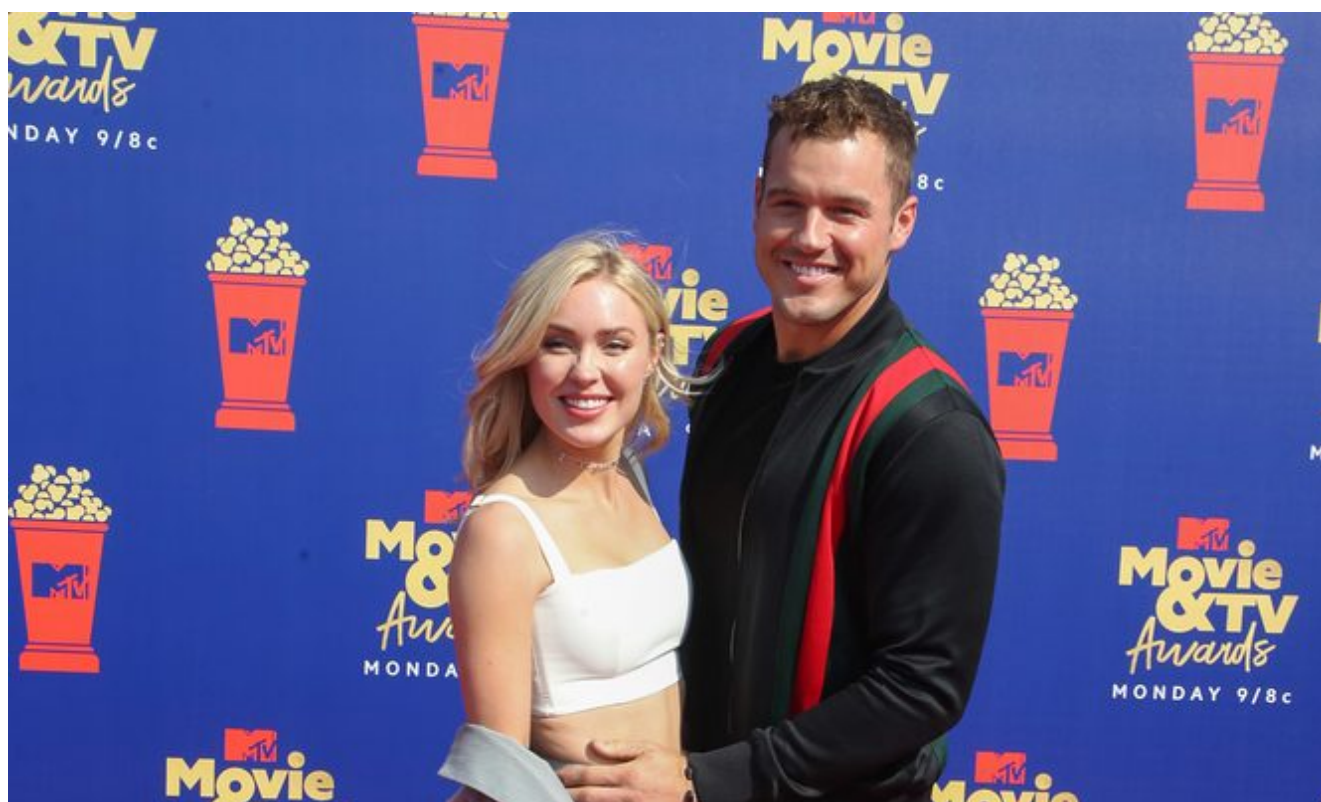


Celebrity News: Former 'Bachelor' Colton Underwood Says Cassie Randolph Dropped Restraining Order



By Carly Silva

In the [latest celebrity news](#), Colton Underwood addressed his status with ex Cassie Randolph after their messy break-up earlier this year. In September, Randolph filed a restraining order against Underwood, citing domestic violence prevention in the request, and accusing the [reality TV star](#) of stalking and harassment. According to *UsMagazine.com*, Underwood confirmed that Randolph has dropped the restraining order, and the two have since reached a private agreement.

In celebrity news, things have been anything but civil between Colton and Cassie, but it seems they've come to a civil agreement. What do you do if you feel unsafe around your ex after a break-up?

Cupid's Advice:

Sometimes break-ups can get seriously intense. If you feel unsafe around your ex after a break-up, Cupid has some advice for you:

1. Let them know: The first step you can take when you feel unsafe around your ex is to let them know. They may not realize they are making you feel that way. If you aren't comfortable speaking to them, you can have a mutual friend or a family member reach out for you and let them know how it is making you feel unsafe.

Related Link: [Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split](#)

2. Cut off communication: If you feel that circumstances with your ex have become even more intense, or if you are extremely uncomfortable around your ex, cutting off communication may be a good idea. Be sure not to communicate through social media, as it can only add fuel to the fire.

Related Link: [Celebrity Break-Ups: Former Bachelor Colton Underwood Cassie Randolph Restraining Order Court Hearing Set for October](#)

3. Take action: If you believe that your ex may even be dangerous, it may be necessary for you to take legal action.

Filing a restraining order or police report, or even just letting your family and friends know, can help to protect you. Take whatever safety measures you need to take to ensure that you feel safe and comfortable after your break-up.

What are some other things you can do if you feel unsafe around your ex after a break-up? Start a conversation in the comments down below!

Celebrity Exes: 'Bachelor' Nation's Kendall Long Reveals What Future Holds with Ex Joe Amabile





By Carly Silva

In the [latest celebrity news](#), *Bachelor* Nation's Kendall Long recently opened up about her split from Joe Amabile. According to *EOnline*, the [reality TV star](#), who has been promoting the upcoming launch of her new book, said she and Amabile are still good friends and that they still want the best for each other.

These celebrity exes may not see sparks again in the future, but they're still good friends and potential confidants. What are some ways to build a lasting friendship with your ex?

Cupid's Advice:

Trying to stay friends with an ex can be tricky territory, but

there are a few tips to help you do it right. If you're looking for some ways to build a lasting friendship with your ex, Cupid has some advice for you:

1. Be clear about expectations: When you first start the process of being friends with your ex, you need to be open and clear about where your friendship is going. Make sure both of your intentions are understood, and that friendship is what you both really want.

Related Link: [Celebrity News: Bachelorette Alum Tyler Cameron Says He and Hannah Brown Have Struggled to Figure Out Relationship](#)

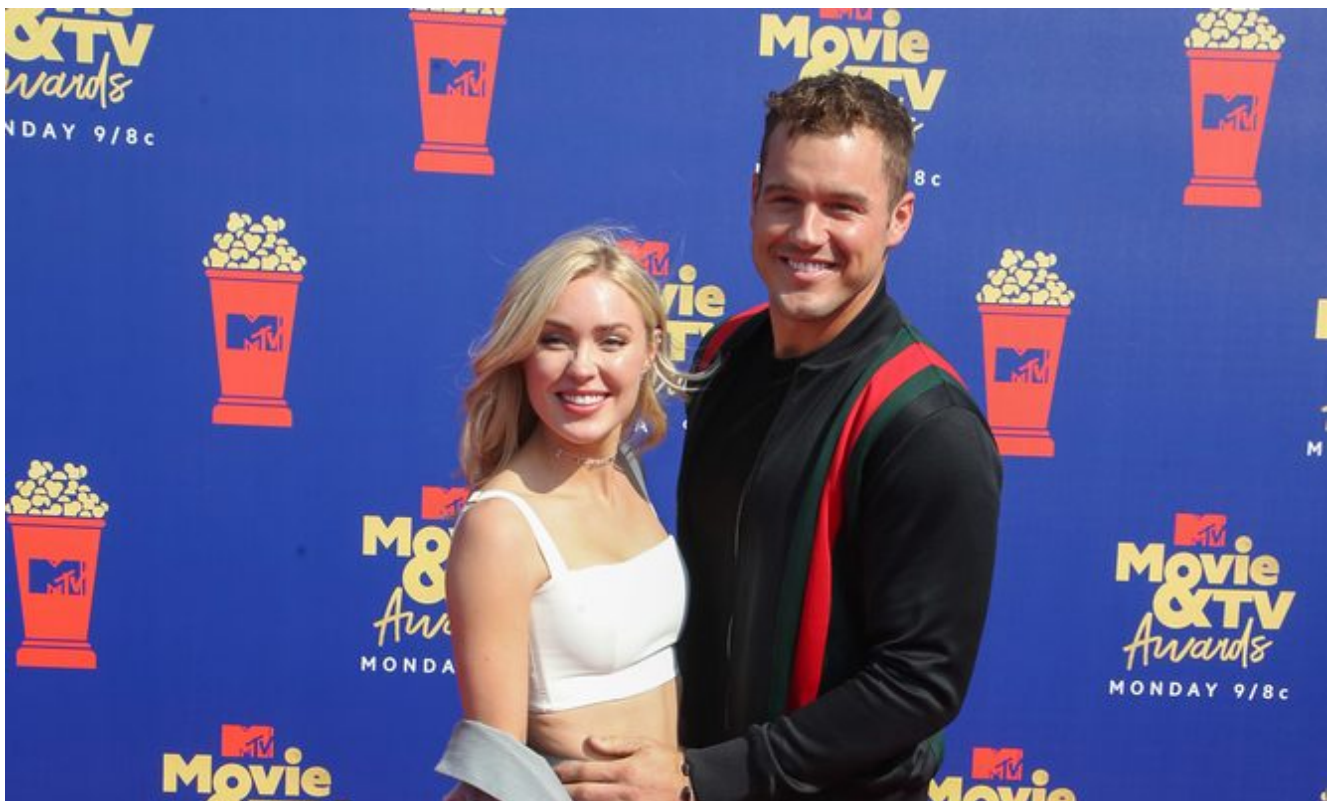
2. Establish boundaries: It's also important to make sure both of you know where the boundaries are. Establish what types of behaviors are okay and which ones aren't. Make it clear that flirting and hooking up are off limits so that you don't fall into old habits.

Related Link: [Celebrity Baby News: Vanderpump Rules Stars Brittany Cartwright & Jax Taylor Are Expecting First Child Together](#)

3. Learn to be happy for them: One of the biggest parts of starting a friendship with your ex is the ability to be happy for them. Make sure you're in a place where you won't be jealous of their new love life. Try your best to accept that your relationship has ended and support them through their new endeavors.

