

# Adam Levine Says Proposing to Behati Prinsloo Made Him 'Woozy'



By Laura Seaman

The smooth and sexy Adam Levine admits that he was anything but sexy and smooth when it came to proposing to his girlfriend (now fiancé) Behati Prinsloo. The Maroon 5 singer was quoted in [UsMagazine.com](http://UsMagazine.com) saying, "It doesn't matter how certain you think you are, you still get down on that knee, and you get woozy, and you're like, 'I'm doing this, oh my god.' You can't be confident about it. I'm a confident person, but I got on that knee and everything changed immediately. I lost my equilibrium. I had to get on the other one."

**How do you calm your nerves before a marriage proposal?**

**Cupid's Advice:**

If you're not at least a little nervous about proposing, you're probably not human. This is the rest of your life we're talking about! But if it all goes well, it will make your life so much better than you could ever imagine. So take care of those nerves and get down on one knee, because this is the question that will change you forever.

**1. Think positive!** You love this person, and if you're proposing then you must have some sense of confidence in the thought that you're meant to be together forever. If you have a strong relationship and you're truly in love with this person, there's a good chance they'll say yes. So stop thinking about the negatives, because it won't do you any good.

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**2. Focus on the details.** The best way to banish nerves is to keep yourself busy. There's no better way to stay busy and ensure the perfect proposal than to plan out every detail of how you'll pop the question. Even if it's going to be simple, you have to plan the what, when, where, and how. Busy yourself with this important planning and you won't have time to worry about the 'what ifs'.

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**3. Drop some hints.** If you absolutely can't calm yourself down and have to know ahead of time whether or not this proposal will end the way you want it to, try dropping hints. Don't be too obvious, but bring up the topic of long-term plans in conversation and see how your partner reacts. Gauge their reaction, and if it's positive, you have your green light to go for the question and you can stop doubting yourself.

**How did you banish your nerves before the proposal? How did it go? Let us know in the comments!**