

'Bachelor' Alumna Helene Eksterowicz Is Engaged!



By

[Nic Baird](#)

The Bachelor's winning competitor, Helene Eksterowicz, is once again [engaged](#) since splitting from season two bachelor Aaron Buerge five weeks after his TV proposal, [People](#) reports. Eksterowicz, a middle school psychologist, found love with Andrew Goodman, a senior technology consultant for IBM who Eksterowicz has been [dating](#) for a year and a half. His surprise proposal came during a birthday trip to Poconos for Eksterowicz last weekend. "We are very happy about planning our future together," she said.

How do you get passed a broken engagement to trust again?

Cupid's Advice:

Don't let your baggage weigh you down from developing meaningful relationships. Be patient, but most of all, be happy. Better to have loved and lost, there's [plenty of fish](#) in the sea, etc. Any phrase really that will convince you to move on and stop wasting your time.

1. Look forward: You may have seen some sort of closure with [marriage](#) to your ex, and the prospect of an exciting new chapter in your life. While details of this fabulous future will certainly be different, don't doubt that it's going to happen. Make plans and set goals. If you were hoping to find the love of your life, you haven't lost your shot. It's just time to make priorities for yourself.

2. Be optimistic: Easier said than done, but if you're heading for a rut, make sure you start warming your heart. Spend lots of time with friends and family and convince yourself that there are still relationships of trust out there. The fact that your engagement is over doesn't mean there won't be other chances.

3. Be confident: When a long relationship ends , you can feel tricked, and betrayed by a person of special importance. Sometimes there is no good reason, or sensible explanation, why events didn't lead you and your partner to [marriage](#). No matter what they said or did to break your heart, your ex is just one person among billions. Don't believe you don't deserve a relationship of trust, depth, and sincerity.

How have you moved past a broken engagement? Share your experiences below!