What are some other ways to build a lasting friendship with your ex? Start a conversation in the comments down below!

Celebrity Break-Up: Cassie Randolph Slams 'Bachelor' Editing After Talking Split from Colton Underwood



By Diana Iscenko

In the latest [celebrity news](#), Cassie Randolph speaks out against how *The Bachelor: The Greatest Seasons – Ever!* portrayed her in a recent interview. The interview focused on Randolph's recent split from [Bachelor](#) Colton Underwood, despite Randolph's reluctance to talk about it. The [reality TV](#) star posted on her Instagram story, explaining how much was cut from her interview: "There's so much more to me than just my past relationship, and I think that's why I'm annoyed."

In celebrity break-up news, Cassie Randolph isn't happy with the way her split was in the spotlight on a recent episode of The Bachelor GOAT. What are some ways to keep the after-effects of your split from getting you down?

Cupid's Advice:

No matter how your relationship ended, it's completely normal to be upset. That doesn't mean you should let your grief consume you! If you're having trouble keeping your head up post-break-up, Cupid has some advice for you:

1. Lean on your friends: It's easy to see your friends less during a relationship, but it's important to stay connected. Use this time to catch up with them. Set aside time to talk to them, whether that's in person or over the phone.

Related Link: [Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph](#)

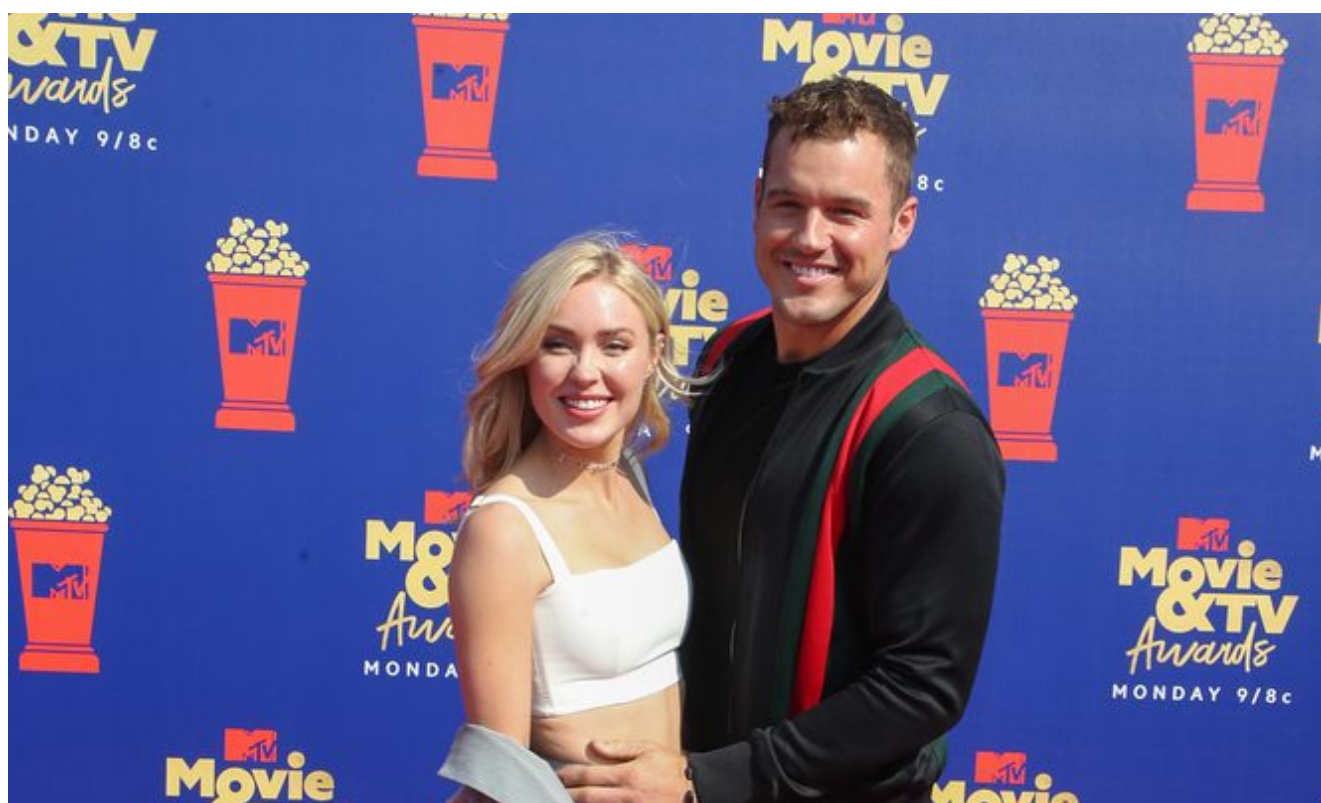
2. Focus on your interests: Throw yourself back into your hobbies. Focusing on something you enjoy will help you focus on something besides your break-up. It's also a great opportunity to try something new!

Related Link: [Celebrity News: Arie Luyendyk Jr. Says 'Bachelor' Concept 'Barely Works' for Finding Love](#)

3. Keep saying "yes": Accept social every invitation you get. Spend as much time as you can with those who support you. It may not feel genuine at first, but spending time with friends and family will prevent you from isolating yourself.

How do you keep your mood up after a break-up? Start a conversation in the comments below!

Celebrity Exes: Ben Higgins Apologizes to Olivia Caridi for Her 'Bachelor' Experience on His Season



By Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Ben Higgins and Chris Harrison apologized to Olivia Caridi for her humiliating experience on *The Bachelor*. According to *UsMagazine.com*, Caridi faced such a difficult time on Higgins' season that she had trouble watching the first episode. and that's when she realized she would have a difficult few months as the rest of the season aired. Although she says that she can laugh at it now, Harrison and Higgins both apologized.

These celebrity exes are on good terms, but that doesn't mean there aren't still apologies that need to happen. What are some benefits to apologizing to your ex for wrongdoings during your relationship?

Cupid's Advice:

Apologies can be difficult, especially when it comes to your ex, but sometimes they are extremely necessary. If you've done wrong in your past relationship and haven't apologized, Cupid has some advice for you:

1. Move on with your friendship: Although you and your ex may be friendly that doesn't mean that you two are friends. If you've done wrong to your ex and never apologized for it, then you can never truly be friends until you admit your wrongdoings and apologize for them. It'll help you both move on while being friends.

Related Link: [Celebrity News: Scott Disick Apologizes to Kourtney Kardashian After Rehab Stint](#)

2. Helps you in your next relationship: Everyone makes mistakes, but apologizing is a key part of being in a relationship. If you can't admit what you did wrong, then you won't last too long in any relationship. Apologize to your ex now and learn how to do it as sincerely as possible for the next time.

Related Link: [Celebrity News: 'Jersey Shore' Star Ronnie Ortiz-Magro Apologies to Jen Harley & Their Daughter](#)

3. Feel better about yourself: After having your apology accepted, you'll feel like a weight has been lifted off of your shoulders. Knowing that you are a big enough person to be apologetic is an amazing feeling.

What are some more benefits to apologizing to your ex for wrongdoings during your relationship? Start a conversation in the comments below!

Celebrity News: 'The Bachelor' Names Matt James as First Black Male Lead





By Diana Iscenko

In the latest [celebrity news](#), [The Bachelor](#) announced its next season lead, and it's Matt James. James will be the [reality TV](#) show's first black male lead in its 25-season history. James said he was honored to hold the title and hopes the audience can see "that I'm not much different from them and they see that diverse love stories are beautiful." The franchise has had one other black lead, [Bachelorette](#) Rachel Lindsay, in 2017. Lindsay has been advocating for a more diverse cast since her season ended. In a recent blog post, Lindsay wrote, "These changes have to extend beyond casting a lead of color. The whole franchise needs a diversity makeover."

In celebrity news, *The Bachelor* listened to recent criticism from fans and franchise alums, and has selected a black male lead for the

next season of the long-running show. What are some ways to meet a diverse dating pool in the “real world”?

Cupid's Advice:

It's easy to stay inside your current social circle. Depending on where you live and where you work, that social circle might only be filled with people that look like you. It's important to put yourself out there whenever trying to find a new partner, so why not put yourself into more diverse spaces? If you're not sure where to start, Cupid has some advice for you:

1. Start volunteering: Find a cause you're passionate about and volunteer at a local organization. Volunteering brings different people together for a common passion. Not only will you meet new people but you already know you have something in common!

Related Link: [Celebrity News: 'Bachelorette' Alum Rachel Lindsay Reveals the Most Awkward Part of Finding Love on Reality TV](#)

2. Attend community events: It's easy to talk to the same people in your community, but there are plenty of events in your town that will help you connect with new people. There's more to your community than just checking out the farmer's market every so often.

Related Link: [Celebrity News: Arie Luyendyk Jr. Says 'Bachelor' Concept 'Barely Works' for Finding Love](#)

3. Take time to learn: There are plenty of opportunities to learn about different cultures. There are bound to be cultural events in nearby towns and local colleges. It's not POC's

responsibility to educate you on their issues! If you're interested in dating outside your race, you should be knowledgeable about your future partner's culture.

