

'Bachelorette' Couple Emily Maynard and Jef Holm Break Up



By Jennifer Ross

It looks like there won't be the sound of wedding bells in the near future for Emily Maynard and Jef Holm. The *Bachelorette* couple confirmed last week's rumors that they are splitting up in exclusive statements given to [People](#). "I have nothing but respect and love for Jef and his family, but ultimately we are just at different points in our lives, Maynard, 26, said about Holm. Neither one of them regrets any part of their journey together. In Holm's, 28, statement, he hopes that they will remain life-long friends. "Emily and I are great friends and I hope we can continue to be friends forever... I will always love her."

How do you know if you're in the same place in your life as a potential partner?

Cupid's Advice:

There are many bad reasons why a relationship doesn't work. However, ending a relationship because the two of you are not in the same place in life can be one of the most difficult to handle. Your friends may not understand the decision; yet, you know it is the right one. To help you in the next relationship, here are a few things to consider when looking for someone on your same path:

1. Old relationships are closed: In order to be ready for the next relationship, both of you must have closure in your hearts with previous relationships. Holding on to any negative thoughts or unfinished business with an ex will only become an obstacle in the future. Clearing the air from the past will allow each of you to be independently available to each other.

2. Know thyself: To know thyself and what each of you want and need in life is the only way to reduce any future confusion or unexpected arguments. Each person is able to come to the table with an honest plan for the future as a couple. If you don't know yourself, then you cannot expect your potential partner to know you.

3. You've had the discussion: To be on the same path means you and your future partner have had the discussion, or several discussions, about what each other want and expects in this relationship. It is not about your list of demands. Rather, it is about the joining of two people to live together in harmony and in love.

Are you and your new partner in the same place in life? Tell us your story below.