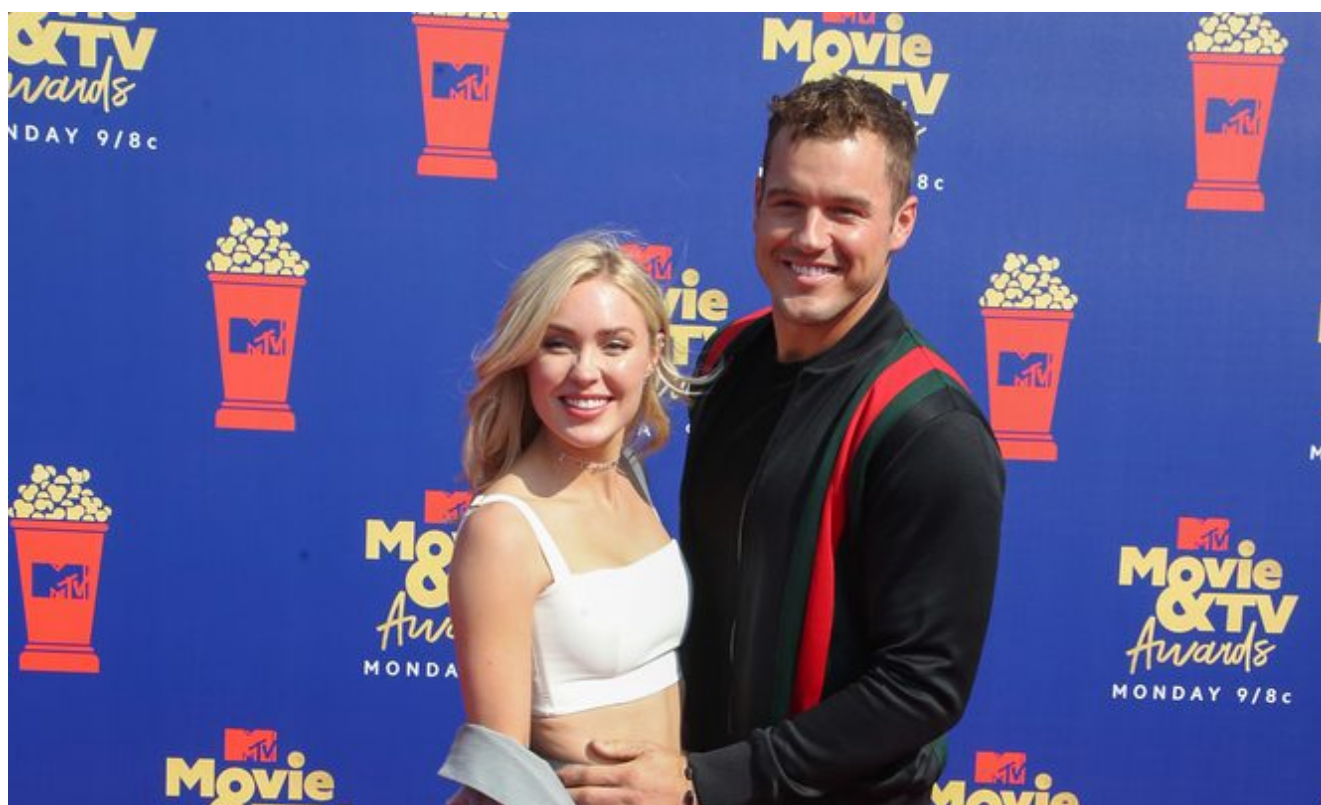


Celebrity News: Cassie Randolph Is Granted Restraining Order Against 'Bachelor' Colton Underwood



By Carly Silva

In the [latest celebrity news](#), Cassie Randolph was officially granted a restraining order against ex-boyfriend and former *Bachelor*, Colton Underwood. Randolph filed for the order last Friday, September 11th, on the grounds that Underwood has been harassing her since their [celebrity break-up](#). According to *UsMagazine.com*, Randolph claimed that Underwood has been stalking her, relentlessly sending her text messages, and even placed a tracking device on her vehicle.

In celebrity news, Cassie Randolph has a restraining order against Colton Underwood, and text messages were released showing some intense feelings between the two. What do you do if you feel your ex has become unstable and/or dangerous?

Cupid's Advice:

Sometimes break-ups can get heated, especially when intense feelings are involved. If you're starting to think your ex has become unstable and/or dangerous, Cupid has some advice for you:

1. Stop contacting them completely: If your ex is starting to make you feel unsafe in any way, it's important to stop contacting them completely. Don't answer their calls or texts, and definitely don't make plans to see them in person. You can even unfollow or block them on social media accounts to ensure that they can't reach you.

Related Link: [Relationship Advice: How Do You Deal With A Badmouthing Ex?](#)

2. Tell someone about it: Sometimes when people get into dangerous relationships, it can be scary or embarrassing to tell your friends and family, but it is essential. Having support from other people will help keep you safer, so your friends and family should definitely be aware of what is going on.

Related Link: [Celebrity Break-Up: Mary-Kate Olsen Officially Files for Divorce from Olivier Sarkozy](#)

3. Don't be afraid to do call the authorities. Although it can be hard to take things to the next level, it may be necessary if you are really starting to worry for your safety. Filing a police report or a restraining order can help give you peace of mind.

What do you do if you feel your ex has become unstable and/or dangerous? Start a conversation in the comments below!