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](#)

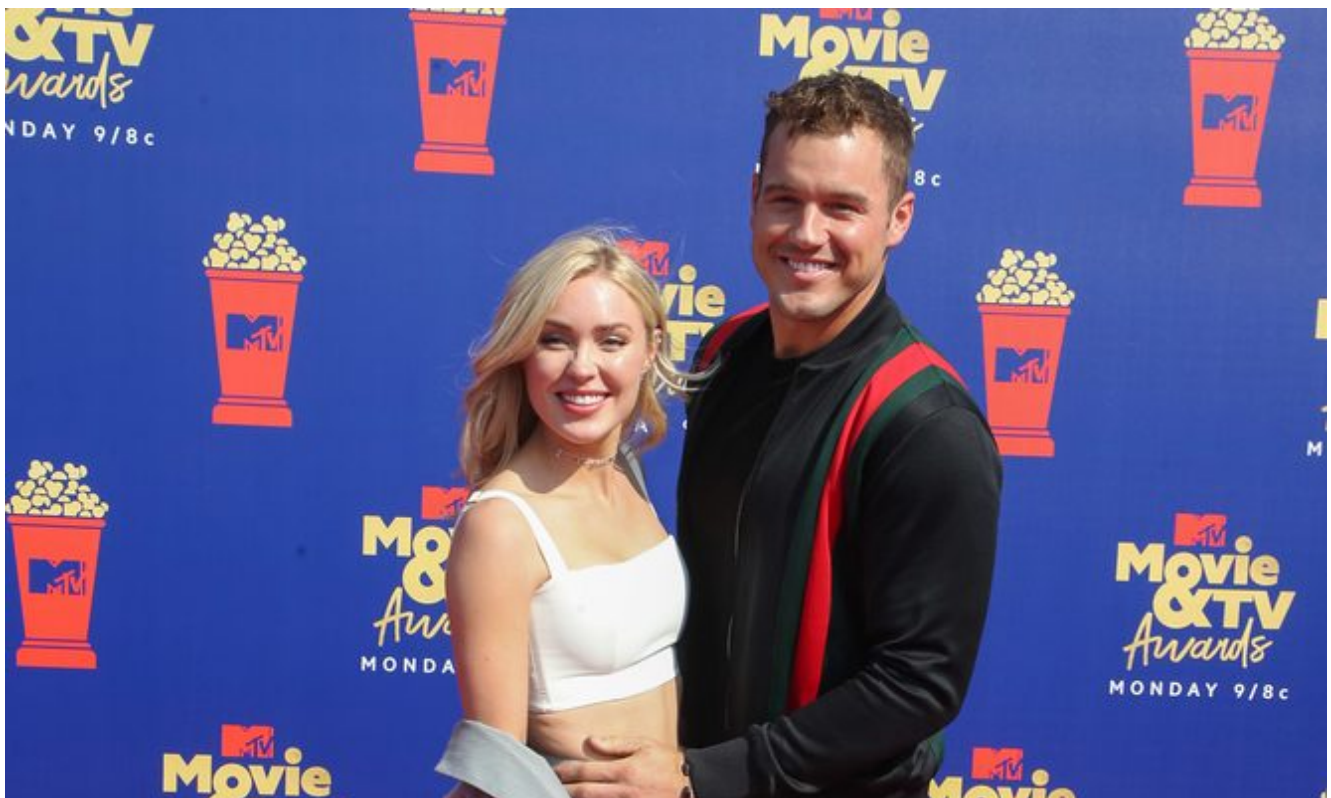
2. Don't use humor to cover up your emotions: Even though humor can help you heal from a break-up, if you use humor to hide or avoid your emotions than it can be unhealthy. If you're going to joke about your past relationship, make sure it's not for the wrong reasons.

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 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 initial 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: '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'](#)

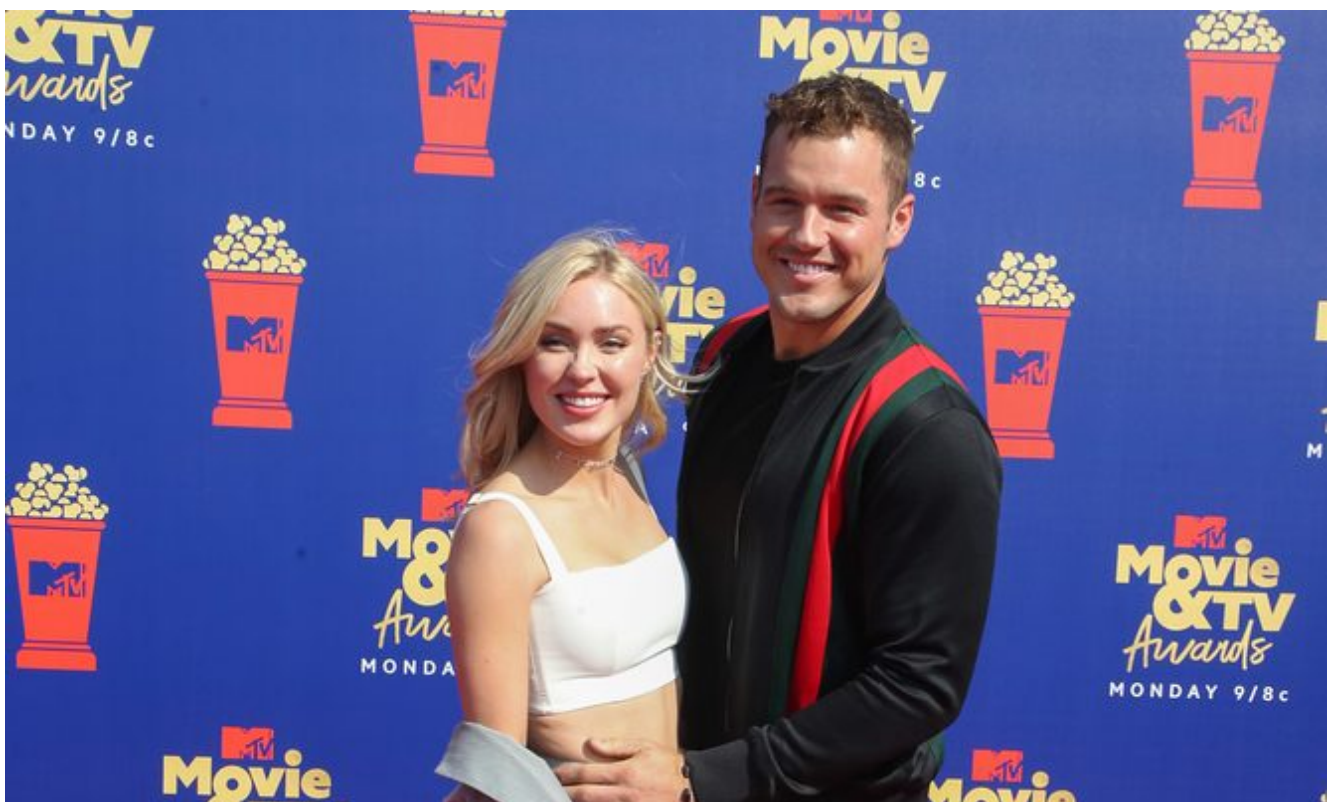
2. Start taking your dog to the dog park: Maybe a bit cliché, but going to a dog park will instantly open you up to a new selection of people who also love dogs. It's amazing how many times dogs will attract conversation between two people. Seize that opportunity!

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.

Related Link: [Relationship Expert Talks Striking Up Party Conversation](#)

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: 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](#)

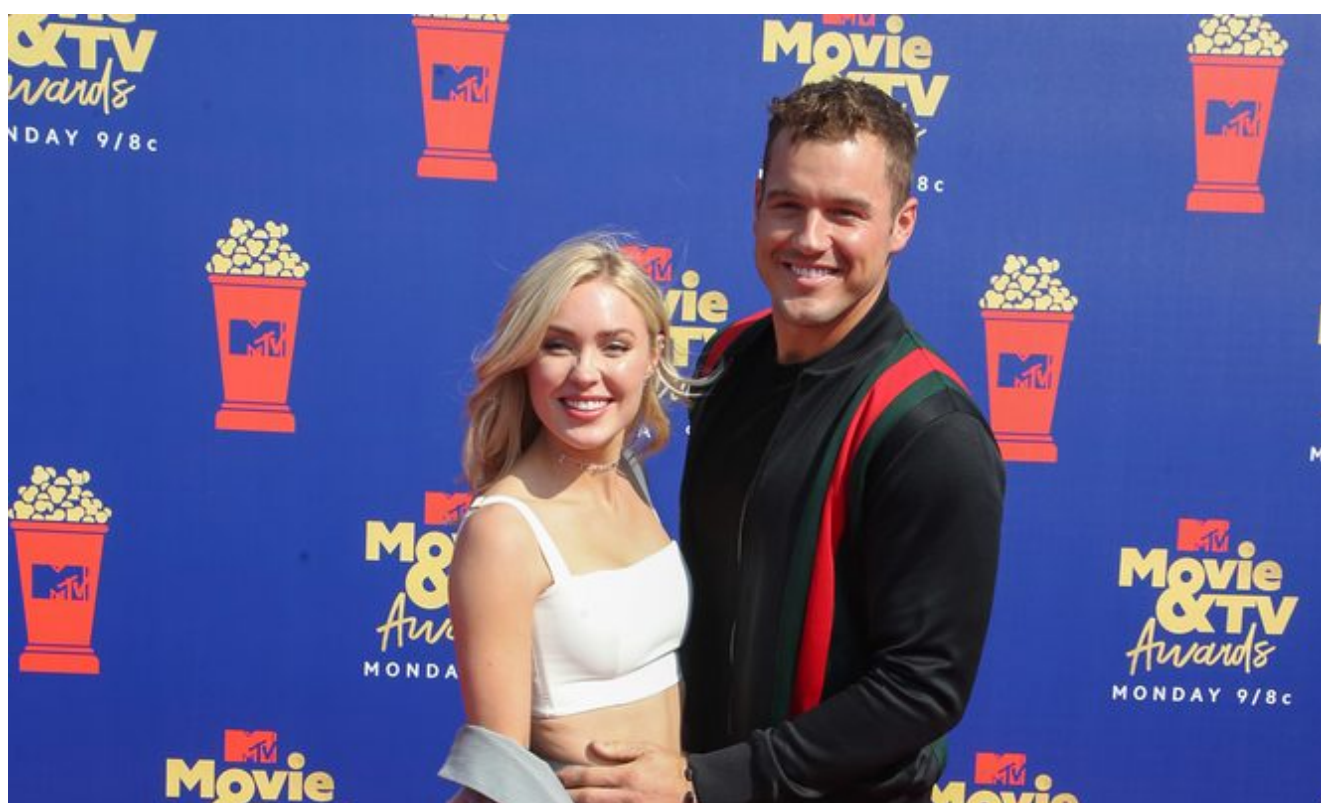
2. Go to parties: Maybe you can throw one or just go to one you were invited to. Parties are a relaxed environment where you can meet people with no immediate commitment. Parties are basically speed dating rounds but with good music and drinks.

