

# Former 'Bachelor' Chris Soules Regrets Making 'DWTS' Partner Witney Carson Cry



By Emma L. Wells

It was a tough week for reality TV star Chris Soules. While preparing for his quickstep routine, the leading man on [The Bachelor](#) season 19 injured not only his calf muscle but also his partner's feelings. During a difficult rehearsal, he lost his temper with professional dancer Witney Carson. Thankfully, the dancing duo were able to hug it out and move on. According to [People.com](#), Soules said, "It was a tough week. People don't really understand how hard we work. We have a close relationship. But we were just both getting on each other's nerves. I wasn't getting it down, and she was getting frustrated with me. That happens in any partnerships in life. I don't know any partnership where two people don't have a little bit of a disagreement. It only made us stronger."

**As the former star of *The Bachelor* can attest, it's easy to get annoyed with your partner. What are some ways to handle frustration in your relationship better?**

## **Cupid's Advice:**

No matter how much you click, when you spend a lot of time

with someone, you're bound to butt heads occasionally – like this *Bachelor* star and Carson did this week. It's all too easy to let little annoyances build into big problems. Cupid has some love advice on how to deal with your frustration:

**1. Talk it out:** Don't like the way your partner loads the dishwasher or leaves their shoes by the front door? Tell them! Simply say, "It bothers me when you..." Remember to be careful with your tone. You don't want to start a fight, but you do want to make them aware of your feelings. Your significant other is not a mind reader; they can't fix the problem if they don't know it's there.

**Related Link:** [Celebs Turn to DWTS to Heal Heartbreak](#)

**2. Get active:** When both partners are frustrated, fighting comes easily. But nagging and getting angry won't solve the problem. You need to find a way to get rid of your pent-up energy so you can have a discussion, not a battle. Try embracing your combative energy and go paint balling or go-cart racing. It may sound silly, but a playful, regulated, competition will get out your frustration and leave you in a better mood.

**Related Link:** [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

**3. Don't let it defeat you:** No one mesh's with their partner 100 percent of the time. If you and your sweetheart agreed on everything, life would probably be a little boring! Your relationship and love won't be doomed just because you get a little irritated with each other. In fact, when you work through these moments of difficulty together, your partnership only gets stronger.

**How do you and your partner handle relationship frustration? Tell us below!**