

Celebrity News: Former 'Bachelor' Chris Soules Deletes Instagram Amid Felony Allegations



By [Delaney Gilbride](#)

In [celebrity news](#), it looks like [The Bachelor](#) alum [Chris Soules](#) is keeping his life privatized after felony allegations came out against him this past week. [Celebrity gossip](#) erupted after Soules deleted his Instagram nearly 24 hours after being arrested in Iowa after fleeing the scene of a fatal car crash – he had nearly 740,000 followers. The former 'Bachelor' appeared in court on Tuesday, April 25 to face his charges after leaving the fatal scene that's cause is still under

investigation. Soules was released after posting a \$10,000 bail. His spokesman released this quote to EOnline.com: "Chris Soules was involved in an accident Monday evening (April 24) in a rural part of Iowa near his home. He was devastated to learn that Kenneth Mosher, the other person in the accident, passed away. His thoughts and prayers and with Mr. Mosher's family."

This celebrity news has us pretty incredulous. What are some things to consider when your partner gets into legal trouble?

Cupid's Advice:

You go into a relationship promising to be with the person through thick and thin. But, what happens when your partner get into legal trouble? Cupid's here to help you out with some [relationship advice](#):

1. Look at the situation from all sides: Depending on the extent of your partners legal troubles you're going to have to look at everything from a legal perspective. Is it something small that you'll be able to work through or is it something you won't be able to come back from? Look at the situation like an outsider. Was your significant other in the wrong?

Related Link: [Celebrity Break-Up: Hilary Duff & Michael Koma Split](#)

2. Make a decision: Depending on the situation, you're going to have to make a big decision in your relationship. Will your relationship survive throughout these legal allegations? This is where "through thick and thin" is tested.

Related Link: [Celebrity Exes: Harry Styles Talks Past Romance](#)

[with Taylor Swift](#)

3. Follow through: Once you make your decision you have to stick with it. If you decide to end the relationship because of the legal trouble your partner is in, you have to continue to remind yourself why you ended it in the first place. If you decide to stay by their side, you have to be a person of your word.

Has your significant other ever been in legal trouble? Comment below and tell us how you dealt with the situation.

Celebrity News: 'The Bachelor' Star Jade Roper Reveals Teenage Rape After Lady Gaga Oscars Performance





By Myesha Cobb

The Bachelor star Jade Roper recently shared some tragic [celebrity news](#) after Lady Gaga's powerful performance at the 88th annual Academy Awards ceremony. The reality TV star revealed that she was raped as a teenager, and she revealed how much damage she suffered from the heartbreaking tragedy. She discussed the personal story on her blog this past Monday and included an uplifting message at the end telling other females that they are not alone. She said, "The Lady Gaga performance gave me the courage to speak about my story, a story that's been trapped inside me for over 12 years. I hope that sharing my experience will help girls and women know that they are not alone. And that you have to voice things in order for things to change. And always always always: You matter."

This celebrity news is eye opening for many reasons. What are some

ways to help your partner heal from a tragedy in their past?

Cupid's Advice:

This celebrity news is truly tragic yet presents room for some [relationship advice](#) and some love advice. When you are in a relationship, your partner could have gone through something tragic in the past that still might bother them present day. Here is some relationship advice and some love advice that will help your partner heal from a tragedy in their past:

1. Ask them to talk about it: Let your partner know that you are always willing to listen to their past, including their tragedies. Talking about it with them will allow them to not only vent, but it's a healing process. Sometimes when we go through certain issues, we just want someone to talk it out with. Listening is key!

Related Link: [Relationship Advice: 5 Ways to Unpack Relationship Baggage](#)

2. Seek counseling: Do not be afraid of going to counseling with your partner. Going to counseling together does not mean that your relationship is terrible. The therapy can be specifically for your partner, but that doesn't mean you shouldn't go with your partner for emotional support. The counselor may offer some love and relationship advice on how to further help your partner on healing from past tragedies.

Related Link: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

3. Do something that might be therapeutic for your partner: What is something that's calming and serene that your partner likes to do? Do it together! Your partner may not necessarily want to always talk about their past tragedies,

but that doesn't mean that the healing process can't be let out through other things. Maybe going bike riding, getting a couples' massage or even meditating together are great ways to help your partner heal.

What are some ways that you have helped your partner heal from a tragedy in their past? Share your relationship and love advice below!

Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non- Exsistent"





Interview by [Lori Bizzoco](#). Written by Katelyn Di Salvo.