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!

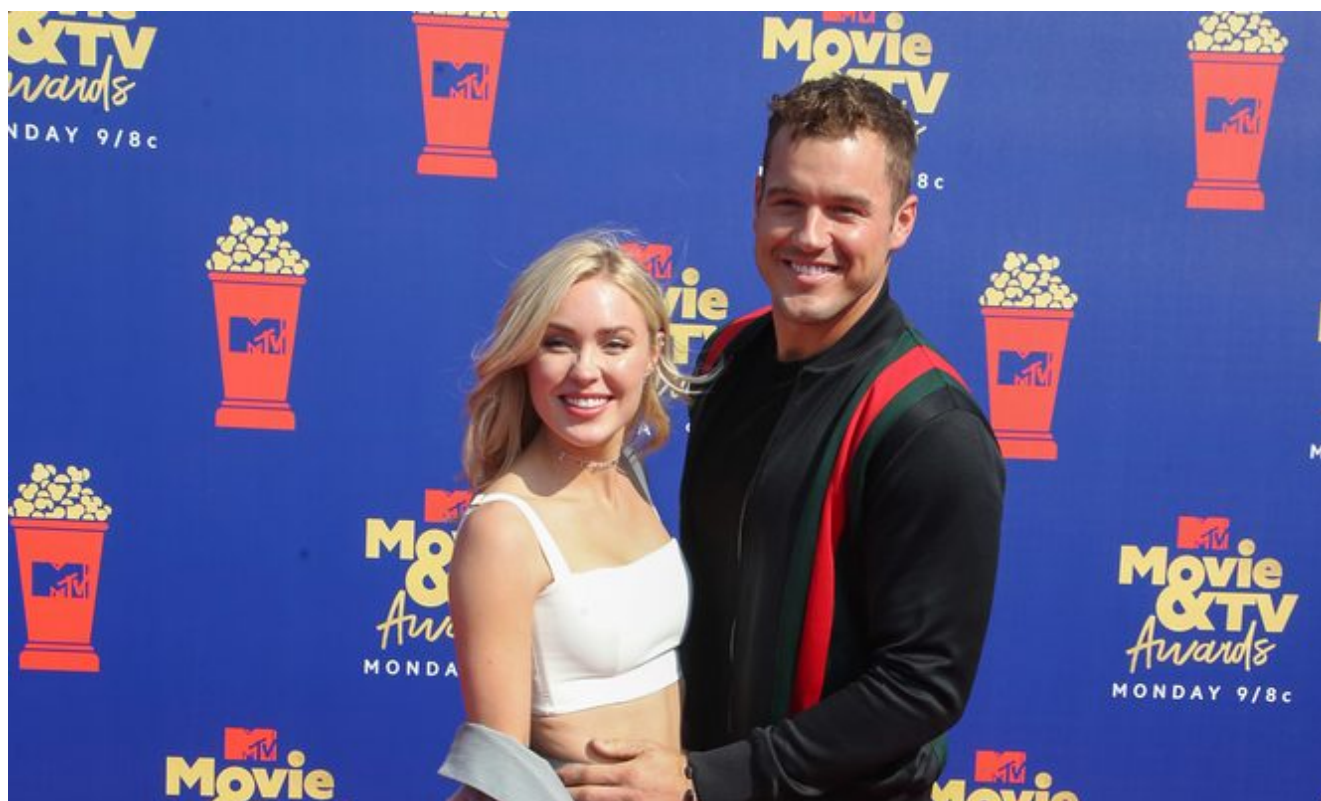
Related Link: [Celebrity News: 'BiP' Star Caelynn Responds to Blake Releasing Their Texts](#)

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 Baby News:
'Bachelor' Stars Arie
Luyendyk Jr. & Lauren Burnham**

Welcome a Baby Girl



By [Bonnie Griffin](#)

In the latest [celebrity baby news](#), *Bachelor* stars Arie Luyendyk Jr. and Lauren Burnham are parents. According to *People.com*, Luyendyk confirmed on Wednesday that the pair welcomed their first child together, a beautiful baby girl. After meeting and falling in love on *The Bachelor*, the [celebrity couple](#) has maintained their relationship in the public eye throughout the pregnancy, although they have not yet released the baby's name.

The latest celebrity baby news is

that this *Bachelor* couple welcomed a baby daughter. What are some ways to work on your relationship while at the same time having a young child?

Cupid's Advice:

Having children is a beautiful gift, but that does not mean being a parent with young children is easy. Add the stress of now having a young child who solely relies on their parents to your relationship and you might find yourself asking how your relationship will survive. Cupid has some advice to keep your relationship working after having kids:

1. Have adult conversations: Just because you have a child doesn't mean all of your conversations have to revert to baby talk. You still need to communicate with each other, and as much as your young child is a very important part of your lives, they cannot be the only thing you discuss. Don't cut out your conversations just because you have a child, even if time alone is limited just have your conversations in front of your child because they will likely interrupt even if you try to take a moment and step out of the room.

Related Link: [Celebrity Baby News: Jenna Bush Hagar Is Expecting Third Child](#)

2. Work as a team: It is important for both parties in a relationship to remember that you both had a child, and that means sharing more than those adorable baby grins. It means that you need to share the work with each other. You both have to help with the fun parts and the bad parts like when they have a meltdown. Be a united front when your child is having a tantrum because it will only add to your stress if you are not

on the same team.

Related Link: [Celebrity Baby News: Backstreet Boys' Nick Carter and Wife Are Expecting Baby No. 2](#)

3. You both deserve time out: Every parent needs an occasional break. A break from your partner and even the occasional break from your child. We all need a little me time now and again. Give each other that time out and away to just be alone and revel in their own thoughts. Even though this time alone may seem like a strange way to help work on your relationship, your partner will love you for offering them a break.

What are some ways you might work to avoid a custody battle with an ex? Let us know your thoughts in the comments below.

Celebrity News: Kelly Ripa Says She Is 'Disgusted' By 'The Bachelor' & 'The Bachelorette'





By Megan McIntosh

Looks like there's some drama in [celebrity news](#) with [Kelly Ripa](#). It turns out that she's "disgusted" by ABC's reality shows *The Bachelor* and *The Bachelorette*. According to *UsMagazine.com*, Ripa blasted the show, saying that she can't stand the idea of women fighting over one guy, adding that women "are too special to be arguing over a guy." Ripa thinks both [reality shows](#) are "creepy."

In celebrity news, not everyone has love for the Bachelor franchise apparently. What do you do if you're vying for the heart of someone another person is also interested in?

Cupid's Advice:

When you're first getting to know someone, there's no way to be sure that you're the only person they're seeing. There's always a little friendly competition at the beginning of a potential relationship. Cupid has some tips on what to do when someone else is interested in the person you're trying to snag:

1. Act your age: Some people like to act immature or childish to get someone's attention. That is not the way to do it. While using a childish voice or teasing a potential partner may get you temporary attention, it's no way to keep them interested for the long term.

Related Link: [Dating Advice: 5 Activities for a Fun and Fresh Date With Your SO](#)

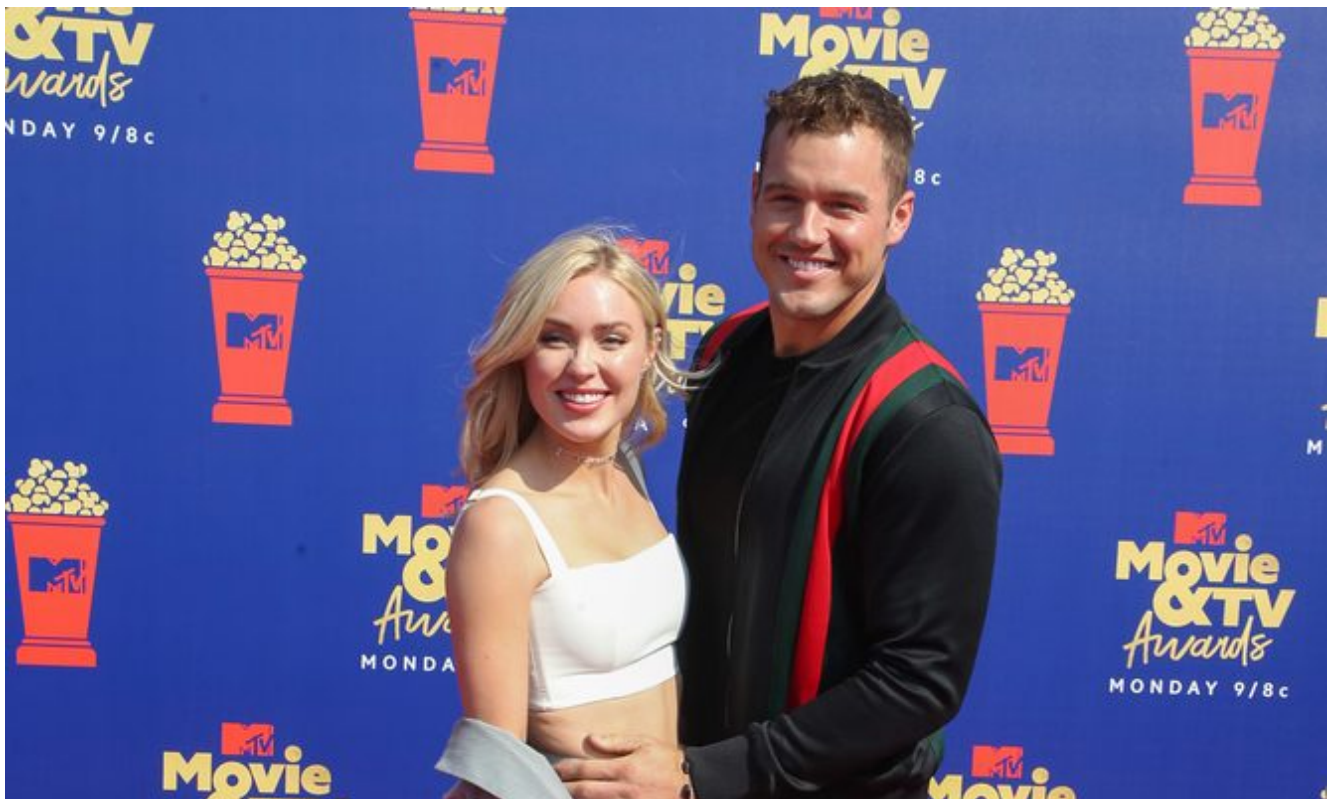
2. Confidence: It doesn't matter what you do, what you wear, or what you say if you don't do it with confidence. Be confident in your walk, be confident in your flirting, just be confidence. Confidence is attractive because it shows that you know you've got what they're looking for.

