

Celebrity News: Arie Luyendyk Jr. Says 'Bachelor' Concept 'Barely Works' for Finding Love



By Diana Iscenko

In the latest [celebrity news](#), *Bachelor* Arie Luyendyk Jr. says the [reality TV](#) show's concept "barely works" when it comes to finding love off-camera. On a recent episode of the *Couple Things With Shawn and Andrew* podcast, Luyendyk Jr. reveals how he feels the show is unrealistic: "It's not natural to have two people that you [have], at the end, and then have to break up with one person and get engaged to another person an hour later." *The Bachelor* alum isn't completely writing off the

show as he married his runner-up, Lauren Burnham. Despite not giving his wife the final rose, Lyendyke Jr. and Burnham tied the knot at their [celebrity wedding](#) in January 2019. Burnham also told the podcast, “it’s so hard to [build trust] in such a short amount of time.”

In celebrity news, Arie Luyendyk came out saying that The Bachelor is ‘unnatural’ when it comes to finding love. What are some unique ways to go about finding love?

Cupid’s Advice:

Most couples meet a partner through mutual friends or dating apps. We can’t all sign up for *The Bachelor*, but there’s always other ways to meet a new partner. If you’ve given up on blind dates and Tinder conversations, Cupid has some advice for you:

1. Throw a singles party: Crowded singles events can be uncomfortable and overwhelming. Instead, throw a party and ask all your invitees to bring one single friend. Do something you enjoy—like a karaoke night or a cocktail party—to take the pressure off finding a potential partner.

Related Link: [Celebrity Parents: Former ‘Bachelor’ Arie Luyendyk Jr. Calls Wife Lauren the ‘Hottest Momma’](#)

2. Dress outside your comfort zone: You may be passing by people every day that might want to talk to you. There’s no better excuse for them to speak up when you dress in a way that stands out in a crowd. Dye your hair a fun color or dress in a unique style. Whatever you’re comfortable with that draws attention!

Related Link: [Celebrity Wedding: 'Bachelor' Arie Luyendyk Jr. Proposes to Lauren Burnham After Breaking Off Engagement to Becca](#)

3. Slide into someone's DMs (nicely!): Take advantage of people you're already connected with on social media. Keep your eyes peeled for posts that show what the person cares about. Try starting a conversation based on something you know you have in common. Don't send them a generic "hey" if you want to get an actual conversation going.

How do you put yourself out there for a new relationship? Start a conversation in the comments below!

Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph





By Alycia Williams

In latest [celebrity news](#), former [reality TV star](#) Colton Underwood joked about his split from Cassie Randolph with the help of Sean Lowe ahead of the premiere of *The Bachelor*. According to *UsMagazine.com*, Lowe took to Instagram the night before ABC is set to air condensed version of season 17 of *The Bachelor*. Underneath the photo of Lowe and his now wife Catherine Giudici, Underwood commented, “Hopefully you are still with her.” Many fans responded, complaining how it’s too soon to joke about his break-up with Randolph. Underwood then stated, “Sometimes people are just meant to be friends and that’s okay. We both have grown immensely and been through so much together so this isn’t the end of our story, it’s the start of a whole new chapter for us.”

In celebrity break-up news, Colton Underwood is already joking about

his recent split from Cassie Randolph. What are some ways to use humor in the healing process after a break-up?

Cupid's Advice:

Although break-ups can be difficult, laughing about it can really take the edge off. If you want to be able to use humor in the healing process after a break-up, Cupid has some advice for you:

1. Develop a smarter sense of humor: Using humor in tense situations can be hard to pull off. You want to be sensitive your ex's feeling but still make light of everything. Avoid mean spirited jokes. Saying something hurtful in a joke form could come of even worse than just being hurtful.

Related Link: [Celebrity News: Scott Disick Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie](#)

2. Don't use humor to cover up your emotions: Even though humor can help you heal from a break-up, if you use humor to hide or avoid your emotions than it can be unhealthy. If you're going to joke about your past relationship, make sure it's not for the wrong reasons.

Related Link: [Celebrity Exes: Jessie J Shares Sweet Birthday Tribute to Channing Tatum Weeks After Split](#)

3. Make sure you're both in on the joke: Humor only works if both parties are in on it. If you are joking about your past relationship make sure your ex is okay with it. If not it'll just seem like you're picking on your ex and it won't make you feel any better either.

What are some other ways to use humor in the healing process after a break-up? Start a conversation in the comments below!

Celebrity Exes: Scott Disick is 'Always Flirting' With 'Best Friend' Kourtney Kardashian



By Alycia Williams

In latest [celebrity news](#), Scott Disick and Kourtney Kardashian spent some time in Utah with all three of their kids for

Disick's 37th birthday. According to *UsMagazine.com* these [celebrity exes](#) have been through so many ups and downs since the beginning of their relationship, but after their celebrity break-up, they seem to get along much better, especially when it comes to co-parenting. Recently, Disick and Sofia Richie called their relationship quits after three years. Many wonder if Kardashian is the reason they broke up, so that she and Disick can get back together.

These celebrity exes are keeping things way above and beyond friendly. How do you know if you're still hung up on your ex?

Cupid's Advice:

After a long relationship ends, it's incredibly easy to get held up on the idea that you guys might get back together. If you think you are still hung up on your ex, Cupid has some advice for you:

1. Do you stalk them on social media?: If you constantly find yourself going to your ex's social media pages a few times a day, then you are definitely still hung up on them. Trying to look on their pages to see what they're doing, who they're hanging out with, and if they're seeing anyone else, just isn't healthy. Try deleting the apps from your phone to stop yourself from going to their pages. The longer you go without thinking about them, the better.

Related Link: [Celebrity Exes: Khloe Kardashian & Tristan Thompson Reunite at True's 1st Birthday Party](#)

2. Do you still refer to them as your partner?: When you're talking to someone else about your ex partner and you refer to them as your boyfriend, girlfriend, husband, or wife

accidentally, then you are still not over them. This can be really hard to correct, especially when you're fresh out of a relationship, but after a few months you should be looking to correct yourself. Have your friends and family point it out to you every time you say it. Or, you can use the swear jar method, expect only put a dollar in the jar when you refer to your ex as your partner.

Related Link: [Celebrity Exes: Nikki Bella Prays for John Cena to Find Happiness](#)

3. You're not interested in dating again: If you find yourself not finding anyone attractive or not wanting to get back out there and go on dates, then you are still holding on to your past relationship. You don't want to go on dates because you're still in a "relationship" kind of head space, when you should be in a single state of mind. Try to get back out there in the dating world and go a little out of your comfort zone; consider someone completely different than your ex.