It sounds like [Chris Soules](#) found his true love...in farming! The star of [The Bachelor](#) season 19 truly stepped out of his comfort zone during his stint on reality TV, going from being a farm boy to a celebrity overnight. On the finale episode, he proposed to Whitney Bischoff, but just seven months later, the famous couple announced their celebrity break-up. Now, he seems to be finding solace in his farm.

Former *Bachelor* Talks Farm Life in Our Exclusive Celebrity Interview

In our [exclusive celebrity interview](#), Soules shares that, prior to his time on reality TV, he had never left Iowa for more than 10 days. Suddenly, he was gone for two months to film *The Bachelorette*, another two months for *The Bachelor*, and *another* two months for *Dancing with the Stars*. After his third stint on television, he took a step away from Hollywood – and he couldn't be happier. "It's been good

to get back home and do what I love,” he says. “Going on all these reality shows and being some what disconnected from the farm was pretty unusual for me.”

Related Link: [Former ‘Bachelor’ Chris Soules Spends Time with Family in Iowa Post Celebrity Break-Up](#)

The former *Bachelor* describes being a pig farmer as an “intense labor of love,” explaining how, as a farmer, you never truly have a day off because the animals and crops always need care. We only hope that he can give a lucky lady that level of devotion someday!

Recently, Soules was a judge on the National Pork Board, and he introduced us to the winner of this year’s First Annual America’s Pig Farmer of the Year Award, Keith Schoettmer. Schoettmer reveals his approach to farming, saying, “It starts with our responsibility of the farm, which we take very seriously. We properly care for these pigs everyday, and while we’re doing that, we’re not losing sight of the people we work with and the consumers.”

Reality TV Star Opens Up About His Relationships and Love Life

Soules has been on a roller coaster ride for the past year when it comes to his love life. The celeb went from trying to win the heart of [Andi Dorfman](#) on *The Bachelorette* to having his pick of 30 women on *The Bachelor* to being engaged to Bischoff...to being single again. With that said, relationships and love are the last thing on his mind right now. “My dating life is relatively non-existent... After dating 30 some-odd women and being engaged and going through that whole process, it’s been nice to just kind of get back to normal,” he explains. “Eventually, I’ll get back in the dating rink.” He adds that he and his [celebrity ex](#) still keep in touch and are “good friends.”

Related Link: ['The Bachelor' Winner Whitney Bischoff is Casually Dating After Celebrity Break-Up from Chris Soules](#)

In our exclusive celebrity interview, the reality TV star admits that his approach to dating hasn't really changed since being on *The Bachelor*. "There's not a lot of changes I'll probably make. It's still just about finding the right person, someone who appreciates the farming life and also the finer things in life," he shares. He believes that finding love this time around will be a little easier since he is "out there," confessing that there are a lot more women interested in dating him now.

Chris Soules Shares Dating Advice for Upcoming *Bachelor* Ben Higgins

Soules recently met the newest *Bachelor* Ben Higgins and says he's a great guy. He wishes him the best of luck on the reality TV show and adds, "He deserves it. He's a stand-up guy, and he's what the show is all about, I think. He's truly trying to find somebody, so hopefully, that happens for him."

Of course, the former *Bachelor* had some dating advice to share with Higgins: "The main advice that I gave him was to make sure you take each relationship that you have with those girls very seriously and make sure they feel as comfortable as possible... In order to have a real relationship develop, those girls need to feel like they're the only ones involved in the relationship."

Related Link: [Former 'Bachelorette' Trista Sutter Defends 'Bachelor' Franchise After Chris Soules, Whitney Bischoff Split](#)

Despite his return to farming, Soules hasn't completely said goodbye to reality TV just yet. You can catch him on the latest season of *Worst Cooks in America* on The Food

Network. He explains that, although he may be good with a grill, he's not so great in the kitchen!

Keep up with Chris on Twitter @SoulesChris and www.instagram.com/souleschris/!

Former 'Bachelor' Chris Soules Spends Time with Family in Iowa Post Celebrity Break-Up



By [Courtney Omernick](#)

It looks like [Chris Soules](#) isn't wasting any time feeling blue about his [celebrity break-up](#). [E! Online.com](#) recently reported that Soules has been spotted post celebrity break-up spending time at his family's farm in Iowa. Chris Soules and Whitney Bischoff announced last month that they were no longer involved in a celebrity relationship.

This former Bachelor is seeking comfort in family post break-up. What are some other ways to cope with a split?

