

Chris Harrison Jokingly Slaps Chris Soules in New 'Bachelor' Promo



By [Jessica DeRubbo](#)

The promos for the upcoming season of 'The Bachelor' Season 19 are upon us! In a recently released promotional trailer featuring Chris Soules' quest for relationships and love, host Chris Harrison is seen jokingly slapping Soules in the form of a reality check when his women contestants begin arriving in the first episode. "I am the luckiest man alive," Soules said, according to [UsMagazine.com](#). "I really do believe I can find that special someone."

Finding relationships and love can seem like a dream. What are some ways to give your friends a reality check when it comes to their dating lives?

Cupid's Advice:

There's no doubt about it: sometimes you and your friends need a reality check in your relationships and love lives. Cupid has some ways to dole them out:

1. Be straightforward: Sometimes the best thing you can do is tell it like it is. If you see a friend idolizing their partner or doing things they wouldn't normally do in a relationship, call them out on it. If they are a close friend and trust you, that's all it should take.

2. Stage an intervention: In extreme cases, it might be necessary to get a group of their loved ones together to stage an intervention. For instance, if you know your friend is in an emotionally abusive relationship, you may want to take this approach. Get together and let your friend know you all care, but that something needs to be done. He/she may pay more attention if there's more than one person.

3. Gradually work up to it: Dropping hints here and there in a subtle way may be the way to go if what you're pointing out is something fairly minor.

What are some ways to give your friend a relationship reality check? Share your ideas below.