What are some other ways you know your still hung up on your ex? Start a conversation in the comments below!

Celebrity News:
'Bachelorette' Clare Crawley Explains Why She Kept Dress from Juan Pablo Galavis

Breakup



By Ellie Rice

In the latest [celebrity news](#), soon to be *Bachelorette* Clare Crawley shared a throwback picture with fans on Instagram. Posting to her story, Crawley revealed that she kept her iconic finale dress from her breakup with Juan Pablo Galavis. According to *EOnline.com*, she held onto the dress for its custom design and because that scene was the most empowering moment of her life. Fans may remember this dramatic episode as Crawley stood her ground and told Galavis exactly how she felt about him. We love a woman who isn't afraid to speak her mind and can't wait to see her journey for love unfold next season!

In celebrity news, Clare Crawley talks about keeping her dress because she wore it during the most empowering moment of her life. What are some ways to remain empowered in your relationship?

Cupid's Advice:

Every relationship comes with challenges, but it's important to understand your worth and voice your opinions. If you're looking for ways to feel empowered in your relationship, Cupid has some advice for you:

1. Stay vocal: Always communicate with your partner openly and transparently. Voice your feelings to them so you are both on the same page about where you stand in your relationship. Don't be afraid to initiate hard conversations and always stand your ground. Being forthcoming and honest will create a consistently healthy environment where you will feel empowered and appreciated.

Related Link: [Celebrity News: Clare Crawley Is Announced as Season 16 'Bachelorette'](#)

2. Keep your independence: Even though you are in a committed relationship and sharing a lot of things with your partner, that doesn't mean that everything has to be done together. It's important to keep your individuality when in a relationship so you are growing personally and together. Be sure you're making time for your friends and hobbies as these are important aspects of your personal life.

Related Link: [Celebrity News: Former 'Bachelorette' Andi Dorfman Calls Juan Pablo Season 'Stupidest Thing I've Ever'](#)

[Been a Part Of'](#)

3. Learn to say no: Don't be afraid to say *no* to things in your relationship. If you feel overwhelmed and like you're spreading yourself too thin, speak up. Your partner may not realize how much they are asking of you, so it's important to set healthy boundaries.

How do you stay empowered in your relationship? Start a conversation in the comments below.

Celebrity News: Clare Crawley Is Announced as Season 16 'Bachelorette'





By [Hope Ankney](#)

In the latest [celebrity news](#), a [Bachelor](#) alumnae was announced as the new Season 16 [Bachelorette](#)! According to *UsMagazine.com*, Clare Crawley is officially continuing her journey to find love. The 38-year-old [reality star](#) revealed herself on *Good Morning America*, stating she had only found out two days prior. She told Lara Spencer, “[It was] So unexpected. I cannot believe it. I mean, six years later. What is happening?” Crawley makes history being the oldest *Bachelorette* to lead the show. Rachel Lindsay was previously the oldest with her season when she was 32. Crawley made her first appearance in 2014 on Juan Pablo’s season and is famously known for telling him off when he didn’t propose to her. She went on to join the franchise three more times with [Bachelor in Paradise](#) and *The Winter Games*, where none of her relationships kept a spark.

In celebrity news, there’s a

new *Bachelorette* in town! What are some unique ways to go about finding love?

Cupid's Advice:

Finding love in this modern dating scene can seem almost impossible. With the many dating apps, the insensitivity that's come with technology and social media, and knowing that traditional ways of finding love are sometimes too unrealistic to play out, it can look pretty bleak out there for all the single folk. But, there are still some unique ways to find love that doesn't rely on apps or constant worrying over social media. You might not get the opportunity to land yourself on a reality show to find love, but Cupid has some [love advice](#) on original ideas on finding love yourself:

1. Ask your friends for set-ups: I know that blind dates can seem terrifying and over-dramatized in film and media, but bringing back this model of finding others can actually work to your advantage. In fact, most young people do find love interests based on their friends. So, if you want to shoot your shot and trust a friend, ask them to help set you up with someone they know. Don't give them any pressure! Just tell them that you're open to anyone new, so they aren't stressed to find you the perfect date.

Related Link: [Celebrity Wedding: 'Bachelorette' JoJo Fletcher & Jordan Rodgers Get Engaged ... Again](#)

2. Live your life for you: When you begin to start getting to know all the facets of who you are, and you live for yourself and no one else, you'll go down a healthy life path. Doing what is right for you means you will be around jobs, places, and near people who further align with your life plan. You'll have a much better chance of meeting a soulmate because they will also have a similar life path.

Related Link: [New Celebrity Couple: 'Bachelor' Kaitlyn Bristowe & Jason Tartick Announce Relationship](#)

3. Use Uber as often as possible: Not technically a social media, this ridesharing service can actually connect you with others you might never meet elsewhere. When you choose the option to UberPool, you are meeting new people that you could have a connection with. It's like a sort of speed dating that can end the moment you arrive at your location.

What are some unique ways you've found love? Let us know in the comments below!

Celebrity News: 'The Bachelor' Debuts New Promo With Lots of Crying & Making Out





By [Hope Ankney](#)

In the latest [celebrity news](#), The [Bachelor](#) dropped its newest trailer, and it's no surprise that it's filled with drama. According to *ENewsOnline.com*, it bounces back and forth from make-out scenes to soundbites of one of the women saying, "the claws are about to come out," to buckets of tears, and to former [Bachelorette](#) Hannah Brown stepping out of the limo, herself, to greet Peter, it seems like this season will be one bumpy ride. The *Bachelor* returns Monday, January 6 at 8 p.m. on ABC.

In celebrity news, *Bachelor* fans are on the edge of their seats waiting for the new season to debut. What are some unique ways to meet potential partners?

Cupid's Advice:

The average dating scene can get stale quickly. Swiping right, going on blind dates, catching dinner and a flick... It all begins to pile up after a while, making it harder and harder to stay hopeful about finding someone you're excited about. If you're in a dating rut, don't worry! Cupid has some [love advice](#) on some unique ways to meet your next romantic partner:

1. Volunteer your time: Making time to volunteer is great for multiple reasons. Besides giving back to your community and making a difference, you could meet someone that shares like-minded interests with you. You're both helping others and spending quality time together. A perfect place to forge a deeper bond.

Related Link: [Celebrity News: Peter Weber Is Named As Season 24 'Bachelor'](#)

2. Start taking your dog to the dog park: Maybe a bit cliché, but going to a dog park will instantly open you up to a new selection of people who also love dogs. It's amazing how many times dogs will attract conversation between two people. Seize that opportunity!

