

AshLee Frazier Opens Up About Being “Most Hated” on ‘Bachelor in Paradise’



By

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We know reality television isn't scripted, but that doesn't mean it's 100 percent real, right? That's what *Bachelor in Paradise* star AshLee Frazier says. In her recent blog post, the reality star talked about going from being "America's girl" to being portrayed as a villain. The Texas native admits to have stirred the pot but believes the backlash she has received as only made her stronger. She wrote, "If I can be ok after the most hateful words were carelessly thrown my way by people who know nothing about my life, then you can get through the tough times and know that there is an end."

How do you bounce back after a bad breakup?

Cupid's Advice:

Breaking up with your partner can be hard, no matter how long you've been together or if you're the dumper or the dumped. However, there are ways you can get back on your feet after that devastating heartache. Cupid has some tips for how to bounce back after a breakup:

1. Surround yourself with friends: There is no better way to get over a bad split than by being surrounded by your best friends. Relax and just enjoy being with the people who make you laugh and love you for who you are.

Related Link: [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

2. Pamper yourself: Take a break from dating and focus on yourself. Maybe even splurge a little bit and take a vacation! A change of scenery is sure to help when you're in a rut.

Related Link: [Jason Derulo Confirms Split from Jordan Sparks](#)

3. Get involved: Find something you are passionate about. Getting active in your community, whether it's volunteering or joining a team, will help take your mind off your breakup. Start doing things that make you feel good about yourself.

**What's your best tip for bouncing back after a breakup?
Comment below!**