

'The Bachelorette' Contestant Sean Lowe Struggles to Say 'I Love You'



Most things are easier said than done. This is not that case for *The Bachelorette* contestant Sean Lowe when it comes to saying “I love you” to Emily Maynard. According to [People](#), Lowe said, “So desperately I just want to open up and tell her how I really feel which is ‘I love you.’ It’s hard to say those words and it’s always been hard.” Luckily, Maynard still senses that Lowe cares for her, even though he can’t seem to find his words on the most recent episode in Curacao. “Sean does a million things a day to tell me that he’s the one for me,” Emily says in an exclusive preview of the episode. “But I need to know more. I can’t go through this and fall in love and have it not work again.” Hopefully Lowe will find the courage to say those three little words before Maynard questions his affection.

What are some ways to get over your fear of saying ‘I love you’?

Cupid’s Advice:

It may be just three little words, but “I love you” has a lot of impact and implied commitment behind it. If you know you are ready to say it, but can’t seem to find the words, follow these guidelines to overcome your fear:

1. Plan it out: If you plan an extravagant date night and prepare exactly how you want to phrase your expression of feelings, you’ll feel less pressure and won’t fear getting it wrong.

2. Say it out loud when no one is around: Thinking about it is much different than saying it for your loved one to hear. Say it out loud several times so that when the time comes, it will sound effortless just as love should be. Practice makes perfect.

3. Remember why you love your partner: The pressure of saying ‘I love you’ can cause you to forget about the reasons you love your partner and focus more on the theatrics of it. Take a moment to reflect on all the things you love about your significant other, and then it will just come naturally.

How did you get over your fear of saying “I love you”? Tell us below.