

Will Chris Soules Be Tuning in to Watch His Celebrity Exes on 'The Bachelorette' Season 11?



By Emma L. Wells

The premiere of [The Bachelorette](#) season 11 is less than three weeks away. We know we'll be watching, but what about former *Bachelor* Chris Soules? It's understandable that he may not want to tune in to the reality TV show to watch two of his celebrity exes – [Kaitlyn Bristowe](#) and [Britt Nilsson](#) – search for a relationship and love. "Kaitlyn and Britt were obviously a part of my life, and I'm interested to see how their journey goes," Soules told [People.com](#). "Honestly, right now, I'm okay

with that part of my life being behind me.” Since *The Bachelor*, Soules certainly seems to have moved on to a happy celebrity engagement with his fiancé Whitney Biscoff. However, just because Prince Farming is busy with *Dancing with the Stars* doesn’t mean he’ll be able to avoid *The Bachelorette*. “Whitney will definitely be watching, so I’ll probably be watching,” he joked.

Former *Bachelor* Chris Soules says he still cares for his celebrity exes. What are some ways you can be friends with your ex after your relationship and love ends?

Cupid’s Advice:

When it comes to relationships and love, just because you have ended your romantic partnership doesn’t mean you don’t want to see your ex anymore. Being friends after a break-up isn’t easy, but Cupid has some tips on how you can make it work:

1. Don’t force it: You shouldn’t force a friendship on anyone, ex-lover or not. Similarly, forming a platonic relationship with your ex has to happen naturally. If romantic feelings or resentments remain, it won’t be possible. Give yourself time to grieve and move on. Once you’ve adjusted to life apart, then it may be time to offer your friendship. Don’t rush into this phase immediately following a split.

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2. Think about your language: It’ll be easier to be friends if you don’t refer to them as your ex anymore; you’re heading in the right direction once you can introduce them simply as your

friend. You should be prepared for a bit of an awkward phase to start out. Recognize that it's an adjustment; eventually, you two will figure out how to act around each other.

Related Link: [‘The Bachelor’ Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules](#)

3. Consider your new significant other's feelings: If you are able to form a friendship with your ex, keep in mind that your new partner may not understand. Be mindful of their feelings. Additionally, if you feel yourself getting jealous of your ex's new boyfriend or girlfriend, you might be harboring some residual romantic feelings. In this case, it's probably best to take a step back from the friendship until you can work through them.

Have you remained friends with any of your exes? Tell us your story below!