Related Link: [Celebrity News: 'DWTs' Winner and Former 'Bachelorette' Hannah Brown May Be on Peter Weber's 'Bachelor' Season.](#)

3. Sign up for a class: There is always a class you can sign up for in your city, and if you've been meaning to get better at cooking or pottery, now is the time to do it. You'll be working alongside others one-on-one, and you'll be creating things together. Treat it like school. Remember how easy it was to forge friendships there? Approach this no differently!

What are some unique places you've met partners? Sound off below!

Celebrity News: 'DWTS' Winner and Former 'Bachelorette' Hannah Brown May Be on Peter Weber's 'Bachelor' Season.



By [Ahjané Forbes](#)

In [celebrity news](#), Peter Weber asks Hannah Brown to join him on the upcoming season of *The Bachelor*. Brown surprises Weber on the preview of the show coming back to profess her love to

him. The two were almost a [celebrity couple](#) on *The Bachelorette*, but Brown chose another guy. According to *People.com*, *The Dancing With The Stars* alum told Weber, “Because I know there’s still something there. And I would do anything for a relationship.” We’ll have to see how this [celebrity relationship](#) plays out!

In celebrity news, Hannah Brown is definitely making the reality TV rounds lately. What are some ways to take the initiative with your crush?

Cupid’s Advice:

Talking to your crush can be hard. You don’t know if you will say the wrong thing or you’ll look silly in front of them. Trying your best to fit in and look good while doing it is hard enough. Getting your crush’s attention without them noticing can be a task. There are some ways that you can initiate conversation smoothly. Cupid has some advice on how to approach your crush:

1. Watch your crush from a distance: Now, I don’t mean stalking them on Instagram or in person, but take notice of how they move throughout the day. If you’re looking for a partner who takes pride in their work and how they carry themselves, look to see if your crush has those qualities. Try to find any red flags if possible. See if there are any alarms that go off.

Related Link: [Dating Advice: 7 Ways to Subtly Flirt with Your Love Interest](#)

2. Talk to them first: We all wait for our crush to approach

us, but what about going up to them first? You don't have to necessarily tell them that you're interested. Just have a simple conversation. If you both are in the same friend group, try to get to know them on a more personal level. Look to see if the vibe is there.

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3. Ask them to go out with you: This doesn't have to be a date, but try to hang out more with the person overall. Start with something small. Meet them at a local bar or at the movie theater. Try to go to a place that they have mentioned before in a previous conversation. Relax while you're with them. They, too, might be attracted to you.

What are some ways that you approached your crush? Share your experiences in the comments below!

Celebrity News: Joe Giudice Says He 'Can't Wait' to Celebrate Christmas with His Daughters in Italy





By [Meghan Khameraj](#)

In [celebrity news](#), Joe Giudice revealed that his children will spend Christmas with him in Italy. The reality star has been living in Italy since he was released from prison after serving 41 months for mail, wire and bankruptcy fraud. His wife and *Real Housewives of New Jersey* star Teresa Giudice, who he has been in a [celebrity relationship](#) with for over 20 years, also served time in prison. Giudice was held by ICE after his release due to the fact that, even though he lived in the United States since he was a child, he never held citizenship. Giudice asked to be moved to Italy due to harsh conditions at the ICE facilities. The family seems to be excited about the holidays, but Teresa Giudice may not be able to join her family as she may have work obligations.

In celebrity news, Joe Giudice is looking forward to the holidays

with his family. What are some ways to celebrate the holidays with family who are far away?

Cupid's Advice:

Famous couple, Teresa and Joe Giudice, have been dealing with distance as a result of Joe's criminal history. Teresa admits that the holidays have been hard for her and her kids since he moved to Italy. Cupid has some advice to help you celebrate the holidays with family who are far away :

1. Video chat: FaceTime and Skype have made it easier than ever to connect with people who live down the block or across the globe. Take advantage of this by scheduling a call with your family members to catch up and celebrate the holidays!

Related Link: Travel Tips: [Celebrity News: Tristan Thompson 'Isn't Giving Up' On a Future with Khloe Kardashian](#)

2. Exchange gifts: Even if your family lives in a different country, you can still exchange gifts. You can organize a Secret Santa exchange for you and your family so you can avoid having to ship a gift for each of your family members. It is also a great way to show your family that you're thinking of them.

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3. Visit: Though it may be difficult, the best way to celebrate with your family is by being with them! Plan a trip for the holidays so you can spend quality time with your loved ones while also escaping the hassles of your everyday life.

How do you celebrate the holidays away from your family? Let

us know in the comments below!

‘Bachelorette’ Hannah Brown Runs Into Celebrity Ex Tyler Cameron at People’s Choice Awards



By [Hope Ankney](#)

In the latest [celebrity news](#), [Bachelorette](#) star Hannah Brown bumped into her [celebrity ex](#), Tyler Cameron, at Sunday’s People’s Choice Awards. According to [UsMagazine.com](#), Brown

commented on their interaction before the show started, saying there was no bad blood. She discussed how sweet it was that Cameron brought his mother as his date. When asked if she was nervous about seeing him, she replied positively, "I think I have so much going on right now. I mean, I came straight from practice for the show tomorrow, so there's no place for nerves and honestly, I'm just really focused on myself right now and I'm just really glad that I am able to be here and to celebrate the nomination of the award."

These celebrity exes crossed paths at the People's Choice Awards. What are some tips for keeping your cool in the presence of an ex?

Cupid's Advice:

A break-up is never easy. It's even harder when you know you're going to have to see your ex again whether you plan on it or not. Standing in the presence of someone that you have a history with would make anyone sweat bullets, but it doesn't have to be an interaction you dread. Instead, if you're worried about keeping your blood pressure down the next time you see your ex, don't worry. Cupid has some [relationship advice](#) on how to stay as cool, calm, and collected as possible in their presence:

- 1. Think about the positives:** If you know you're going to have to be around an ex in a public setting, make sure you don't focus on the negatives of your relationship. Associating their presence with hurt will only hinder you from having a cordial interaction with them. Try to keep your mind on the positives of your guys' time together. Then, when the time comes, you'll be level-headed enough to have a friendly passing conversation.