Related Link: [Dating Advice: Five Steps to Winning a Second Date](#)

3. Show interest: This might seem obvious but the best way to grab someone's attention is to show genuine interest in their lives. Ask them about their friends, their favorites, and maybe try out a hobby or two that they enjoy. This shows them you're interested and makes them want to get to know you better.

Do you have any advice for catching someone's eye? Share below!

Celebrity News: 'Bachelor' Colton Underwood Calls Cassie Rudolph His 'Future Fiancee' After Whirlwind Reconciliation



By Megan McIntosh

It looks like Colton Underwood is officially off the market! According to *UsMagazine.com*, Underwood reunited with Cassie Rudolph on the season finale of *The Bachelor*. Though it was difficult for Underwood to put into words his feelings for Rudolph, he posted on Instagram that he knows she's his best friend, girlfriend, future fiancée, and future wife. Colton

has finally found “The One.” Cassie, for her part, is on the same page. She posted on Instagram that Colton “has her heart.” Though they’re not planning a [celebrity wedding](#) just yet, the couple was presented with an engagement ring for future use.

In celebrity news, Colton is no longer a bachelor! What are some ways to know you’ve found “the one”?

Cupid’s Advice

Sometimes it takes a while to figure out that you’ve got a keeper, like Liam Hemsworth and [Miley Cyrus](#) who had their share of [celebrity break ups](#) before they finally wed. Sometimes you figure it out right away that you’re meant to be with someone like Chris Pratt and fiancé Katherine Schwarzenegger, who had only gone public with their relationship a month before their engagement. Whether you’re getting married or moving in together, how do you know that you’re with “the one?”

1. They really listen: Remember when you said you hated being late, and your partner made sure you always had time to get where you needed to go? That’s because your partner listened to you. Whether it’s big or small, habits or life goals, your lover knows and understands what’s going on with you.

Related Link: [Celebrity Wedding: Katy Perry & Orlando Bloom Are Engaged!](#)

2. You don’t drive each other crazy: Or if you do, it’s in a good way like butterflies and corny jokes. Your partner should be adding to your life and making your life easier. If you find that while living together, you just click; that’s

probably because your partner is considerate of your needs. But even if you haven't moved in together just yet, you could try going on a trip so that you can see just how well you do when it's just you two together.

Related Link: [Celebrity Couple: Chris Pratt and Katherine Schwarzenegger Move In Together!](#)

3. You work together: Everything you and your partner do should be as a team. There's no credit for the things you've built together. If you're already talking about your future goals, both individually and as a couple, this may be a sign that it's for keeps.

How did you know you found 'The One?' Share below!

Celebrity News: 'The Bachelor' Colton Underwood Gets Dumped Once Again





By Mara Miller

In the latest [celebrity news](#), Colton Underwood has been dumped again, according to *EOnline.com*. First, it was Elyse, then Sydney, and now Heather. Underwood was supposed to go home with Heather so he could meet his parents, but she admitted to him that she wasn't secure enough in their relationship before she jumped on a train. He later took Hannah—who admitted she is in love with him—to meet his parents, but Underwood isn't sure if he feels the same yet. What in the world is going on with this season of *The Bachelor*?

In celebrity news, Colton Underwood is making headlines as the most dumped *Bachelor* ever! If you find yourself getting dumped more often than not, what are some ways to

stay positive?

Cupid's Advice:

Getting dumped sucks big time. You shouldn't let this get you down. Here are a few things you can do to try to stay positive:

1. Realize they might not be the one: If the person you're dating is truly meant to be the one, they make an actual effort to be with you even if they have their own reservations about getting into a serious relationship.

Related Link: [Celebrity Couple: 'BIP' Star Taylor Nolan Praises New Boyfriend](#)

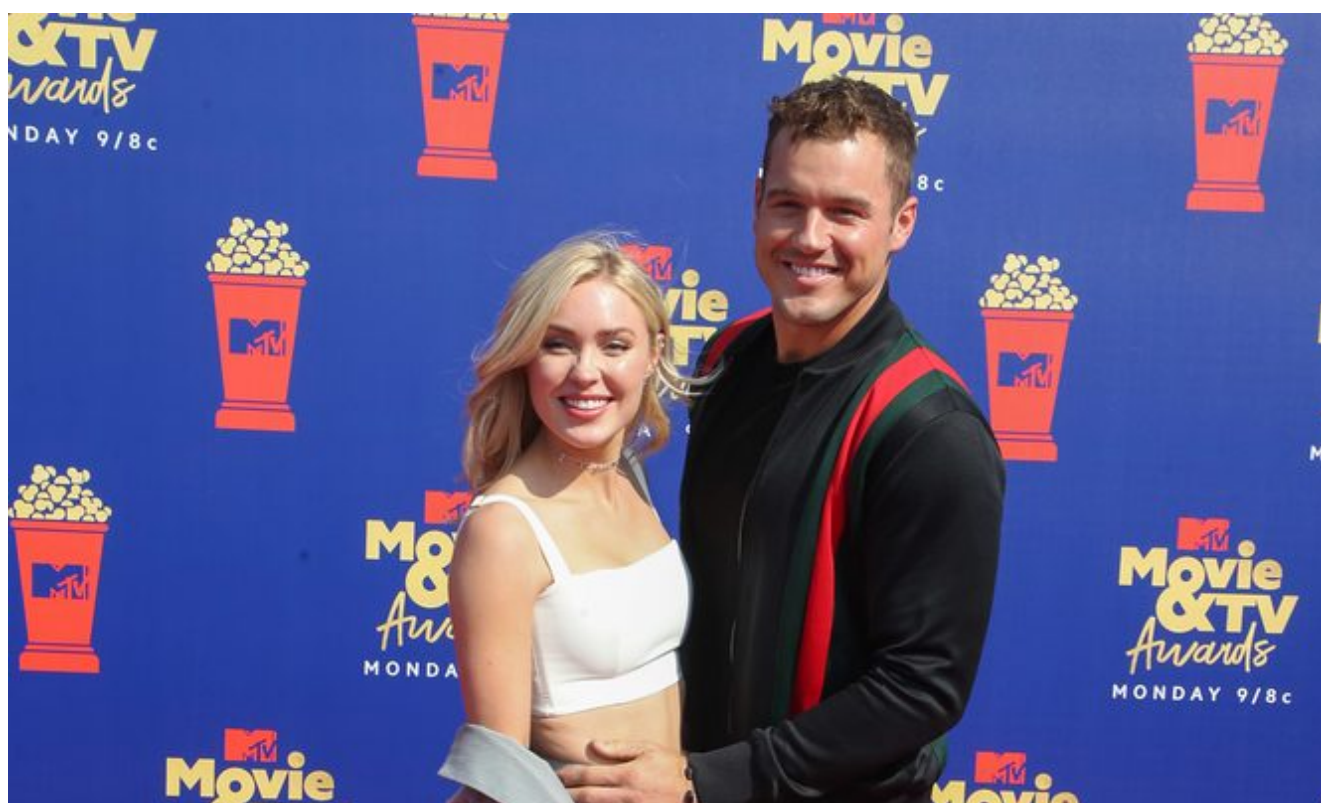
2. Lean on friends and family: There's nothing like going out to the bar with your best friend or joking around with someone in your family after you get dumped. Surrounding yourself by people who love you can help you reassure yourself that you aren't necessarily the reason you keep getting dumped.

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

3. Admit that dating is hard: With online dating taking over more than the traditional ways couples used to meet, it can be pretty tough to meet someone who you're going to be happy with since so many options are out there. It's okay to admit to yourself that the chemistry just might not have been there if they dump you.

What are some ways you can stay positive even though you keep getting dumped? Let us know in the comments below!

Celebrity News: Bachelor Contestant Caelynn Miller-Keyes Talks Sexual Abuse



by [Mara Miller](#)

In the latest [celebrity news](#) according to [EOnline.com](#), *The Bachelor* contestant Caelynn Miller-Keyes had something important to tell Colton Underwood on their second one-on-one date in Singapore. Miller-Keyes opened up to Underwood, telling him how she had been drugged and raped in college at a fraternity party. Colton, in turn, opened up, speaking of experience dating Aly Raisman, who had been sexually abused, and how difficult it was to watch her come to terms with what happened.

Celebrity news: Bachelor contestant opens up about past sexual abuse. What are some ways that we can prevent past abuse from influencing new relationships?

Cupid's Advice:

If you are the victim of sexual abuse, you may be facing demons that effect new relationships. Here are some ways that will hopefully help you and your partner grow beyond your past abuse together:

1. Take Things Slow: You are in control and you do not have to take the next step in your relationship until you are ready, even if that means waiting to be intimate sexually. If your new partner understands, they'll be willing to wait because they respect you and understand what has happened in the past.

Related Link: [Celebrity News: Selena Gomez Explores Mental Health Journey](#)

2. Have a Strong Support System: Having a strong support system as a couple is important, especially if you have experienced sexual abuse. There are times you might frustrate each other, and having a friend or family member you can reach out to will help through the difficult times.

Related Link: [Celebrity News: Chris Brown Detained in Paris on Accusations of Rape](#)

3. Take Time to Build Trust: It can take time to build trust with your new partner. You will never work together if neither one of you can trust each other or if you're worried you may be assaulted again. Being raw and honest with each other will help form a strong bond for you both as a couple.

If you have experienced sexual abused, please reach out to the National Sexual Abuse Hotline, 1-800-656-HOPE (4673).

What are some ways you can stop past abuse from affecting future relationships?

