

Former 'Bachelorette' Trista Sutter Says Struggles Made Her Grateful



By Brittany Stubbs

It has been ten years and two kids since we watched Trista Rehn and Ryan Sutter fall in love on *The Bachelorette*. Although the wife and mother is living her happy ending, she has been through hard times that changed her life and ultimately made her a more grateful person. After struggling with infertility, and later, a difficult pregnancy and scary delivery, Trista began to embrace gratitude in a whole new way, [People](#) shares. She has not only opened up about how thankful she is for her struggles, her children, and little moments in her everyday life, but she is especially thankful

for meeting Ryan. “It’s an understatement to say I hit the jackpot,” she says. “I want to be a better person because he is such a good person. He is the top of my list of things I’m grateful for.”

How do disagreements and arguments make your relationship stronger?

Cupid’s Advice:

It’s hard to see the benefits of hard times while you’re in the middle of them, but it’s important to remember that these are the moments that allow us to grow and ultimately benefit in the end:

1. They show a relationship’s strength: Nobody likes to fight with their partner, but when you overcome conflicts, big or small, you show what your relationship is made of and prove you can get through anything.

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2. They result in communication: Although it may be through yelling or snide comments in the case of an argument, communication is communication. Arguments are hard, but they often force you and your partner to express how you truly feel, and in the end, that communication is key to making your relationship stronger.

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3. They prove you have something worth keeping: If you’ve been through difficult times as a couple, by sticking around and continuing to work on your relationship, you’re proving that you both believe you have something worth the struggle. When disagreements or arguments arise in the future, you can look back on what you’ve already overcome and remind yourself there’s a reason you haven’t let go.

How has a disagreement or argument made a relationship in your life stronger? Share your experiences below.