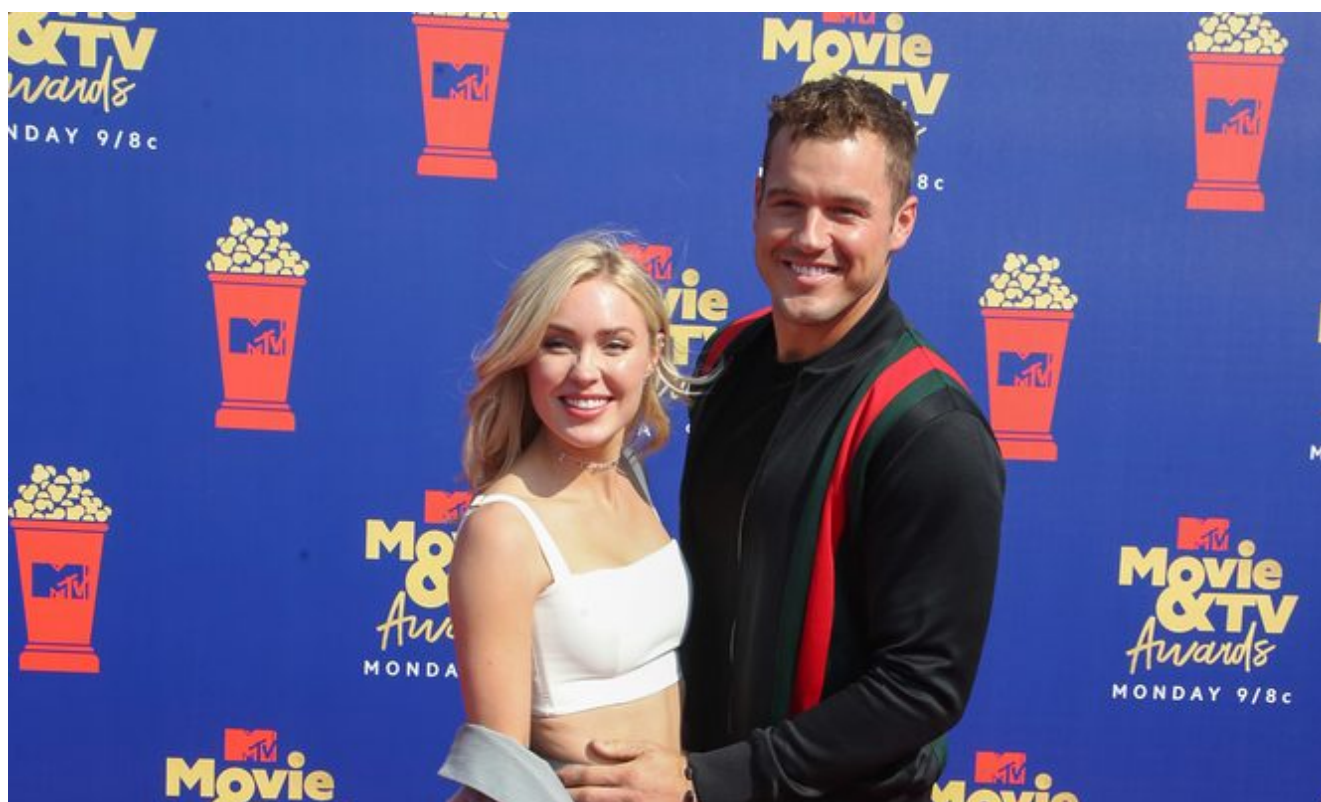


Celebrity Break-Up: Cassie Randolph Slams 'Bachelor' Editing After Talking Split from Colton Underwood



By Diana Iscenko

In the latest [celebrity news](#), Cassie Randolph speaks out against how *The Bachelor: The Greatest Seasons – Ever!* portrayed her in a recent interview. The interview focused on Randolph's recent split from [Bachelor](#) Colton Underwood, despite Randolph's reluctance to talk about it. The [reality TV](#) star posted on her Instagram story, explaining how much was cut from her interview: "There's so much more to me than just my past relationship, and I think that's why I'm annoyed."

In celebrity break-up news, Cassie Randolph isn't happy with the way her split was in the spotlight on a recent episode of The Bachelor GOAT. What are some ways to keep the after-effects of your split from getting you down?

Cupid's Advice:

No matter how your relationship ended, it's completely normal to be upset. That doesn't mean you should let your grief consume you! If you're having trouble keeping your head up post-break-up, Cupid has some advice for you:

1. Lean on your friends: It's easy to see your friends less during a relationship, but it's important to stay connected. Use this time to catch up with them. Set aside time to talk to them, whether that's in person or over the phone.

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

2. Focus on your interests: Throw yourself back into your hobbies. Focusing on something you enjoy will help you focus on something besides your break-up. It's also a great opportunity to try something new!

Related Link: [Celebrity News: Arie Luyendyk Jr. Says 'Bachelor' Concept 'Barely Works' for Finding Love](#)

3. Keep saying "yes": Accept social every invitation you get. Spend as much time as you can with those who support you. It may not feel genuine at first, but spending time with friends and family will prevent you from isolating yourself.

How do you keep your mood up after a break-up? Start a conversation in the comments below!