Cupid's Advice:

Chris Soules and Whitney Bischoff's celebrity relationship might not have been all it was cracked up to be, but that doesn't mean that the break-up hurts any less for the both of them. Going your separate ways is never easy, and everyone copes differently. Below is some love advice Cupid has on how cope with a split:

1. Reach out your friends: You've made your friends a part of your life for a reason. More than likely, these people will listen to you and understand what you're going through. And, they'll probably try their best to get you out of the house and living life again.

Related Link: [Former 'Bachelorette' Trista Sutter Defends 'Bachelor' Franchise After Chris Soules, Whitney Bischoff Split](#)

2. Focus on yourself: Now that you have more "me" time, focus on your favorite hobbies, your health, etc. Take some time to just be you instead of wondering what the next step is.

Related Link: ['The Bachelor' Chris Soules and Fiancee Whitney](#)

[Bischoff Split](#)

3. Think about what you have: Especially if you've invested a lot of time in your relationship, you can feel a bit depleted once it's over. Remind yourself that you still have amazing people, experiences, and things in your life.

Share your love advice with our readers. What are some ways you've coped with a split? Comment below!

Former 'Bachelorette' Trista Sutter Defends 'Bachelor' Franchise After Chris Soules, Whitney Bischoff Split





By [Katie Gray](#)

Former Bachelorette star, Trista Sutter, has come to defend the series after the recent split of Chris Soules and Whitney Bischoff's was announced. According to USMagazine.com, "Sutter, 42, retweeted Fleiss' note on Friday and added her marriage to firefighter Ryan Sutter to the pile. "And I'll raise u an 11 yr marriage," the season 1 Bachelorette tweeted. "Hard work? Yes! Any marriage is! But without Bachelorette, no intro, no marriage."

***The Bachelor* franchise shows sometimes reality shows do lead to love! What are some unique methods to meet a new partner?**

Cupid's Advice:

The same old dating methods can get a little old. Cupid has some dating advice for unique methods to meet a new partner:

1. Night out: Everyone can use a night out on the town! We work hard and have hectic schedules, therefore; it is imperative that we make time for ourselves, too. A good way to meet people is by going out with friends and trying new places, because with it comes new people. Enjoy yourself and see what happens and who you meet!

Related Link: [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

2. Matchmaker: Although it would be nice to have an appointment with Patti Stanger, the famed *Millionaire Matchmaker*, it's not always possible. Don't get discouraged from going to a different matchmaker in your area. Check out new innovative dating services that keep popping up and find a matchmaker who knows how to play cupid. Regardless of if you will meet your soulmate, you will likely make new friends and create good memories as an outcome!

Related Link: ['The Bachelor' Chris Soules and Fiancee Whitney Bischoff Split](#)

3. Join a club: A good way to meet new people is by joining in on activities. Start meeting with a book club and/or join a wine tasting club. Take a cooking class and/or find fun activities to do as an outing with friends and you will meet plenty of new people and gain new experiences!

What are some ways that you have met a new partner? Share your stories below!

'The Bachelor' Chris Soules and Fiancee Whitney Bischoff Split



By [Jessica DeRubbo](#)

This *Bachelor* couple has called it quits. Chris Soules and Whitney Bischoff officially announced their celebrity break-up after weeks of fan speculation, according to [UsMagazine.com](#). Though the reason behind the split has not yet been revealed, one can only imagine that a Chicago girl with a good job would find moving to small town Iowa a little daunting. In a joint statement, the duo said, "Whitney Bischoff and Chris Soules have mutually and amicably decided to end their engagement. They part with nothing but respect and admiration for one another and will continue to be supportive friends."

They wish to thank everyone who has supported them through this journey.”

Another *Bachelor* couple bites the dust! How do you know if your relationship can stand the test of time?

Cupid's Advice:

Not all relationships and love last forever. How do you know yours is headed in a long-term direction? Cupid has some tips:

1. Mutual interests: It may seem obvious, but it's important that you share interests and hobbies. If you have nothing in common outside of work, then how will you spend quality time together?

Related Link: [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

2. Shared values: You can only get so far in a new relationship and love without shared values. Once things get serious, it's important that you respect each others' religious choices, parental plans, and overall views on the world.

Related Link: [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

3. Meshing dreams: What you both want for the future is important, too. You need to see eye to eye on your dreams and ambitions, or else you'll inevitably hold each other back. If you aspire to own a mansion with a live-in housekeeper and your partner wants to live in a small cabin in the woods, this might not be a match.

