

'The Bachelorette' Kaitlyn Bristowe Opens Up About the 'Men Tell All' Episode



By Katelyn DiSalvo

The *Men Tell All* special for *The Bachelorette* was filled to the brim with drama. Twenty of [Kaitlyn Bristowe's](#) celebrity exes all in one room ready to let it all out, that can be a scary situation! While some of the men defended her, others were not afraid to question her behavior. According to [People.com](#), Bristowe also tells all about the emotional episode in a blog post. She thanks all the men that stood up for her, and also calls out all the men that bashed her. Then she got to the tough part and discusses all the online hate she got from viewers, and why she really started crying

saying, “The ‘haters’ go out of their way to shame me for my behavior and don’t acknowledge their own. I made mistakes and went through tough times. I did things that I would do in a relationship. I was being true to myself. You don’t have to agree with it, but don’t tell me I should crawl in a hole and die.” She goes on to express that this experience has given her the opportunity to shed a light on the issue of online bullying.

There’s no lack of cruel comments coming *The Bachelorette*’s way these days. What do you do if you’re dealing with hate from outside parties about your relationship?

Cupid’s Advice:

Sometimes people who aren’t in your relationship have a lot to say about it, and it’s not always nice. Cupid has some ways to deal:

1. Develop your own opinion about your relationship: Once you have your own opinion about your relationship, no one else’s opinion will really bother you. You know what you believe, and that’s all that matters. At the end of the day, you are the one in the relationship not everyone else and their opinions.

Related Link: [‘Bachelorette’ Drama: Kaitlyn Bristowe and Nick Viall Get Intimate](#)

2. Have a sit down: Sometimes talking it out can be really helpful. Sit down with the people who are having issues with your relationship, and be honest and open. This way you can express the way you feel and so can they. This may help others see that you are happy in your relationship and the hate can

come to an end!

Related Link: [‘The Bachelorette’ Kaitlyn Bristowe Chooses Her Top 2 and Meets Families](#)

3. Stay calm: Don't let the hate get to you! Stay calm and stay confident in yourself and in your relationship. As they say, "the haters gon' hate."

Share some of your tips on dealing with the haters below!