Related Link: [Celebrity News: Jed Wyatt Vacations with New Woman After Hannah Brown Split](#)

2. Be surrounded by friends: Being around an ex, alone, can be a daunting task. But, if you know there might be a possibility that you'll run into your ex somewhere, bring a couple of your friends to cushion the blow. You'll feel much more confident and positive being around them. And, you won't have to worry about suffering through any awkward silences that might occur.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown & DWTS Partner Clear Up Romance Rumors](#)

3. Focus on yourself: The best advice to keeping your cool when you're around an ex is to do what Hannah Brown did and focus on yourself. Don't allow yourself to think too much about their presence. Keep doing what you're doing, and don't worry about them being there. This helps in alleviating the stress of seeing your ex and acting kindly towards them when you do bump into them.

What are some ways you keep your cool around an ex? Sound off in the comments below!

Celebrity News: JWOWW Is 'Hurt' After Boyfriend Makes a Move on Angelina Pivarnick





By [Meghan Khameraj](#)

In [celebrity news](#), JWoww responds to the new *Jersey Shore: Family Vacation* episode where her boyfriend, Chris, got handsy with her cast mate and roommate, Angelina Pivarnick. According to *People.com*, JWoww revealed on her Instagram story that “...I’m pretty hurt. I feel disrespected by someone I called a friend and by someone who stated they loved me.” Chris, who was dubbed “24” by the cast as a joke about his age, repeatedly asked Pivarnick about her sex life and current [celebrity relationship](#) with Chris Larangeira. The next episode of *Jersey Shore: Family Vacation* promises to be an entertaining one as we see JWoww and Pivarnick square off.

In celebrity news, JWoww responds to her boyfriend putting the moves on *Jersey Shore* co-star Angelina Pivarnick. What are some ways to

deal with your partner flirting with another woman?

Cupid's Advice:

Jersey Shore stars JWoww and Angelina Pivarnick are going head-to-head again after it was revealed that JWoww's boyfriend tried to make a move on Pivarnick in a night club. This conflict is bound to end in flames that the [celebrity couple](#) may not survive. Cupid has some [relationship advice](#) to help you deal with an unfaithful partner:

1. Talk it out: Communication is an invaluable aspect of a healthy relationship. The most effective way to avoid drama and solve a relationship problem is to respectfully tell your partner how you're feeling. If your partner doesn't respond well in both words and actions to the flirting allegations, you should consider an alternate method.

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2. Consider couples' therapy: Sometimes tensions can be so high in a relationship that you and your significant other can barely speak to each other. If you find yourself in this situation, or you're simply unable to get your feelings across, you should consider speaking to an unbiased therapist who can help you work through your relationship problems.

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3. Walk away: You should never lower your standards for anyone. You should also never allow anyone to make you feel like you aren't worthy. If your partner doesn't change their behavior after you've tried and tried to get your feelings across to them, you should walk away. It is never easy to walk

away from someone you love, but you will thank yourself in the long run.

How would you handle an unfaithful partner? Let us know in the comments below!

Celebrity News : 'Bachelorette' Hannah Brown & DWTS Partner Clear Up Romance Rumors



By Ahjané Forbes

In [celebrity news](#), Hannah Brown and *Dancing with the Stars* partner, Alan Bersten, have been electrifying the stage, spreading their chemistry across the dance floor. According to *UsMagazine.com*, Brown is not looking for a [celebrity relationship](#) and recently address dating rumors with her partner, saying, “We are dance partners, and we have the best time together, and we have a friendship that is great.” The reality TV star is currently is not looking for love, but wants win the Mirror Ball trophy.

In celebrity news, it looks like these two are sticking to dancing. What are some ways to know if you're ready for a new relationship?

Cupid's Advice:

There's no set in stone way you can know if you're ready for a relationship to happen. It's a feeling that happens naturally and with time. Don't try to rush the process. Accept these growing pains. Cupid has some ways to know if you are ready to find a new love:

1. You are healed from the past: If you are not longer pining over your ex and have let go what happened in the past then you are healed! The idea of going within to fix and focus on yourself is the first step to moving forward. If you aren't thinking about them as much and working toward a better future for yourself then this you're ready for a new boo!

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2. Open to receiving new love: You can be healed from your past, but are you still closed off? Are you open to the idea

of being in love with another? If so, then you are really on the verge of obtaining that goal. Try baby steps like flirting with someone that you find attractive at a public event. See if you'll still get the those heart eyes.

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3. You're finally going out: We all go through that period where we don't go anywhere after we have just broken up with our lover. It's okay to sit and watch TV every once in a while, but who doesn't want to go to a party as well? Start talking and meeting new people with your friends. Makes connections with those who share similar interests. Be bold! Show the world that you are capable of being loved again by someone out there!

What are some other ways to know you're ready for a new relationship? Share your thoughts below.

Celebrity News: A Showmance Dominates 'Big Brother' and Crowns a Winner





By [Hope Ankney](#)

In [celebrity news](#), season 21 of the [reality TV](#) show *Big Brother* is over. As reported by *UsMagazine.com*, Holly Allen, Jackson Michie, and Nicole Anthony made it to the final three, and they gave everyone a finale to remember! Through rock-climbing and memory events, it was a close race between the three. But, when it came to the showmance between Michie and Holly, it was their confessions that reflected on the past competition and alliance with one another that ultimately won over the jury. Michie ended up being crowned the winner of *Big Brother*.

In celebrity news, a romance in the *Big Brother* house dominated the game. What are some ways that working with your partner can be

effective?

Cupid's Advice:

Working with your partner is one that can be a difficult task to manage. The workplace is already stressful enough as it is, but being alongside your spouse can make it an even more stressful environment. But, there are positives to working with them, and it can also be a great thing for your relationship. Here's some [love advice](#) from Cupid about the pros of working with your partner:

1. Increased sense of intimacy: Couples that work together or share experiences are more likely to have a stronger connection than those that don't. If you're both working in the same environment or company, there is even more of a sense of intimacy involved because you can talk openly about your work lives in a way that your partner will understand it. There's something about shared stresses that can be very therapeutic once you get home from a long day at the office.

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2. Team-building skills: You and your partner should always be seen as a team. You aren't against one another. You're there to support one another. So, working in the same environment can be great for team-building. You learn how this person works with you and with others. It's a great way of understanding their behavior and actions when it comes to being apart of a group and dealing with pressures. It's important that you and your partner can come together, effectively, whenever you both need it.

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3. Extra quality time: Most relationships don't have the

pleasures of spending a lot of quality time together. After long days at work, it's difficult to have energy or time to really spend with your partner. But, if you work alongside your spouse, you spend a great deal of your time in the company of someone you love. It allows you to be more present in the relationship, and it can make stressful days in the office much more enjoyable.

How do you feel about working with your partner? Tell us in the comments below!

