

'Bachelor' Stars Ben Flajnik and Courtney Robertson Call It Quits



By Nic Baird

Ben Flajnik, the *Bachelor* from the show's 16th season, and his final rose recipient, Courtney Robertson, have ended their eleven month relationship, according to UsMagazine.com. The couple explored Baker Beach, San Francisco in August, and Flajnik even commented on Twitter that it'd be an ideal location for their wedding ceremony. The pair seemed in love this summer, despite Flajnik's rumored indiscretions four months after their November 2011 engagement. Before this recent split, the California winemaker's proposal to

Bachelorette Ashley Herbert was turned down in favor of competitor J.P. Rosenbaum.

How do you know when it's time to call it quits?

Cupid's Advice:

It's always good to be optimistic about love. Being in a healthy relationship means fostering a connection, allowing growth, and maintaining trust. Looking for a way out is different than examining the strengths and weaknesses of being together. That being said, recognizing these important fundamentals will save you from picking up the pieces of your heart with the boxes of clothes you left behind:

1. Friendship: All relationships are based on the enjoyment you have spending time as a couple. Like any friendship there can be rocky moments and tension. But in spite of this, both parties should still care for each other. This means building a comfortable foundation and finding new ways to spend time together. A relationship includes intimacy, but if it doesn't feel like you're friends than how could you be more?

2. Future: Most people enter a relationship with the idea that it could progress further. Unless otherwise stated, it's reasonably assumed that your partner is a candidate for marriage. You're stalling if you've already dismissed this in your head. Your partner's life, may have no room for you. If they're unwilling to ever compromise on solutions to develop your partnership, then remember to prioritize your relationship needs. Decide on an appropriate time to put down the candle.

3. Trust: Some broken hearts can't be mended. Second chances are great, but not always realistic. Even with forgiveness, baggage can still tear your relationship apart. Establishing trust is hard, but repairing it is even harder. If there's no hope of trust with this person than don't torture yourself.

Confront issues head-on, talk with your partner, and make a final decision.

What are signs that told you to call it quits? Share your experiences below!