

Brady Toops Opens Up About Real Reasons for Celebrity Break-Up with 'The Bachelorette' Contender Britt Nilsson



By [Rebecca White](#)

Although Britt Nilsson and Brady Toops' relationship and love didn't work out, the duo seem to have the nicest things to say about each other. According to [UsMagazine.com](#), Toops opens up about the "real" reasons behind the [celebrity break-up](#) from *The Bachelorette* contender. The reality TV star took to Instagram and gave a few humorous explanations for the failed love: "1. We had no real celebrity couple mashup name...Britt(y), Brad(itt). See, there was almost no chance. This was probably the beginning of the end when we realized

this. 2. Britt is afraid of heights and not only am I afraid of heights, but I'm actually afraid of her being afraid of heights. That obviously couldn't work." Don't expect any hate from these celebrity exes any time soon!

This *Bachelorette* did not find happiness in the end. What are three ways to cope with a failed relationship and love?

Cupid's Advice:

While the reality TV couple doesn't seem too upset about their celebrity break-up, that isn't usually the case for the rest of us. Here's Cupid's advice for how to cope with a failed relationship:

1. Give yourself time: It's perfectly normal to mourn the end of your relationship, whether you were together for a few months or a few years. Allow yourself time to cry, reflect on the experience, and accept that it's really over.

Related Link: ['The Bachelorette' Kaitlyn Bristowe Opens Up About the 'Men Tell All' Episode](#)

2. Let your emotions loose: If you want to cry in bed all day, then you should. If you want to vent about your frustrations, then you should. But, remember to only do this as long as you need to, so you can get back up and moving.

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3. Remind yourself why it ended: Of course you're going to miss your ex, but make sure you remind yourself of all the reasons it didn't work out. Write this down in a list so you

can look at it anytime you regret your decision or long to dial their number.

How do you cope with a failed relationship and love? Comment below!