New 'Bachelor' Celebrity Couple? Jason Tartick and Kaitlyn Bristowe Are Going On a Date





By Lauren Burczyk

In [latest celebrity news](#), there may be a new *Bachelor Nation* couple to cheer on. According to *Usmagazine.com*, reality TV stars Jason Tartick and [Kaitlyn Bristowe](#) are going on their first date. This [celebrity news](#) comes after Tartick, 30, told *Entertainment Tonight* that he recently taped an episode of Bristowe's podcast *Off The Vine* before asking out the former *Bachelorette*. Bristowe, 33, accepted Tartick's invitation and now anxious fans will be able to listen to that exchange on an episode of *Off The Vine*.

There may be a new *Bachelor* celebrity couple in town soon! What are some ways to get over your nerves to ask someone out?

Cupid's Advice:

It's never easy to muster up the courage to ask someone out, but Cupid has some tips:

1. Take some time to relax: Before jumping right into asking someone out, take some time for yourself and relax. Do something that you enjoy to calm your nerves such as going for a jog, reading a book, or listening to some music.

Related Link: [Celebrity Break-Up: Shawn Booth Breaks Silence on 'Painful' Split from Kaitlyn Bristowe](#)

2. Practice: We all know that practice makes perfect, so it's important to practice what you're going to say and how you're going to say it before actually asking for a date. Practicing will give you the confidence boost you need to get over your nerves and ask someone out.

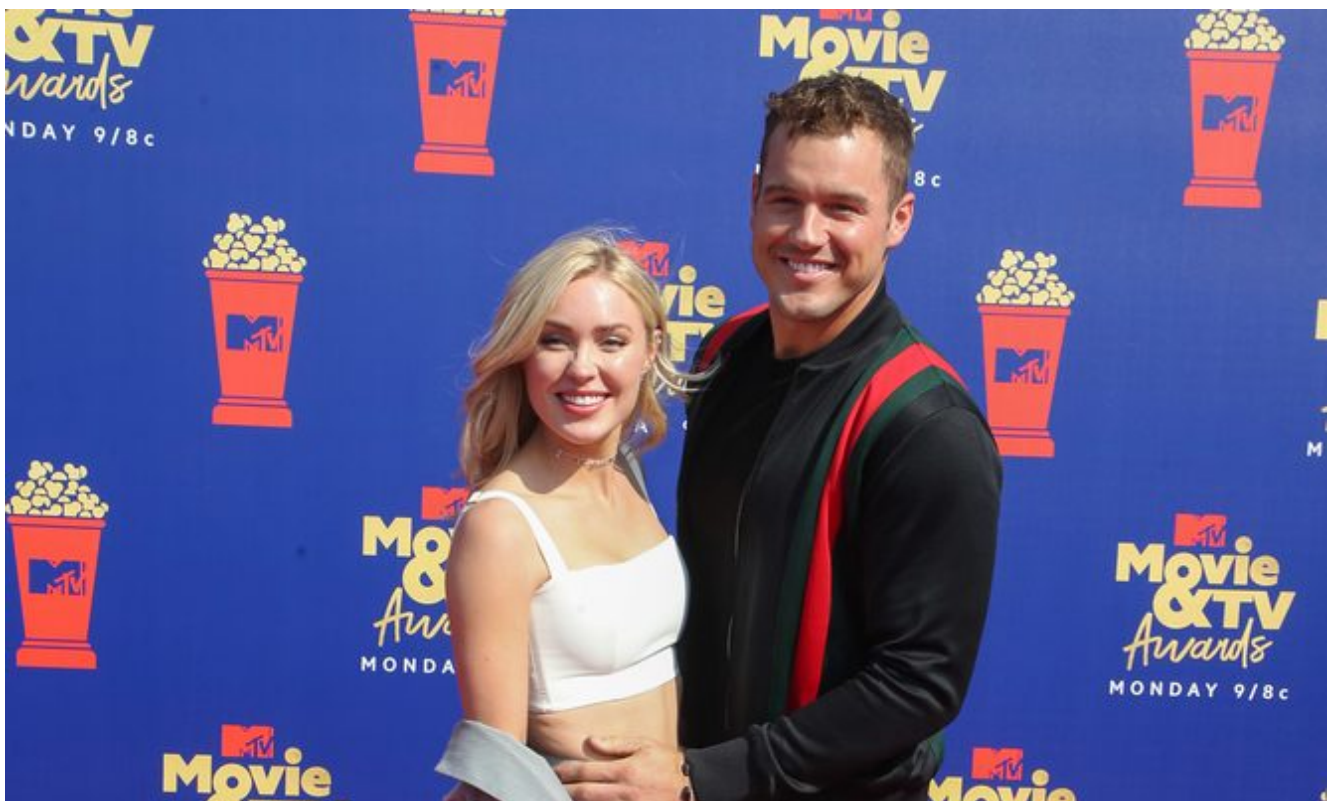
Related Link: [Celebrity News: 'The Bachelorette' Star Kaitlyn Bristowe Says She & Shawn Booth Are 'Going Backwards' with Wedding Planning](#)

3. Avoid the fear of being rejected: The more you think about the negative consequences, the more worried you will become and the less likely you are to ask for a date. So, try not to think about getting rejected and think as if you're going to get the answer that you're hoping for.

What are some ways that you've gotten over your nerves and asked someone out? We would love to hear from you! Please comment below.

New Celebrity Couple: Lauren

Bushnell Called Chris Lane's Ex-GF to Tell Her They Were Dating



By [Ivana Jarmon](#)

In [celebrity news](#), Lauren Bushnell recently reached out to boyfriend Chris Lane's ex Lauren "LB" Barr. A source tells *UsMagazine.com*, "Chris was dating LB right before Bushnell. Bushnell called LB a couple of days ago to tell her that they were together." Both women vied for Ben Higgins' affections in 2016 on *The Bachelor*. *UsMagazine.com* confirmed the dating news on November 14. The [celebrity couple](#) sparked romance rumors after attending the BMI Country Music Award in Nashville on November 13.

This new celebrity couple is all about open and honest communication when it comes to their exes. What are some reasons to let your ex know that you're dating someone new??

Cupid's Advice:

Is it okay to tell your ex that you're dating someone new? Cupid has some reasons why you should let your ex know:

1. Respect: Simply having respect for one another's feelings is a good reason to let your ex know that you're dating someone. You don't want to surprise or hurt them.

Related Link: [Celebrity Baby News: Carrie Underwood Shares Sex of Baby at 2018 CMAs](#)

2. First to know: Letting your ex know first may lessen the blow when the public finds out. There's nothing worse than finding out your ex is dating someone new from a friend or acquaintance weeks after it happens.

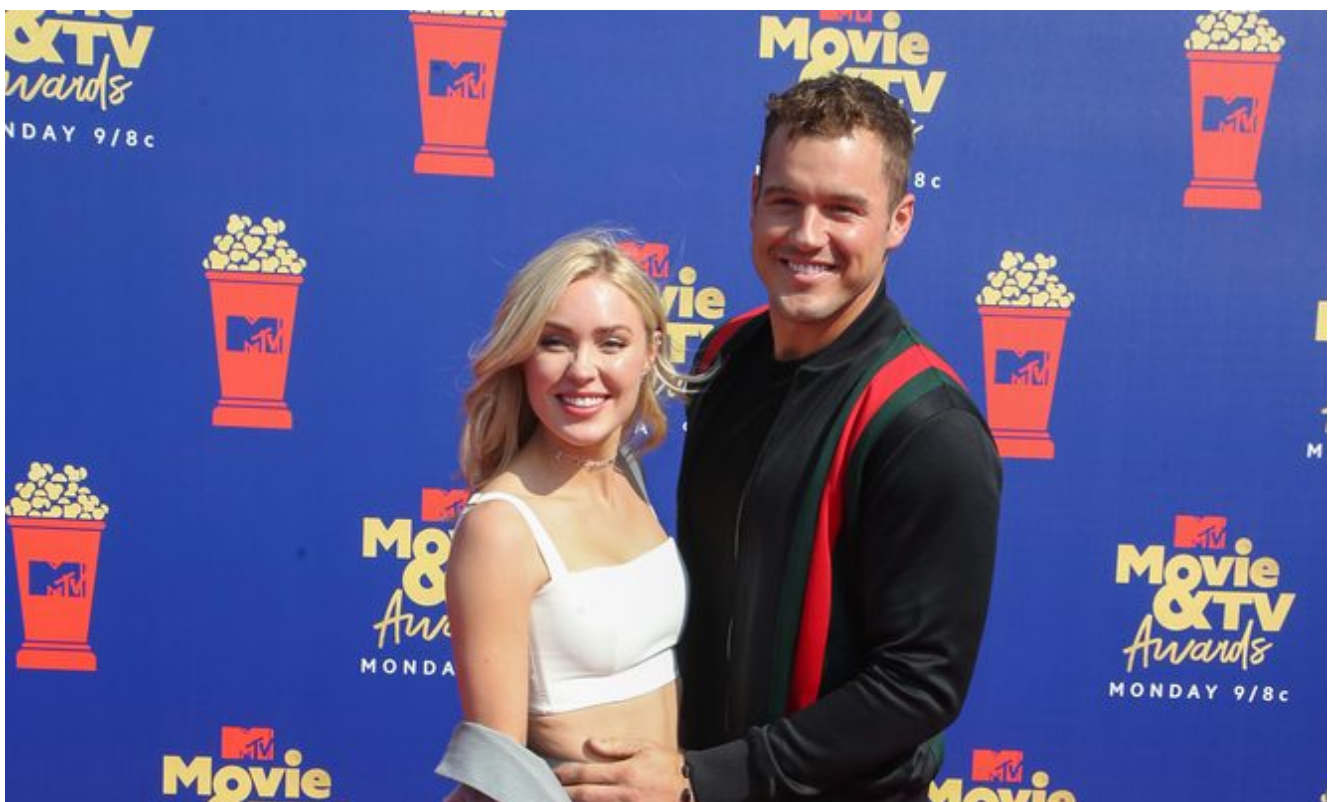
Related Link: [Celebrity Couple: Keith Urban & Nicole Kidman Cry Together After He Wins Entertainer of the Year at the CMAs](#)

3. They can come up with a talking point: Being surprised by the fact that your ex is dating someone new doesn't allow you to come up with a planned reaction or talking point. If you know before the general public does, you can come to terms with it and keep the shock off of your face when it's discussed.

