

# Frank Dumps 'Bachelorette' Ali Fedotowsky for Ex-Girlfriend



This week on ABC's *The Bachelorette*, Ali Fedotowsky found herself dumped by Frank Neuschaefer, one of the final three bachelors competing for her heart and hand in marriage, reported [NJ.com](http://NJ.com). Prior to the show's trip to Tahiti, Neuschaefer stopped off in Chicago to visit Nicole, his ex-girlfriend, one last time. The moment he saw her, old feelings rushed back, and he realized he was still in love with her. Neuschaefer told Ali what happened, saying, "The second I saw her, all the old feelings kinda came rushing back. Ali, I'm sorry."

**What do you do if you think you still have feelings for an ex?"**

## **Cupid's Advice:**

Love can be complicated and unrelenting. If you find yourself between a current love and a former flame, read Cupid's ways on how to choose between the two:

**1. Weigh your feelings:** Being in love with two people causes a lot of emotion that can cloud your instincts. Take a moment and write down your feelings for each, and then read through the list. Sometimes, the answer will be right in front of you.

**2. Physical vs. emotional:** Picture yourself with each of them separately, and figure out what draws you to them. You might find that while the physical attraction fades, the one you truly love will remain in your heart.

**3. Talk to others that know you:** If you still can't make up your mind about who you should be with, phone a friend and ask their opinion of your relationship with each. Do they see you as happy? Stressed? Bored? When you're with the one you truly love, you'll find positive attributes, such as contentment, happiness and bliss.