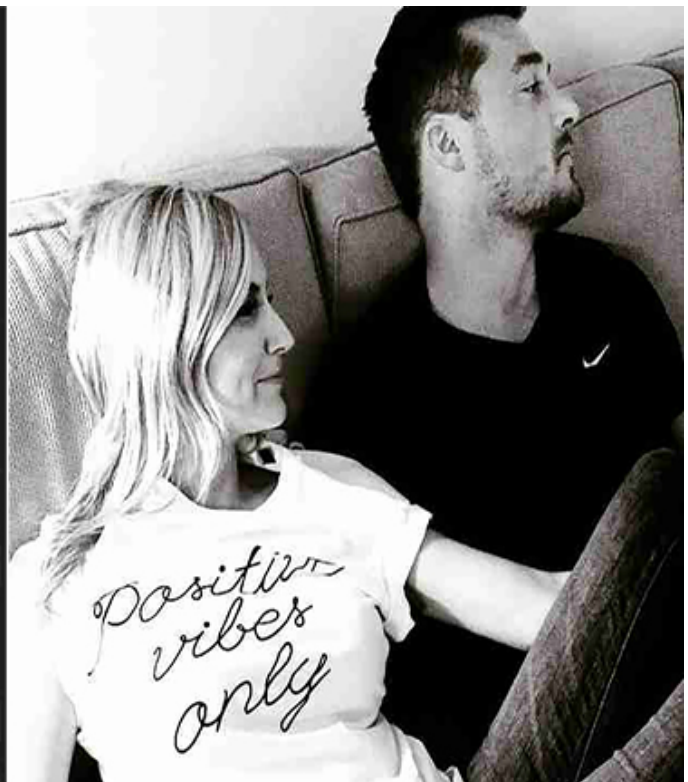


Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip



By Emma L. Wells

Like many *Bachelor* and *Bachelorette* couples that have come before them, famous couple [Chris Soules](#) and Whitney Bischoff are facing a spinning rumor mill following the announcement of their celebrity engagement. But this pretty pair is determined not to let the celebrity gossip ruin their happiness! Both [reality TV](#) stars have posted recent photos to Instagram to prove that their relationship and love is as strong as ever. According to [Wetpaint.com](#), this weekend, Soules shared a heartwarming photo from filming with the message, "She brings me happiness."

Bischoff also took to Instagram, posting a snap of the famous couple cuddling on the couch together. When recently asked about the celebrity break-up rumors and tabloid drama, she responded, "You can't read it. You really just can't. There's so much outside noise out there."

This famous couple clearly isn't letting celebrity gossip damage their relationship and love. What are some ways to stay strong despite rumors?

Cupid's Advice:

Just because you're not a celebrity couple doesn't mean you don't have to deal with rumors and gossip. Thanks to social media, news travels fast and people talk. But you can't let other people's opinions cause problems in your private relationship. Cupid has some tips on how to rise above the gossip:

1. Turn the other cheek: Ignoring what other people are saying about you is easier said than done. Sometimes, it can be downright impossible, and you'll start to wonder if there's any truth to what's being said. If you're feeling insecure, you need to approach your partner with your concerns in an honest and non-accusatory way.

Related Link: [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

2. There's power in numbers: There are only two opinions in your relationship that matter. It'll be easier for you and your significant other to fend off rumors when you stick together and remember that the only voices you should listen

to are each other's.

Related Link: [Celebrity Couple: Chris Soules Kisses 'Bachelor' Winner Whitney Bischoff on Romantic Date Night](#)

3. Sticks and stones...: If your mother ever told you that words can't hurt, she lied. Words, especially negative ones, can carry weight and cause damage, and pretending that gossip doesn't bother you won't make things any easier. Once you recognize this truth, you need to remember that, while words can be painful, you can definitely be stronger than the people who run the rumor mill.

How have you and your beau handled negative rumors? Tell us in the comments below!