What are some reasons to let your ex know that you're dating

someone else? Share your thoughts below.

New Celebrity Couple: 'Bachelorette' Star Clay Harbor Is Dating 'Bachelor in Paradise' Star Angela Amezcu



By Ivana Jarmon

In [celebrity news](#), there's a new [celebrity couple](#) in *Bachelor Nation*! According to [UsMagazine.com](#), Clay Harbor and Angela

Amezcu are dating! Harbor confirmed their relationship via Instagram by posting a photo of the two and including the following caption: "What do the kids call it? Woman crush Wednesday? Well here's mine." The snapshot shows the couple embracing on Wednesday, September 5. He also took to Twitter, included the same photo, and said, "If I had a rose to give she would get it. Every time." Harbor first appeared on Becca Kufrin's *The Bachelorette* season. Amezcu was first introduced to *Bachelor Nation* on Nick Viall's *The Bachelor* season in 2017 and then starred in season 5 of *Bachelor in Paradise*. Best wishes to the happy couple!

There's a new celebrity couple in Bachelor Nation! What are some ways to use your connections to find someone to date?

Cupid's Advice:

The dating world is tough, and it can be hard to find ideal prospects out there. Cupid has some ways you can use your networking skills to help your cause:

1. Happy hour at work: There's nothing like a enjoying a cold one with coworkers! Even though it may not be the best idea to date someone from work, you never know who may be there from outside of the workplace. Work friends often ask friends to come and tag along. So, there is every possibility that you might meet someone at a work happy hour. If you get invited, seize the moment and go!

Related Link: [Celebrity Couple News: 'Bachelorette' Becca Kufrin Is Engaged to Garrett](#)

2. Social media it up: Check out what's happening on your social media! Try checking out events suggested to you on your

Facebook. You can also check out where your friends are going and join them. It's a great way to connect, make new friends and maybe even get yourself a date with a lucky girl or guy.

Related Link: [Celebrity News: 'Bachelorette' Becca Kufrin Feels 'Sick' When She Finds Out Colton Underwood Dated Friend Tia Booth](#)

3. Public transportation: What better way to make a connection with someone than on a train or bus that you take every day? The subway or Metra provides a great opportunity to strike up a conversation with someone. There are all kinds of people on the train. Next time you see a person reading a book you like or happen to hear the music they're playing, go talk to them. You never know what may happen!

What are some other ways to use connections and networking to your advantage when it comes to dating? Share your thoughts below.

Celebrity Wedding: 'Bachelor' Nation's Ashely Iaconetti & Jared Haibon Are Engaged





By Rhodesia Williams

In [celebrity news](#), it looks like there will be a *Bachelor* [celebrity wedding](#). According to *UsMagazine.com*, this past weekend Jared Haibon proposed to fellow *Bachelor* Nation star Ashely Iaconetti. The [celebrity couple](#) met in 2015 on *Bachelor in Paradise* and eventually became close friends. Iaconetti, 30, very openly admitted to having a major crush on Haibon, 29, however, he didn't exactly feel the same way. Haibon admitted that he did not feel their relationship was over after the show. "It was a slow build for me" he said.

This celebrity wedding proposal has been a very long time coming, and Bachelor Nation is ecstatic! What are some ways to get a long-time friend to recognize his feelings

for you?

Cupid's Advice:

It can be frustrating when you have feelings for a close friend. How do you tell them? What happens if they don't feel the same way? More importantly, how do you end up staying friends? Talk about anxiety! Cupid has some advice on ways to get a long-time friend to recognize their feelings for you:

1. It's the little things: In this case, it's the little things that can take you a long way. Pointing out these things the two of you do for each other may make your friend think. Maybe, you are stuck doing a double shift and your friend brings food without you asking. While that is being a good friend, it is also thoughtful and shows that your friend went out of their way to make sure you were okay. Reminding each other of the little things could help the lightbulb go off.

Related Link: [Relationship Advice: How to Build a Lasting Love](#)

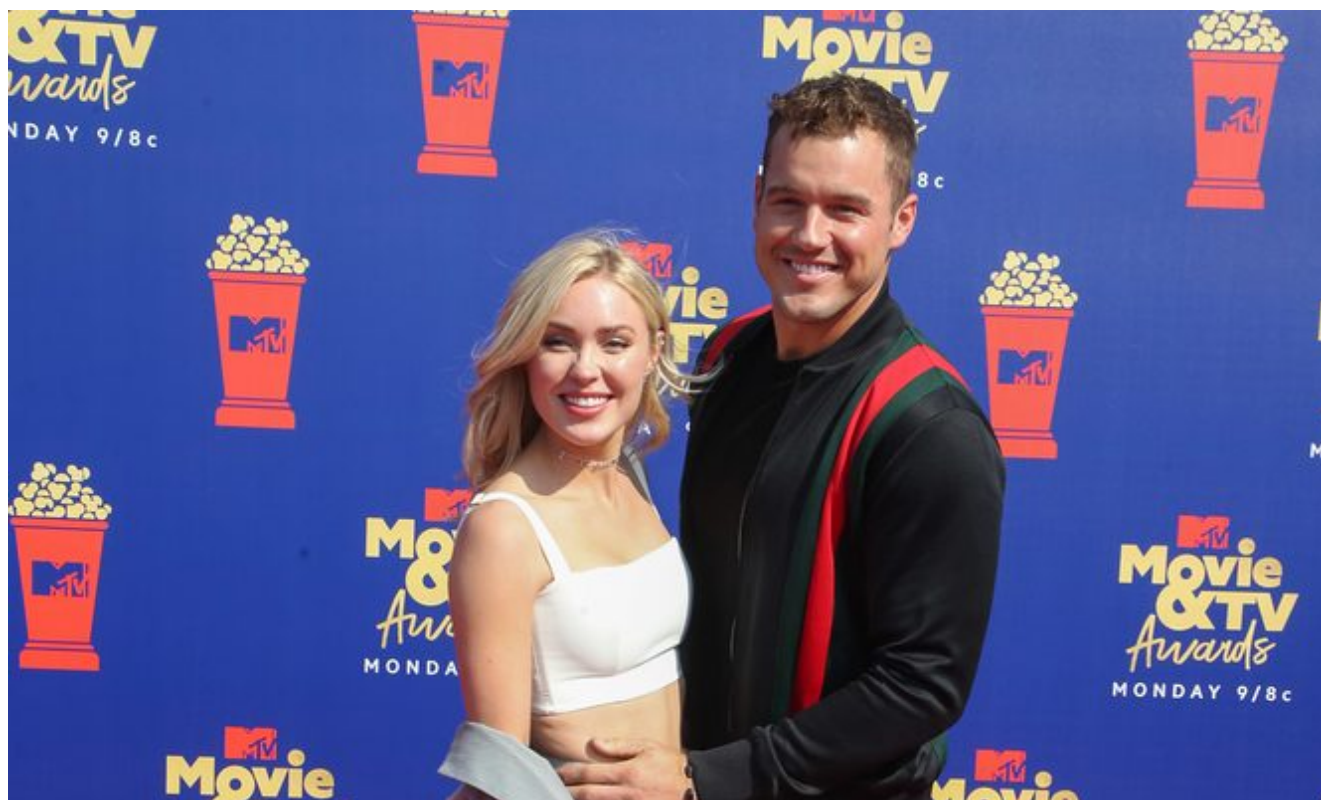
2. What if?: The easiest thing you can do is the "what if" game. There are so many questions to ask but the obvious one would be, "What if we dated?" Remember, this question could go either way so be prepared. This casual, fun way to bring up a relationship will get you an indication on how your friend feels.

Related Link: [Dating Advice: 5 Signs He's Falling for You!](#)

3. Say it!: Flat out asking your friend is a sure way of getting an answer. Sometimes beating around the bush not only can make you even more anxious but can be frustrating if your friend isn't catching on. As scared as you are, telling your friend how you feel will relieve all the built up feelings you have. No matter what, you will always have your friend so just relax and speak your mind.

Do you have ideas on how to get a long-time friend to realize their feelings for you? Share below.

Celebrity Exes: 'The Bachelor' Star Lauren Bushnell Says She Hasn't Spoken to Ex Ben Higgins Recently



By Rhodesia Williams

In [celebrity news](#), *The Bachelor* star Ben Higgins, 30, and fiancé Lauren Bushnell, 30, ended their engagement last May, and they haven't talked much since. Bushnell spoke to *UsMagazine.com* while attending a FabFitFun event in West Hollywood. When asked about the [celebrity break-up](#), Bushnell responded saying the split was difficult since the two "are in the same circle and same world." That being said, she admitted that she has only spoken to him to congratulate him on the launch of his new coffee company, Generous.

These celebrity exes split up amicably, but they aren't necessarily on speaking terms. What are some benefits to a clean break after a split?

Cupid's Advice:

There's something to be said for a clean break after a break-up. Cupid has some reasons to consider:

1. Piece of mind: Although you may miss your ex, a clean break often helps to heal faster. Those miserable, "should've, could've, would've" thoughts won't hound you for as long, and you can start to move on. No headaches are always a plus.

Related Link: [Relationship Advice: How to Heal a Broken Heart](#)

2. Breathe: Whether it was a mutual split or not, you can now relax and breathe. You will have more "me" time. Spend this time "catching your breath" and give your mind, heart, and body a rest.

Related Link: [Relationship Advice: How to Stay True to Yourself](#)

3. Rearrange: Now that you are newly single and will have more time on your hands, mix things up! Sign up for that yoga class you've thought about, but didn't have time for. You can now rearrange things in your life, and the best part is, you can start whenever you're ready!

What are some other benefits of a clean break up? Share your thoughts below.

Celebrity Couple News: 'Bachelor' Arie Luyendyk Jr. & Lauren Burnham Have First Date Night Post-Engagement





By [Carly Horowitz](#)

In [latest celebrity news](#), Arie Luyendyk Jr. and Lauren Burnham are spotted on their first public [date night](#) since their [celebrity engagement](#)! According to [UsMagazine.com](#), the pair was seen at New York City's Japanese hotspot Megu on Wednesday. Arie and Lauren seemed to have a great time as they spent three hours in the private dining room. Although the duo seems very happy together, [The Bachelor](#) fans are still upset with Arie for proposing to Becca Kufirin, and then breaking off the engagement to propose to Lauren soon after. It makes it a little better now that Becca gets to be the star of season 14 of [The Bachelorette](#) and hopefully find true love herself.

