

'The Bachelor' Contestant Jennifer Says Ben Should Run from Courtney



Al though Jennifer Fritsch was eliminated during the rose ceremony last week by *The Bachelor's* Ben Flajnik, she isn't holding it against him. That said, she is rooting for all the final girls but one, and that's front-runner Courtney. Fritsch claims to no longer be bitter towards Flajnik for his surprising elimination, but says that Courtney is not the girl for him. She believes the skinny-dipping model is in it for her career, and she doubts that she even has feelings for Flajnik. In her opinion, Courtney is as bad of a person as she's portrayed to be on the show. In an interview with [People](#), Fritsch said she would advise *The Bachelor* to "run for the hills" when it comes to this contestant.

How do you know when to take your friend's relationship advice seriously?

Cupid's Advice:

Some people have been your friend your entire life, while others act as your friend when they need or want something.

Cupid has some tips to help you recognize a good friend without an ulterior motive:

1. Trust: Relationships provide gossip for everyone, so make sure that you're not spilling your love life problems for everyone to hear, and only take advice from friends who are close to you and know more about your relationship.

2. Motive: If a person whom always seemed to be in love with your partner buddies up with you the minute they hear you're having issues, be skeptical. If they think the best way to resolve your problems is to break up, they may try to snatch up your potential ex when they're vulnerable.

3. History: The best person to take advice from is someone who knows your relationship history. Just because they may tell you something you don't want to hear doesn't mean they're trying to sabotage you. It probably just means they care enough to point out the obvious when you're too blinded to see it.

Who's dating advice have you found the most helpful? Share your comments below.