

Celebrity News: Dean Unglert Admits He Was 'Disappointed' in Caelynn Miller-Keyes Past



By Carly Silva

In the [latest celebrity news](#), *Bachelor in Paradise* alum Dean Unglert addressed his feelings about girlfriend Caelynn Miller-Keyes' past relationships. The [reality TV star](#), who addressed the topic during an episode of his *Help! I Suck at Dating* podcast, said that he at first had a difficult time hearing about Miller-Keyes previous relationships. According to *UsMagazine.com*, he eventually decided that he couldn't blame Miller-Keyes for her past experiences.

In celebrity news, Dean Unglert admits he had a difficult time accepting Caelynn Miller-Keyes' dating history, what are some ways you can prevent your partner's past from affecting your relationship?

Cupid's Advice

Dealing with your partner's past relationships can cause a lot of trouble in your own relationship. If you're looking for ways to keep your partner's past from affecting your relationship, Cupid has some advice for you:

1. Don't spend too much time talking about it: When you first start dating someone, the last thing they want to do is talk about their ex. If you focus too much on their past, or constantly bring up their exes, you will shift the focus from your current relationship to their past ones. Remember that there is a reason they are no longer with their ex, and by spending less time talking about it, you will avoid making it a problem within your relationship.

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2. Don't get too caught up in their ex: Another thing that can be detrimental is focusing too much on who your partner's exes are. Refrain from stalking them on social media and trying to learn more about their life. This will only make you compare yourself to them and bring up negative feelings that you could otherwise avoid. It also could potentially upset your partner if you are constantly talking about this person from their past.

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3. Remember to trust your partner: At the end of the day, the most important thing to remember when dealing with your partner's past is to remember that it is past, not present. Trust that your partner has changed from their past relationships and don't blame them for their actions in previous relationships. Trusting your partner will eliminate all of the stress and insecurity that comes with obsessing over their past.

What are some other ways you can prevent your partner's past from affecting your relationship? Start a conversation in the comments down below!