This [celebrity couple news](#) is garnering mixed reactions from *Bachelor* Nation. What are some reasons to ignore scrutiny of your

relationship?

Cupid's Advice:

People will always have opinions about aspects of your life. That's okay if you learn how to deal with it and just let it go. Here are some reasons why you should ignore this criticism and not let it get to you:

1. They don't know your feelings: No one in this world is able to grasp your true feelings deep down. So how do they have the right to judge you? If you love someone and you want to be with them, that's all that matters.

Related Link: [Celebrity News: Arie Tells Two Women He Loves Them Ahead of 'The Bachelor' Finale](#)

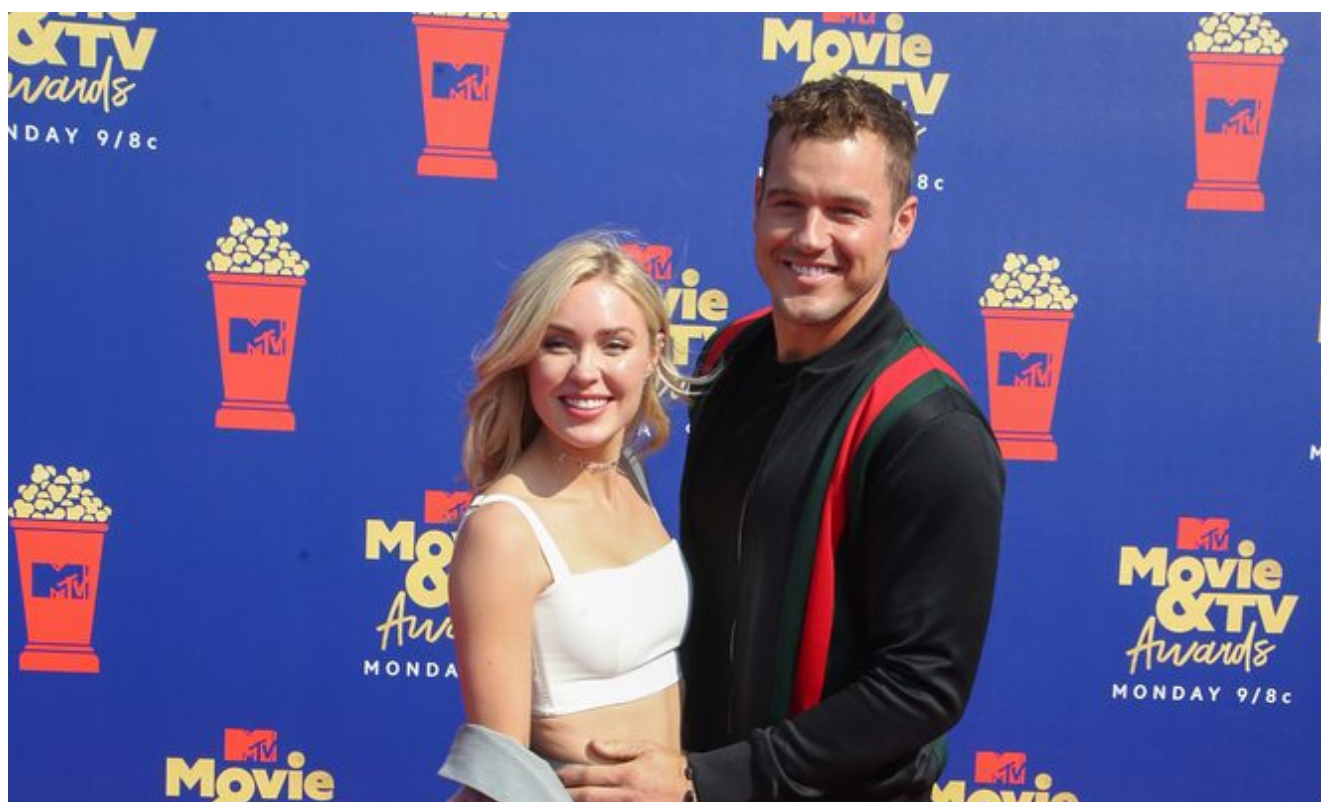
2. It may not be about you: Don't let scrutiny get under your skin because these people may be critiquing your life, yet they are doing this because they are not happy with aspects in their own life.

Related Link: [Celebrity News: 'The Bachelor' Arie Luyendyk Jr. Proposes In a Dramatic Finale Episode](#)

3. Jealousy: People may have such strong opinions about your life simply because they are jealous of you! Why else would they be taking so much time out of their day to analyze every aspect of your life and pick out the parts they don't agree with?

Why else should you ignore criticism? Comment below!

Celebrity News: 'The Bachelor' Arie Luyendyk Jr. Proposes In a Dramatic Finale Episode



By [Carly Horowitz](#)

In [latest celebrity news](#), [The Bachelor](#) finale aired on Monday! Spoiler alert: Arie Luyendyk Jr. proposed to Becca and left Lauren heartbroken. This season of *The Bachelor* showcased Arie's indecisiveness and abundance of love for many girls! Becca was clearly ecstatic with this result, but Lauren said she felt "betrayed" and "extremely confused" because Arie led her to believe that she was the one. That being said, she didn't have to be confused for long, because Arie had a change

of heart, broke off his engagement to Becca, and then begged for Lauren's forgiveness! Now, the new official [celebrity couple](#) Lauren and Arie are looking for a new start!

In celebrity news, Arie is probably going down in history as the worst *Bachelor* ever. What are some ways to know you're sure you're ready before proposing to your significant other?

Cupid's Advice:

It's hard to imagine how your feelings would conflict if you were in the same position as Arie. Nevertheless, marriage is a big commitment and you need to make sure you truly love this person before you embark on this incredible journey of marriage. Here are some things that can help you focus your mind and determine whether you're ready to propose or say "yes" to a proposal:

1. You've allowed yourself to be vulnerable: Before you devote yourself to a lifetime commitment, you need to make sure that your partner has seen every beautiful aspect of you and your personality. You're not worried that one day your partner might realize some insecure that you have and then not want to be with you anymore. You know you're ready for marriage if you have been comfortably vulnerable with your partner and they truly know what makes you, you.

Related Link: [Expert Dating Advice: How to Handle Heartbreak](#)

2. Your happiness is their happiness: Whenever anything good happens in your life, the first thing you think to do is call

your partner because you know they will be just as happy as you are. Form yourself a relationship where you can share good times and bad and you can be confident that your partner will equally experience all of these emotions with you.

Related Link: [Celebrity News: Arie Tells Two Women He Loves Them Ahead of 'The Bachelor' Finale](#)

3. If you couldn't have an amazing ceremony, you'd still marry: You need to make sure that it is truly your partner whom you want to marry, not the idea of your wedding ceremony. Sometimes when you get to a certain age, you may feel like it is time to settle and have this amazing wedding ceremony that all of your friends have already had, but please make sure that your partner is who you want for the rest of your life. Your soulmate is in this world and it's just a matter of when you find them!

What are some other ways that can dictate when you're ready to propose to your significant other? Comment below!

Expert Dating Advice: How to Handle Heartbreak





By [Megan Weks](#)

Arie Luyendyk Jr.'s point of view on negative commentary regarding his experience on [The Bachelor](#) holds a life lesson we may all be able to benefit from, especially related to finding The One. With regard to facing a backlash from viewers, the [reality TV](#) star tells *E! News*, "It's all about the ending, and finding that person for yourself. That's the important part." The takeaway, then, is that, even though he had to endure hardship, he knew it was all part of the journey to finding his soulmate. This thought process can offer us an intelligent and healthy way to approach heartbreak.

Dating Advice for Dealing with a Broken Heart

Related Link: [Checklist for Dating from Different Decades: Get Love Advice from 'The Bachelor'](#)

It seems as though Luyendyk will be seriously breaking some hearts this season, especially since he destroyed the "I love

you” rule by saying that powerful phrase to two women. Still, the expert dating advice here is that you must take a risk to get the big reward in life.

In Luyendyk’s case, he risked facing all sorts of negative commentary by living the public lifestyle that is on reality TV. Going on *The Bachelor* was, for him, the ultimate matchmaking experience. He had twenty-nine handpicked women there, all pre-screened to match his criteria. It’s a big risk, but if we look at the results, there are a lot of successful love stories created through this process. Choosing the right woman certainly was a tough choice for him, though...

The women were less fortunate, as only one out of those twenty-nine would end up not feeling disappointed. A couple of them would be severely heartbroken. And one of them might feel badly embarrassed (spoiler alert!). When we face these devastating moments in our lives, how can we handle them? What can we do to keep our sanity?

The key is to look at heartbreak as a beginning and not an ending. The more we fight the flow of life, the more pain we will endure. Look for the opportunity in everything. If you were not someone’s choice, there is a better choice out there for you.

A couple of months ago, a woman approached me for help with news of a devastating break-up. Upon working together, she decided that it could be an opportunity for her to go out and get everything she had been dreaming of in a relationship. She wasted no time in her decision to adopt the Manfunnel Method of dating: She quickly put herself back out there and reported back in exactly one month’s time that she had met an incredible man. They are now planning their summer trip together with her family. She knew what she wanted and took the action to make it happen.

Related Link: [Expert Dating Advice: How I Used a Manfunnel to](#)

[Meet My Dream Husband](#)

If you're not looking to date right away, that's okay too. What can you do to take even better care of yourself? Perhaps you commit to your yoga mat, get into that infrared sauna, and spend extra time in the steam room. Fill your body with the highest-quality foods. Take time to sort through what might have gone wrong on your end. If you sit still, reflect, and grow from your experiences, you will eventually attract higher-quality people into your world because of your heightened level of awareness.

Your break-up is an opportunity. It happened for a reason. Soon, you will find out the reason. You may end up being delighted and thankful. So for now, just allow everything to unfold as it is meant to.

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more relationship advice articles from Megan, click [here](#).