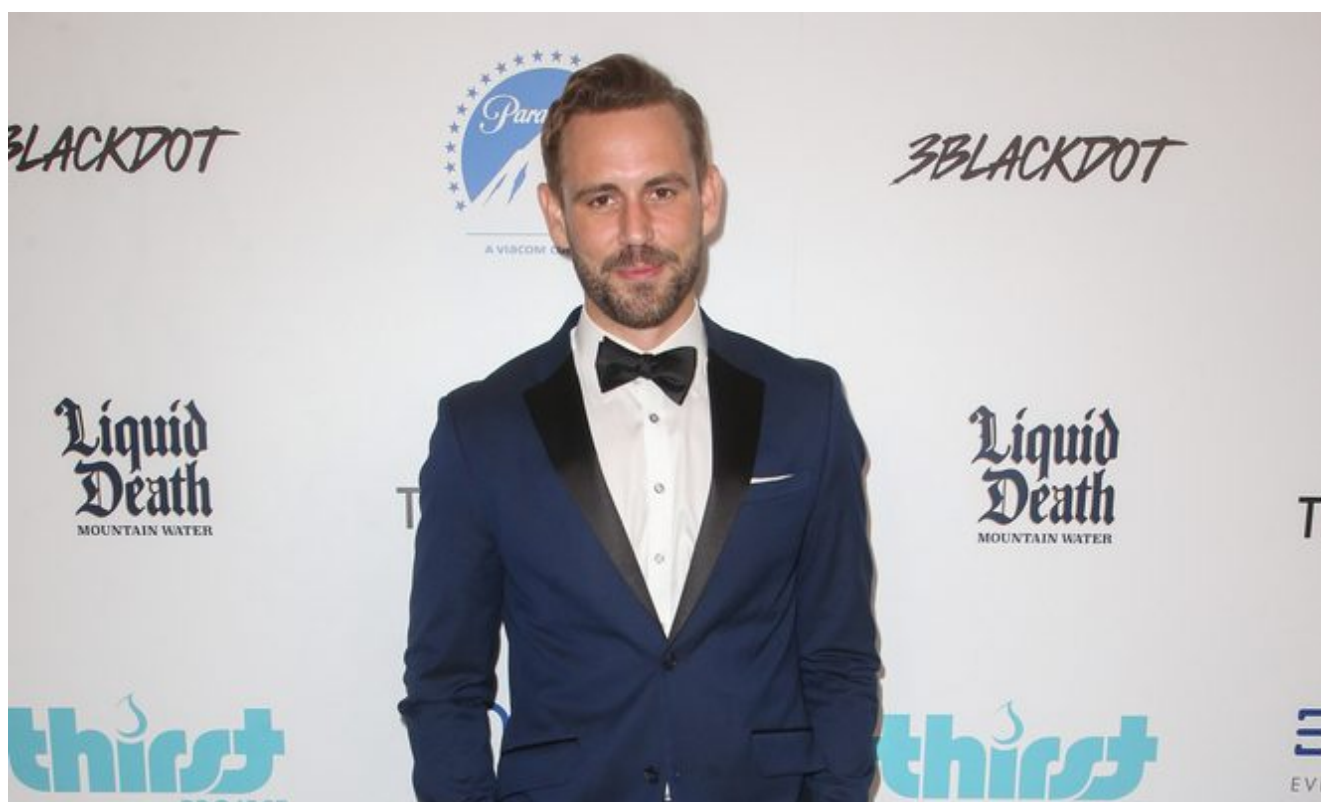


Celebrity Break-Up: Kaitlyn Bristowe & Nick Viall React to Nick's Past Proposal on 'The Bachelor GOAT'



By Alycia Williams

In latest [celebrity news](#), Nick Viall posted a video on social media of [reality TV star](#) Kaitlyn Bristowe rejecting his *Bachelorette* proposal. According to *EOnline.com*, Viall captioned the post, "It was like waiving at someone who's waiving at the person behind...but million times worse." That said, he's made it clear that he has nothing, but positive memories. Bristowe commented, "WHY DIDN'T YOU PUSH ME IN THE POOL?" and then later said, "Also, so glad we are friends now,

too.”

In celebrity break-up news, Kaitlyn and Nick called it quits on *The Bachelorette* a long time ago, but were forced to relive it on *The Bachelor Greatest of All Time*. What are some ways to move on when you've been humiliated in a relationship?

Cupid's Advice:

Break-ups can get really messy which leads to some embarrassing moments that you later regret. If you've been humiliated in a relationship and you're looking for ways to move on, Cupid has some advice for you:

1. Joke about it: If you take a lighter mood to your embarrassing moment then so will everybody else. Make fun of yourself whenever someone else brings it up and you won't feel embarrassed at all.

Related Link: [Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph](#)

2. Forgive your ex: Being embarrassed by your ex is a tough pill to swallow, but the sooner you forgive your ex, the easier the pill will go down. Holding on to a grudge against your ex is only going to end up hurting you. Forgive your ex, so that you can move on with your life.

Related Link: [Celebrity Exes: Jessie J Shares Sweet Birthday Tribute to Channing Tatum Weeks After Split](#)

3. Learn from the experience: Being humiliated is not a good feeling and you don't ever want to feel like that again. Learn from the experience and figure out some ways you could've handled it differently. This way the next time you're faced with a similar situation you'll know what to do to keep your self from feeling humiliated.

What are some more ways to move on when you've been humiliated in a relationship? Start a conversation in the comments below!