Celebrity Wedding: 'Bachelor in Paradise' Stars Demi Burnett & Kristian Haggerty Are Engaged





By Meghan Khameraj

In [celebrity news](#), *Bachelor in Paradise* [celebrity couple](#), Demi Burnett and Kristian Haggerty are engaged. The couple proposed to each other during the September 10th episode of *Bachelor in Paradise*. It hasn't always been smooth sailing for the couple. The [celebrity relationship](#) faced criticism when Burnett was accused of pre-planning Haggerty's arrival on the show. Burnett then denied the claim. The celebrity couple has also faced some trusts issues when both felt as though the other was interested in or flirting with other people. However, they've since worked through those issues and are looking forward to celebrating their new engagement.

This celebrity wedding comes after Demi Burnett came out on national television. What are some benefits to being yourself when going into a

relationship?

Cupid's Advice:

Demi Burnett and Kristian Haggerty are happily engaged! Though there was backlash in regards to Burnett's sexuality, she was still able to find love in spite of that. Being yourself leads to an open and honest relationship, but that isn't all! Cupid has some tips on the benefits of being yourself when going into a relationship:

1. You'll feel closer to your partner: If you're open and honest about who you are off the bat then you can avoid any awkward conversations in the future with your partner and you'll be able to act like your natural self around them.

Related Link: [Celebrity News: Former 'Bachelor' Contestant Kirpa Sudick Squashes Cam Ayala Dating Rumors](#)

2. You'll be happier: Hiding things seldom makes us happy. Once your partner knows about the things you may be tempted to hide, then you won't have to stress about them finding out. You can focus on building other aspects of your relationship knowing that the foundation was built on solid ground.

Related Link: [Celebrity News: Hayden Panettiere Spotted Holding Hands with Boyfriend Brian's Brother After Drama](#)

3. You'll know it is true love: What's the point of being in love if you have to act like someone you're not? You can't be in true love if you're continuously hiding who you are from the person you love. You will be able to rest easily knowing that your significant other loves you in spite of the things you may feel like you need to hide.

Do you think it's important to be yourself in a new relationship? Let us know in the comments below!

Celebrity News: Peter Weber Is Named As Season 24 'Bachelor'



By Meghan Khameraj

In [celebrity news](#), former *Bachelorette* contestant Peter Weber will take on the mantle as the season 24 *Bachelor*. Weber was previously on Hannah Brown's season of *The Bachelorette* and finished in third place. According to *UsMagazine.com*, Weber stated that Brown inspired him to take the role noting that "Brown's commitment to remaining '100 percent unapologetically herself' from night one until the final rose inspired him to

pursue the same goal during his turn as the lead.” Weber was a fan favorite during Brown’s season, especially after she revealed that they had slept together four times in a windmill. Perhaps this time Weber will fall in love and we’ll have a new [celebrity couple](#) to keep tabs on!

In celebrity news, Peter Weber is the new *Bachelor*. What are some unique ways to go about finding love?

Cupid’s Advice:

Peter Weber is on the search for true love. While we may not be able to go on a publicly televised search, we can still find love. If your dating history consists of relationships that seem to fizzle after the first few dates, Cupid has some [dating advice](#) to help you find love in new and exciting ways:

1. Take a class: Do you like painting? Or maybe dancing or sports? An easy way to meet someone new is to take a class on something you’re interested in. If you’re both in the same class that means you already have one thing in common which will make it easier to break the ice.

Related Link: [Celebrity News: Miley Cyrus & Kaitlynn Carter Step Out for Date Night in Matching Outfits](#)

2. Go to parties: Maybe you can throw one or just go to one you were invited to. Parties are a relaxed environment where you can meet people with no immediate commitment. Parties are basically speed dating rounds but with good music and drinks.

Related Link: [Celebrity News: Hayden Panettiere Spotted Holding Hands with Boyfriend Brian’s Brother After Drama](#)

3. Post about your interests: Social media plays probably the most crucial role when it comes to finding new love. Nearly everyone has some form of social media so posting about what you enjoy can help catch the attention of someone who shares similar interests.

What are some fun ways to meet someone new? Let us know in the comments below!

Celebrity News: Former 'Bachelor' Contestant Kirpa Sudick Squashes Cam Ayala Dating Rumors





By [Hope Ankney](#)

In [celebrity news](#), former [Bachelor](#) contestant, Kirpa Sudick, is dismissing rumors of dating [Bachelor in Paradise](#) alum Cam Ayala. *Bachelor Nation* began speculating a potential spark between the two when Sudick took to Instagram to upload a post in dedication to Ayala's birthday. Ayala had commented underneath the post saying, "ILYSM" alongside a heart emoji and an angel emoji. According to *UsMagazine.com*, the reality star squashed the rumors by stating, "We are just friends and not dating! I've just been very lucky to have met so many great people through *The Bachelor*!"

In celebrity news, Kirpa Sudick is not dating Cam Ayala after all. What are some ways to tastefully let people know you are not dating

someone?

Cupid's Advice:

Just like celebrities, sometimes we can post something on our social media that tend to look different than how we intended. But unlike them, we can't go to a news source and dismiss these relationship rumors. Instead, we have to think up ways to tastefully let others know we're not dating someone without looking too defensive. If you're in this predicament, and you don't know how to go about squashing dating rumors, don't worry! Cupid has you covered with our [love advice](#) on how to nicely let others know you're not dating this person:

1. Be playful: Sometimes, having fun with the situation can be a good way to let others know it doesn't bother you before you let them know you guys aren't dating. If both you and the other person are game, it can be funny to be playful and pretend like you are dating. Be over-dramatic with the idea, posting mushy comments, creating your own 'ship' name, taking ridiculous photos together, etc. By doing this before coming clean that you both aren't dating, it can let people know that none of it bothered you, and it wasn't a big deal!

Related Link: [Celebrity News: 'The Bachelor' Star Tia Booth Has a New Boyfriend](#)

2. Be kind: This might seem like an obvious answer, but there are ways you can dismiss dating rumors that are much harsher than you meant them to be. Try and be as kind as possible when letting others know you aren't dating someone. Saying something rude or condescending can make you look bad when someone was just curious about the situation. So, try and be as polite and friendly as you can when letting others know so you don't look like a ticking timebomb anytime something false is said about you!

Related Link: [Celebrity News: 'BiP' Star Caelynn Responds to Blake Releasing Their Texts](#)

3. Be direct: Perhaps, the best way to be tasteful is to just be honest about it. Being direct doesn't have to be harsh, and it can stop speculation quickly. Simply explain away the idea that you and the person are dating and then say nothing else on the matter. By facing the situation head-on and refusing to talk about it further, it can be an easy and effective way of stopping the rumors from circulating.