What are some other ways to know your relationship will be long-lasting? Share your ideas below.

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



By Emma L. Wells

The premiere of [The Bachelorette](#) season 11 is less than three weeks away. We know we'll be watching, but what about former

Bachelor Chris Soules? It's understandable that he may not want to tune in to the reality TV show to watch two of his celebrity exes – [Kaitlyn Bristowe](#) and [Britt Nilsson](#) – search for a relationship and love. “Kaitlyn and Britt were obviously a part of my life, and I’m interested to see how their journey goes,” Soules told [People.com](#). “Honestly, right now, I’m okay with that part of my life being behind me.” Since *The Bachelor*, Soules certainly seems to have moved on to a happy celebrity engagement with his fiancé Whitney Biscoff. However, just because Prince Farming is busy with *Dancing with the Stars* doesn’t mean he’ll be able to avoid *The Bachelorette*. “Whitney will definitely be watching, so I’ll probably be watching,” he joked.

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

Cupid’s Advice:

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

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

Related Link: [‘The Bachelorette’ Battle Begins as Season 11 Promo is Released!](#)

2. Think about your language: It’ll be easier to be friends if you don’t refer to them as your ex anymore; you’re heading in the right direction once you can introduce them simply as your friend. You should be prepared for a bit of an awkward phase to start out. Recognize that it’s an adjustment; eventually, you two will figure out how to act around each other.

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

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

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

Celebrity Couple Chris Soules and Whitney Bischoff Discuss Their Plans For a ‘Bachelor’

Baby



By Emma L. Wells

This celebrity couple is revealing their plans for the future, and it includes more than just the two of them. “Dancing, the move to Iowa, the wedding, and eventually a family,” *The Bachelor* winner Whitney Bischoff told *Us Weekly*. “[We] definitely [want kids], so one step at a time.” Since their celebrity engagement, she’s been by fiancé Chris Soules’ side during his run on *Dancing with the Stars*. So what’s next on Soules’ agenda? According to OkMagazine.com, he said, “We’re just looking forward to getting into our normal lives. Then, we can talk about wedding planning.” But his celebrity love is way ahead of him: In a *Good Morning America* interview, Bischoff said she was ready for a [celebrity pregnancy](#) and admitted that she had frozen her eggs so she can have “multiple kids.”

There's no doubt in Bischoff's mind that parenthood is in the future for this celebrity couple. What are some ways to pick out a name for your baby?

Cupid's Advice:

There are so many big decisions that come up after you get pregnant, but picking out a name for your little bundle of joy is perhaps the one with the longest impact. Your name says so much about you, and parents should put careful thought into it before settling on one. Cupid has some tips on how to make the best baby name choice:

1. Ignore the trends: Everything goes out of style eventually. Right now, it's a fad among celebrity couples to use really unique names for their kids – think Apple Martin or North West. Instead of thinking way outside the box, consider looking into the past. Check out the social security website of popular baby names that goes back over 100 years. There are many names in the list that, although they aren't common right now, are beautiful and timeless.

Related Link: [Justin Timberlake Gives Shout Out to Pregnant Celebrity Love Jessica Biel at iHeart Radio Awards](#)

2. Honor someone: It can be a great idea to name your baby after someone you love. Not only is it a wonderful gift to give that person, but it provides a legacy your child will appreciate when they grow up. It's always special to pick a name of a family member or friend. If you can't find one that you like, then consider the name of your favorite book character or a historical figure you admire.

Related Link: [Famous Couple Brandon and Leah Jenner Announce Celebrity Pregnancy with Cute Instagram Photo](#)

3. Try it out: Before you and your partner decide on a name, think about how your child will grow up with it. Ask yourselves these questions: Does it sound good with their last name? What will their nickname be? Is this a name that will be relatively easy for your kid to learn to spell? These questions should help you narrow down your list.

What are some other ways to find baby name inspiration? Tell us below!

Former 'Bachelor' Chris Soules Regrets Making 'DWTS' Partner Whitney Carson Cry





By Emma L. Wells

It was a tough week for reality TV star Chris Soules. While preparing for his quickstep routine, the leading man on [The Bachelor](#) season 19 injured not only his calf muscle but also his partner's feelings. During a difficult rehearsal, he lost his temper with professional dancer Witney Carson. Thankfully, the dancing duo were able to hug it out and move on. According to [People.com](#), Soules said, "It was a tough week. People don't really understand how hard we work. We have a close relationship. But we were just both getting on each other's nerves. I wasn't getting it down, and she was getting frustrated with me. That happens in any partnerships in life. I don't know any partnership where two people don't have a little bit of a disagreement. It only made us stronger."

