

Melissa From 'Bachelor Pad 2' Says She's Not Emotional Off-Camera



Bachelor Pad 2 drama

queen Melissa Schreiber insists she's not nearly as emotional off-camera as she was on the show, according to [People](#). The reality star, who ended up getting played by Blake on season 2 of the show after falling for him very quickly, says she no longer has feelings for him. "My friends and family have been so supportive. They know that I'm not that emotional outside of the *Bachelor* world," said Schreiber. "It's so funny. Every episode, I get like 50 text messages saying, 'Who are you? We don't recognize you on TV.' For some reason, when in the *Bachelor* house, I'm overly emotional."

How do you avoid falling for someone too quickly?

Cupid's Advice:

Sometimes you can mistake lust for love and fall for someone you're interested in too quickly. This can often lead to heartache. Cupid has some advice on how to avoid falling fast:

1. Make personal rules: One of the best ways to keep yourself in check is to make a personal set of rules to follow in the dating world. For instance, make a rule that you won't kiss someone until the second date or you won't go on more than two dates in a week. Sometimes the beginning of a relationship is the most exciting part, so taking things slow will prolong it!

2. Stay logical: This is easier said than done. Sometimes our emotions get the best of it and we follow them with a blind eye ... or head, as the case may be. Make sure to think things through logically before making any drastic decisions or statements.

3. Cover multiple topics: Falling for someone before you actually know him or her well is often a mistake. Prolong the "getting to you know you" process by asking multiple questions and covering many topics.

How do you avoid falling for someone too fast? Share your experiences below.