Do you have any tips for tastefully letting others know you aren't dating someone? Sound off in the comments!

Celebrity Exes: Tyler Cameron Sets the Record Straight on Feelings for 'Bachelorette' Hannah Brown





By Hope Ankney

In [celebrity news](#), [The Bachelorette](#) runner-up, Tyler Cameron, has officially set the record straight about where he stands with Hannah Brown. According to *EOnline.com*, the star popped on Twitter Wednesday to dismiss claims that he had been shading *The Bachelorette* star. What started with an accidental liking of a tweet shading Brown ended with Cameron writing a series of tweets defending her. Sharing how much respect he had for Brown, he stated “...that girl deserves no shade and nothing but success. She empowers women and deserves all the accolades. She empowers women and created so much conversation on how women should be treated. I am grateful for our time together and all that I learned from her.”

These [celebrity exes](#) are keeping their feelings positive all the way around. What do you do if your ex

is throwing shade at you?

Cupid's Advice:

When an ex decides to throw shade your way, it triggers an almost immediate emotional reaction. It's hard to ignore the issue and not let it affect you or your behavior. It's even worse if this ex has thrown something like this at you before. But, is it worth giving them the satisfaction of visibly showing how upset it made you? Not at all. Take a look at a few of Cupid's suggestions for [relationship advice](#) on how to deal with an ex that is trying to shade you:

1. Delete their social media from your accounts: A big mistake people make is keeping their exes on their social media as friends, followers, etc. It not only keeps a break-up fresh, but it's easy to go on their pages and keep up with their every move. Deleting them as friends or unfollowing their accounts will help you deal with an ex that might cryptically tweet about you or like shady tweets that could be indirectly addressed towards you. In fact, after wiping them away, you might not even know they're doing it anymore.

Related Link: [Celebrity News: Tyler Cameron Addresses Future with 'Bachelorette' Hannah Brown](#)

2. Take a breath: Taking a long, deep breath can do wonders for how you react towards an ex throwing shade. It'll help you balance your composure by trying to keep your mind and body calm. And, if you feel like you need to respond, taking a moment to collect yourself and your thoughts before you reply can do wonders for how the entire situation will go.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown Says 'Thank You, Next' to Questions about Tyler Cameron & Gigi Hadid](#)

3. Surround yourself with positivity: There's nothing worse

than being alone or around negativity when an ex decides to throw something your way. The isolation and negative energy will only fuel you to respond with something you'll regret later. When an ex is exhibiting this behavior, try and find friends full of positivity to surround yourself with. They'll bring your mood up while further encouraging you and keeping you motivated to be above the nonsense.

How have you dealt with an ex that's thrown shade at you? Tell us down below!

Celebrity News: Cassie Randolph Defends 'Bachelor' Colton Underwood After He's Deemed a Bad Kisser on 'BiP'





By [Katie Sotack](#)

Reality TV show [Bachelor in Paradise](#) brings all the drama. This Monday, Colton Underwood came under attack for his less than par kissing abilities. Cassie Randolph hopped to her man's defense with a tweeted gif of the two locking lips and the caption, "Kiss me dammit you good kisser you". According to *EOnline.com*, Derek Peth posed the question to the *BiP* girls about their worst kissing experiences. Sydney Lotuaco, Caitlin Clemmens, and Tayshia Adams all agreed Underwood's skills could use some work.

In [celebrity news](#), Cassie Randolph is standing by her man's kissing skills. What are some ways to learn how to kiss better?

Cupid's Advice:

The date's going really well, and you can see a future with

this one. They're attractive, smart, and hilarious, but then the end of the night comes. They lean in for you, and you find that they kiss with all tongue and teeth. Fear not! All that first date potential isn't wasted on your ideal partner's worst kiss. Here are some ways to improve:

1. Take cues: Your partner will kiss how they want to be kissed. Note the subtle movements of their lips and tongue and whether they apply a lot of pressure or a delicate touch. Take cues from their style, body language, and sounds on whether or not you could up your game.

Related Link: [Celebrity News: 'BiP' Star Caelynn Responds to Blake Releasing Their Texts](#)

2. Use bodies: A great kiss should inspire your whole body, not just your mouth. Use your physical being to your advantage by working in hands. Grip their waist, tangled their hair, cup their face, etc. There's a million and one ways to set your partner's nerve endings on fire, the lips are only one aspect.

Related Link: [Celebrity Break-Up: 'Bachelorette' Alum Jordan Kimball is Using Dating App After Split from 'BIP' Love Jenna Cooper](#)

3. Avoid repetition: It may be tempting to stay in on place when your nervous for a kiss, but make sure to spice it up. Move your head and hands to create an unexpected experience for your partner. Great kisses are all about surprises.

What's your go to kiss move? Share in the comments below!

Celebrity Wedding: 'Bachelorette' JoJo Fletcher & Jordan Rodgers Get Engaged ... Again



By [Katie Sotack](#)

Almost a year after his initial proposal on *The Bachelorette*, Jordan Rodgers proposed to JoJo Fletcher all over again. The [celebrity news](#) was revealed on Rodgers' Instagram on Saturday, featuring a photo of the couple showing off Fletcher's new rock. The caption went on to explain that their first proposal for the show was real and meant the world to both of them. However, as they began planning their wedding, they wanted to do it their own way, in private. Cue proposal number two!

Perhaps there will be a [celebrity wedding](#) on the horizon finally for this *Bachelorette* couple. What are some ways to make your partner feel special during a long engagement?

Cupid's Advice:

Wedding bells are in your future, but the road to the chapel is a long one. Fear not! Long engagements are challenging, but there are ways to reassure your partner and reaffirm your love during the process.:

1. Remember the date: Commit to small gestures that remind your partner you are excited for your nuptials, however far down the line they may be. Write the date with doodled hearts on your fridge's whiteboard, or leave your partner a sticky note reading "one year to go!" However you remind your significant other of your excitement, make it a fun, any day surprise.

Related Link: [Celebrity Wedding: Dwayne 'The Rock' Johnson Secretly Marries Lauren Hashian in Hawaii](#)

2. Keep the romance going: Wedding planning can throw your brain into overdrive. While the details may be tempting to take over your life (and all your conversations), share a world with your partner outside of your wedding. Find a balance between excitement for your wedding and commitment to your love life by scheduling date nights where wedding talk is off the table.

