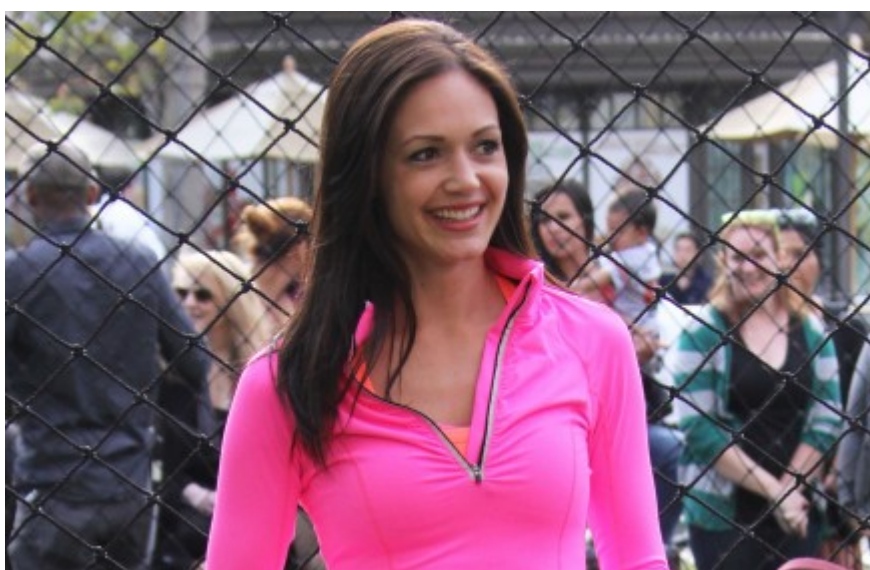


'Bachelorette' Desiree Hartsock Speaks Out at 'Men Tell All'



By April Littleton

The bridal stylist blogged on [People](#) about the ups and downs she went through while getting the chance to see all of the men she dated on *The Bachelorette* again. She talked about her unresolved feelings for some of the contestants and how it felt to see some of the men who manipulated her. "It was exciting and fun to see everyone at *Men Tell All* and to hear what they had to say after watching the episodes," Hartsock said.

What are some ways to tell your partner something difficult?

Cupid's Advice:

Sometimes it's hard to tell your loved one something important depending on how they usually react to surprising news. The

more difficult the situation is, the harder your partner may take it. Unresolved issues can escalate into a fight, so whatever the problem is, don't keep quiet. Cupid is here to help:

1. Practice: Before you bring the issue up with your partner, it's best to prepare what you want to say first. If you're nervous or unsure of how to bring the subject up, this tactic might help you. Practice in front of the mirror or ask one of your friends to sit in as your love.

2. Don't get defensive: When you do tell your significant other the bad news, try not to place any blame where it doesn't belong. It may be hard for you to do so, but consider your partner's feelings in the situation. Be kind while still remaining honest. Both of you need to be responsible for whatever is going on in the relationship. One of you shouldn't feel worse than the other.

3. Write it down: Sometimes the best way to say something is by not saying anything at all. If you don't have the heart to tell your loved one bad news vocally, try writing it down instead. Write down all of your feelings in a letter and give it to your partner when you feel ready.

How do you tell your partner something difficult? Comment below.