

'The Bachelor' Stars Juan Pablo Galavis and Nikki Ferrell Seek Couples Counseling



By Sanetra Richards

It looks like *The Bachelor* stars Juan Pablo Galavis and Nikki Ferrell may be hitting some hard times. It's been just a few months since *The Bachelor* finished shooting, and the controversial [celebrity couple](#) have turned to Jim and Elizabeth Carroll, WE tv's *Marriage Boot Camp* counselors, for some relationship advice. The duo, who have worked with other reality TV stars including Jenni Farley and Roger Matthew, Trista and Ryan Sutter, and Gretchen Rossi and Slade Smiley, spoke with Galavis and Ferrell earlier this week. According to [UsMagazine.com](#), the Carrolls gave a brief synopsis of their talk with the famous couple, saying, "I think they have marriage on their minds, but I think what Juan did was a

really – I mean, it wasn't a very romantic fairytale ending – but I think what he did was very wise in the fact that he said, 'You know, I want to go through conflicts with this girl. I want to do some problem solving. I want to see basically what the ugly side is before I jump out there and tell somebody I love them and just get married.'"

This celebrity couple are having some relationship issues. What are some ways to work on your troubled relationship and love?

Cupid's Advice:

Things may become hectic or confusing during your relationship and love. You may be close to calling it quits, but there are ways to work through it and make your partnership even stronger. Consider this relationship advice:

1. Recognize the problems: The most important step you can take is to acknowledge the issues at hand. Challenge yourself to find out what wrong paths you and your significant other took along the way. Examine your partner's behavior and mannerisms as well as your own.

Related: [Nikki Ferrell's Ex Says She 'Normally Wouldn't Take That' from a Guy](#)

2. Ask for some alone time: Alone time gives you the opportunity to think. There are little to no distractions, and your partner is not chiming in every five seconds. You can even make a pros and cons list. Hopefully, the good will outweigh the bad!

Related: ['Bachelor' Star Juan Pablo Responds to Backlash By Posting Selfie with Nikki](#)

3. Stop harboring bad feelings: Just let it go! All of those hard feelings brought on by problems of the past have to fade away. You cannot possibly expect to move forward if you are constantly feeling sadness or rage every time you glance at your partner. Make it a goal to bury the hatchet.

What are some other ways to save a troubled relationship and love? Share your thoughts below!