Related: [Celebrity Wedding: 'Vanderpump Rules' Stars Tom Schwartz & Katie Maloney Get Official Marriage License in Vegas 2 Years After Wedding](#)

3. Take small steps: Do not let your engagement drag without any planning whatsoever. Even if your wedding is set years down the line, make yourself a schedule. Try to settle at least one detail a month so that both you and your partner feel you're moving forward.

How do you shower your partner with love? Share in the comments below!

Celebrity News: 'BiP' Star Caelynn Responds to Blake Releasing Their Texts





By Ashley Johnson

In a celebrity interview with *UsMagazine.com*, *Bachelor in Paradise* star Caelynn Miller-Keyes opened up about the scandalous text messages between her and Blake Horstmann. She says she thought that she and the reality TV star were on the same page and explains how mortified she feels.

In celebrity news, the *Bachelor* drama is heating up! What are some ways to make sure you're on the same page with a potential partner before getting involved?

Cupid's Advice:

Not all couples are perfect (not even [Hollywood relationships](#)). Sometimes people are on the same page, and other times they are on completely different books. Since budding relationships can be confusing sometimes, Cupid has

some [relationship advice](#) on how to make sure you're on the same page with a potential partner before getting involved:

1. Communicate: In every and any relationship communication is necessary. By having frequent and honest conversations with each other, you and your partner can learn more about each other and each other's feelings, thoughts, intentions, and so much more.

Related Link: [Celebrity News: Brooks Laich Says He's Proud of Wife Julianne Hough For Saying She's 'Not Straight'](#)

2. Share goals: In your honest conversations with your partner you should also be sharing your goals with them. Their goals do not have to be the same exact as your own, but they do have to be similar. For example, you both may have completely different career goals, but it is important that your romantic goals are the same, in that they want the same thing as you out of the relationship.

Related Link: [Celebrity News: Shia Labeouf & FKA Twig's Relationship Is On Hold](#)

3. Prioritize: Relationships can be a big commitment and it can be tricky trying to prioritize them at times with busy schedules, and lives in general. Sometimes people are ready to make that serious commitment, and sometimes they are not. Check in with your partner to understand all their priorities and see how much of a commitment they can, or are willing, to make to you and the relationship.

Can you think of any other ways to make sure you're on the same page with a potential partner before getting involved? Let us know in the comments below!

Celebrity Couple News: 'Real Housewives of Atlanta' Star Porsha Williams & Dennis McKinley Back Together After One Month Split



By Ashley Johnson

In celebrity couple news, *Real Housewives of Atlanta* star Porsha Williams was recently seen wearing her wedding ring again, according to *EOnline.com*. It has been one month since the [reality TV star](#) split from her husband Dennis McKinley, but they have decided to give their relationship a second chance and take it one day at a time.

In celebrity couple news, Porsha and Dennis have rekindled things after one month apart. How do you know whether to give your ex a second chance?

Cupid's Advice:

We are wishing the celebrity couple well in their reunion, however not all relationships deserve a second chance, and there are factors to be considered before jumping right back in with your ex. Cupid has some [love advice](#) on how to know whether to give your ex a second chance like the *Real Housewives of Atlanta* stars:

1. Your brain and your heart match up: Feelings can be overwhelming and a lot of the time you may get lost in them. The heart wants what it wants, but the brain has a different agenda. While the care may still be there for your ex and old feelings may even resurface, following your heart can come with its consequences. If your heart is invested, but your brain is showing you all the red flags, then you should be very cautious before giving your ex that second chance.

Related Link: [Celebrity News: Hannah Brown's 'Bachelorette' Runner-Up Goes On Date with Gigi Hadid Days After Spending Night with Hannah](#)

2. You both have grown: If you both have grown, that means that you both are different people than when you first met, and that also means you both are able to move on from the past. Sometimes you may hold grudges against your ex for certain relationship problems in the past, but if you and your ex are genuinely able and willing to forgive each other, then you can begin anew with each other.

Related Link: [Celebrity Couple News: Justin Bieber & Hailey Baldwin Debut Wedding Bands](#)

3. You see your ex in your future: You always want to move forward, not backward. Just because your ex may have been a good portion of your past, does not always mean that they should be a part of your future. However, if you are both on the same page this time around and have the same wants and needs in a relationship, then you can consider keeping them in your life for a better future together.

Can you think of any other ways how to know whether to give your ex a second chance? Let us know in the comments below!

Celebrity News: 'BiP' Star Blake Horstmann Releases Texts with Caelynn Miller-Keyes After Intimate Night





By Ashley Johnson

Bachelor in Paradise star Blake Horstmann has proven that he is not afraid to share the most intimate details of his romantic life with the world. According to *UsMagazine.com*, just a few days ago, the reality TV star revealed scandalous text messages sent from Caelynn Miller-Keyes on his Instagram story and has gotten backlash ever since.

In celebrity news, things are being clarified after the drama with Blake and Caelynn was shown on the first episode of *Bachelor in Paradise*. What are some reasons to keep your intimate life private?

Cupid's Advice:

Not everyone has the luxury of keeping their relationships private (especially [celebrity couples](#)), but if you do have the

choice, Cupid has some [relationship advice](#) on reasons to keep your intimate life private, unlike Blake Horstmann and Caelynn Miller-Keyes:

1. Too many opinions: Everyone is going to have an opinion about your relationship whether you like it or not. A lot of those opinions will be unsolicited and can be detrimental to your relationship if you dwell on them. However many opinions people may share on the Internet or social media, no one will ever know the facts of the relationship simply because they are not in it, only you and your partner are.

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2. Social pressure: Social media allows you to share the version of yourself you want to share with the public, and never all versions of yourself. This being said, your followers and subscribers only see one version of your relationship with your partner, which can put pressure on you to only show the best parts of your relationship rather than the worst. Having to live up to a certain standard for your relationship can be exhausting and strain your relationship if you start doing more things to *look* happy in your relationship and less things to *be* happy in your relationship. It's more important to be present in your relationship rather than get lost in your relationship's social media presence.

Related Link: [Celebrity Couple News: Scott Disick Is 'Really Happy' Kylie Jenner Is Close to Girlfriend Sofia Richie](#)

3. Safety: By making your relationship public, you could be letting in the wrong people. [Hollywood relationships](#) are often subject to aggressive paparazzi and stalkers. While you may not necessarily be swarmed by paparazzi everyday, you are still subject to others having too many intimate details about your relationship. This includes jealous exes, or other people who may not wish the best for you and your partner. When the

wrong people know the whereabouts of you and your partner at all times, it only gives them the opportunity to troll you, making you feel the opposite of secure in your relationship, and at times unsafe.

