

'Bachelorette' Emily Maynard Says 'Love Is Worth the Chaos'



At the end of *The Bachelorette's* eighth season, Emily Maynard couldn't be happier with her fiancé, Jef Holm. Maynard tells [People](#), "There were many ups and downs, and at times things were very chaotic, but love is worth the chaos!" The reality star says that while she always dreamed of great love, she didn't know that the love that she and Holm share even existed. After a failed first attempt at finding a man, Maynard reaches out to her fans stating, "Thanks again for the second chance and sticking with me until I got my fairy tale ending!"

How do you overcome challenges as a couple?

Cupid's Advice:

Even if you and your partner are incredibly in love, your relationship is sure to have some challenges every once in a while. Don't assume that these problems ensure a breakup. Instead, use tips like these to work through them:

1. Confront the problem: Whatever dilemma you and your beau are facing, the first step is to acknowledge the problem. If you let an important issue bother you but don't speak up, you'll end up getting angry over irrelevant things and confuse them with your bad moods.

2. Communicate: Set aside a specific time to talk about the issue. Express your feelings to your partner and be sure to listen to their thoughts on the issue as well. Keep calm and try to come to a solution.

3) See a counselor: Going to relationship counseling gets a bad reputation, but it's nothing to be ashamed of. When you feel like you've done all you can and don't know where else to turn, seek out professional help.

How did you and your beau overcome a difficult challenge? Tell us your story below.