


Celebrity Exes: Ben Higgins Apologizes to Olivia Caridi for Her 'Bachelor' Experience on His Season



 By Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Ben Higgins and Chris Harrison apologized to Olivia Caridi for her humiliating experience on *The Bachelor*. According to *UsMagazine.com*, Caridi faced such a difficult time on Higgins' season that she had trouble watching the first episode. and that's when she realized she would have a difficult few months as the rest of the season aired. Although she says that she can laugh at it now, Harrison and Higgins both apologized.

These celebrity exes are on good terms, but that doesn't mean there aren't still apologies that need to happen. What are some benefits to apologizing to your ex for wrongdoings during your relationship?

Cupid's Advice:

Apologies can be difficult, especially when it comes to your ex, but sometimes they are extremely necessary. If you've done

wrong in your past relationship and haven't apologized, Cupid has some advice for you:

1. Move on with your friendship: Although you and your ex may be friendly that doesn't mean that you two are friends. If you've done wrong to your ex and never apologized for it, then you can never truly be friends until you admit your wrongdoings and apologize for them. It'll help you both move on while being friends.

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2. Helps you in your next relationship: Everyone makes mistakes, but apologizing is a key part of being in a relationship. If you can't admit what you did wrong, then you won't last too long in any relationship. Apologize to your ex now and learn how to do it as sincerely as possible for the next time.

Related Link: [Celebrity News: 'Jersey Shore' Star Ronnie Ortiz-Magro Apologies to Jen Harley & Their Daughter](#)

3. Feel better about yourself: After having your apology accepted, you'll feel like a weight has been lifted off of your shoulders. Knowing that you are a big enough person to be apologetic is an amazing feeling.

What are some more benefits to apologizing to your ex for wrongdoings during your relationship? Start a conversation in the comments below!