Can you think of any other reasons to keep your intimate life private? Let us know in the comments below!

New Celebrity Couple? 'Bachelorette' Hannah Brown Gushes Over Tyler Cameron After Finale





By [Bonnie Griffin](#)

In the latest [celebrity news](#), [Bachelorette](#) Hannah Brown gushed over Tyler Cameron on *Jimmy Kimmel Live*. According to *UsMagazine.com*, Brown said, “he is pretty great” referring to Cameron. After a devastating break up with Jed Wyatt, it looks like Brown might be ready to give her ex, Cameron, another shot at a relationship.

With one break-up comes a new beginning for this soon-to-be celebrity couple. What are some ways to know whether to give your ex a second chance?

Cupid's Advice:

For these [reality tv](#) stars, it is starting to look like they are going to be giving their romance a second chance. Sometimes time and space gives us a new perspective and makes

us realize what we lost. Cupid has some advice to help you know when to give your ex a second chance:

1. You can see yourself with them as a part of your future:

When you think about your ex do you picture the two of you together? Can you imagine what your life would be like as a couple in the future? These are signs you might want to give your ex a second chance. If you can honestly see them as your partner for life it is worth giving the relationship another shot.

Related Link: [New Celebrity Couple Shawn Mendes & Camila Cabello Kiss in Miami](#)

2. You're happier with them: When you spend time with your ex are you happier than you are with anyone else? And being with them makes you happier than being single. Then give them a second chance. A little time apart to realize what you loved about them may be all you needed to make your relationship a lasting love.

Related Link: [Celebrity News: Leonardo DiCaprio Gets Serious With Camila Morrone](#)

3. They made an effort to change: Consider why you broke up in the first place. Maybe they had a fear of commitment or they liked to party too much. If you see that they've made a solid effort and have changed those bad habits then a second chance at a relationship might be worth a shot.

What are some things that might make you consider giving your ex a second chance? Let us know your thoughts in the comments below.

Celebrity News: 'Bachelorette' Hannah Brown Speaks Out About Jed After Finale



By [Bonnie Griffin](#)

In the latest [celebrity news](#), [Bachelorette](#) Hannah Brown ended her engagement to Jed Wyatt. Five weeks after their engagement, Brown was heartbroken to find out that her relationship with Wyatt began with lies when she discovered he had a girlfriend when he first entered the show. According to *People.com*, Brown said finding out Wyatt hadn't been honest was "heartbreaking" and that by being dishonest "he hurt [her] worse than anybody else did."

In celebrity news, Hannah wasn't willing to settle once she found out Jed had been dishonest with her. What are some ways to know your partner is lying to you?

Cupid's Advice:

For these [reality tv](#) stars, happy ever after is no longer in their future. Wyatt's dishonesty broke Brown's heart and left her unable to forgive him for the hurt he caused her. It is never good when you find out that someone you love has lied to you. Cupid has some advice to help you know when your partner is lying to you:

1. They say they never lie: Anyone who tells you that they never lie is lying to you. It is common for everyone to tell little white lies from time to time. Sometimes these kind of lies are okay because they are meant to protect someone's feelings or something of that nature. Getting caught in a small lie like that wouldn't have any real consequences. We all tell these kinds of lies, so an honest partner would have no reason to insist they never lie at all.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown Releases Intimate Details in Front of Peter's Mom!](#)

2. Lack of eye contact: One of the tell-tale signs of lying that is upheld as true by science is when someone refuses to make eye contact. If your partner is normally someone who makes eye contact with you when you're talking, and now they are avoiding that eye contact it is a good indicator they aren't being honest about something.

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[Schwartz & Katie Maloney Get Official Marriage License in Vegas 2 Years After Wedding](#)

3. They accuse you of lying: One of the oldest tricks in the books is to try to get the focus off them by pointing their finger at you. Your partner might accuse you of lying or cheating out of the blue. This blame game is often a way to try to justify their own dishonest actions.

What are some things you look for if you think your partner is being dishonest? Let us know your thoughts in the comments below.

Celebrity News : 'Bachelorette' Hannah Brown Releases Intimate Details in Front of Peter's Mom!





By [Katie Sotack](#)

The infamous *Bachelorette* windmill sex scene between Hannah and Peter was one of the most talked about moments this season. But according to *UsMagazine.com*, Hannah fudged the details. When facing off with Luke Parker, [The Bachelorette](#) confessed to having sex with Peter twice at the mill, yet apparently it was four times! Hannah announced this proudly in front of the studio audience, which included Peter's family. Still, despite (or maybe because of) the scandalous details, Peter's family could not have looked prouder as the audience gave the pair a standing ovation.

In [celebrity news](#), Hannah Brown didn't hold any details back while talking to Peter on a recent episode of *The Bachelorette*. What

are some benefits to being open about intimacy?

Cupid's Advice:

In our Puritan-grown culture, it's not wildly accepted to talk about intimacy in public. However, American youth culture is shifting to see the perks in being open and honest about intimacy. Here's how talking about intimacy can benefit yourself and others:

1. Normalization: Talking about intimacy normalizes said acts of intimacy. America's sensationalized media presents idealistic versions of sex and love, which do not match up with reality. With this idealized standard we rarely see an accurate representation of our own intimacy. The girl and guy are perfect, never having bad sex or weird sex. Not to mention a lack non-heteronormative relationships depicting physical love. Talking about sex and the intimate acts surrounding it can ease the tension our culture feels around sexual 'imperfections' which fall short of idealistic standards.

Related Link: [Celebrity News: Ben Higgins Says 'Bachelorette' Hannah Brown's Sex Confessions Are 'Confusing'](#)

2. Ease the guilt: There's a famous *Sex In The City* episode where Miranda takes a lover who's so petrified of sex being a sin, that after every time they've been physical he *must* run to shower. Yeah, this was filmed in the '90s, but times haven't changed too much. *Bachelorette* Hannah Brown was thoroughly slut shamed by contestant Luke P. for enjoying sex with men she'd fallen in love with. By speaking out about about her experience at the windmill while in a supportive environment she was championed for something that had once penalized her.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown](#)

[Confronts Luke P. at 'Men Tell All'](#)

3. Better sex: As sexologist Lindsey Doe likes to point out sex and sexuality are never one size fits all. But that's the way our culture likes to think about it, so partner's have been conditioned to fall short of our unique needs. Being open about your likes, dislikes, and experiences will not only work like a handbook for better sex but help to foster emotional intimacy between you and your partner(s).

Do you feel comfortable talking about intimacy? Share your comments below!