

# 'The Bachelorette' Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut



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If there is one thing I can say about Emily Maynard, it's that she has a super human strength for trusting her gut, instead of listening to her heart. This is a skill set that most women do not have but should definitely work on developing.

Just as the men on 'The Bachelorette' rewarded her for seeing through Ryan's suave exterior, I want to do the same. Emily is a woman who knows what's best for her long term and I can't help but have extreme respect for her, if not a little crush.

This super power that Emily possesses, is learnable and something that all women need to focus on. It will stop them from falling for jerk's and d-bags.

### **Here is my list of Do's and Don'ts for Trusting Your Gut:**

**Do Not** – Keep a man in your life because you think they're awesome. One of the worst things for men is being stuck in the friend zone. It's basically like kicking them in the balls day after day after day. I am so happy Emily was honest with Travis and let him go before his feelings got more intense. I know it hurt Travis in the moment, but in the long run it will help him tremendously. His heart was blocked and closed off for two years. I think it will now be open again.

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**Do** – See past a few insecure flaws. I wanted to yank Doug out of my TV, give me 30 minutes of coaching and then sit him back on that couch with Emily. I'm not 100% of this but I think Doug is the kind of guy that's a gentleman, until given permission not to be. I am so happy Emily kept him around, to explore who he is for one more week. But, if he does not get his act together next week, she's going to have to set him free. Which will be a shame, because he is a solid man that I think would make Emily very happy. Show her the Grrrrr..... Doug!!

**Do Not** – Be swayed by words of persuasion. I was so nervous for Emily when Ryan kept talking to her, using persuasive tactics, after she said she would not be giving him rose. YES there was some sincerity from Ryan's end, but I believe those emotions were driven from the pain of losing the competition rather than losing Emily. You could tell she was so torn, but fighting what her libido wants vs. her heart. I'm glad she chose to let him go. It will give her more space to let the other men into her life.

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## Don'ts of First Impressions

**Do** – Ask the tough questions. Emily is the queen of understanding that if you want to know something, you gotta ask to hear it. I know I was not alone when I was shocked by her interaction with Doug. Wow!! She asked for him to open up and he did. Every day women may be missing out because some great men don't show you their greatness until you deserve to see it.

Emily is helping women see the importance of selecting a GOOD, solid partner. A message that I feel is lost in most Bachelor seasons. Keep up the good work Emily. I truly believe you are on your way to finding a great love!