As the former star of *The Bachelor* can attest, it's easy

to get annoyed with your partner. What are some ways to handle frustration in your relationship better?

Cupid's Advice:

No matter how much you click, when you spend a lot of time with someone, you're bound to butt heads occasionally – like this *Bachelor* star and Carson did this week. It's all too easy to let little annoyances build into big problems. Cupid has some love advice on how to deal with your frustration:

1. Talk it out: Don't like the way your partner loads the dishwasher or leaves their shoes by the front door? Tell them! Simply say, "It bothers me when you..." Remember to be careful with your tone. You don't want to start a fight, but you do want to make them aware of your feelings. Your significant other is not a mind reader; they can't fix the problem if they don't know it's there.

Related Link: [Celebs Turn to DWTS to Heal Heartbreak](#)

2. Get active: When both partners are frustrated, fighting comes easily. But nagging and getting angry won't solve the problem. You need to find a way to get rid of your pent-up energy so you can have a discussion, not a battle. Try embracing your combative energy and go paint balling or go-cart racing. It may sound silly, but a playful, regulated, competition will get out your frustration and leave you in a better mood.

Related Link: [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

3. Don't let it defeat you: No one mesh's with their partner

100 percent of the time. If you and your sweetheart agreed on everything, life would probably be a little boring! Your relationship and love won't be doomed just because you get a little irritated with each other. In fact, when you work through these moments of difficulty together, your partnership only gets stronger.

**How do you and your partner handle relationship frustration?
Tell us below!**

Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance





By Emma L. Wells

Reality TV star [Chris Soules](#), who announced his celebrity engagement on the season finale of [The Bachelor](#) season 19, and his *Dancing with the Stars* partner Witney Carson received much better reviews on Monday night for their performance, and they went out to celebrate! [HollywoodLife.com](#) reported that, after judge Julianne Hough dubbed him “the comeback king,” Soules enjoyed a dinner with Carson and his celebrity love Whitney Bischoff as well as the reigning *DWTS* winner Alfonso Ribeiro and his wife, Robin Stapler.

Bischoff is there to support her celebrity love both on the dance floor and off. What can you do to show your encouragement for your partner?

Cupid's Advice:

One way to show your partner you care about them is by caring about the things that are important to them. Whether it's their career or just a hobby, taking part and showing support will make your relationship and love even stronger. Consider this love advice:

1. Be there with them: Attend events, both big and small. Even if the moment doesn't seem that significant to you, if your partner asked you to come, then it's probably important to them. Being present for lets your sweetheart show off for you – and show you off too!

Related Link: [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

2. Be enthusiastic: Everyone likes to hear that they're doing well, especially when it comes from someone they care about, so channel your inner cheerleader and root them on. This means pumping them up after a victory, like Bischoff does for her celebrity love, or helping them stay positive after a loss. Whatever the situation, make sure they know you're on their team.

Related Link: [Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip](#)

3. Be honest: While a big part of encouragement is about being positive, it doesn't have to mean glossing over important issues. If your honey approaches you with a problem or concern, you need to be honest. You might be inclined to lie to make them feel better, but that instinct isn't helpful. Your relationship will be stronger and better off as a result of your truthfulness.

How do you show your support for your partner? Tell us below!

Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip



By Emma L. Wells

Like many *Bachelor* and *Bachelorette* couples that have come before them, famous couple [Chris Soules](#) and Whitney Bischoff are facing a spinning rumor mill following the announcement of their celebrity engagement. But this pretty pair is determined not to let the celebrity gossip ruin their happiness! Both [reality TV](#) stars have posted recent photos to Instagram to prove that their relationship and love is as strong as ever.

According to Wetpaint.com, this weekend, Soules shared a heartwarming photo from filming with the message, "She brings me happiness."

Bischoff also took to Instagram, posting a snap of the famous couple cuddling on the couch together. When recently asked about the celebrity break-up rumors and tabloid drama, she responded, "You can't read it. You really just can't. There's so much outside noise out there."

This famous couple clearly isn't letting celebrity gossip damage their relationship and love. What are some ways to stay strong despite rumors?

Cupid's Advice:

Just because you're not a celebrity couple doesn't mean you don't have to deal with rumors and gossip. Thanks to social media, news travels fast and people talk. But you can't let other people's opinions cause problems in your private relationship. Cupid has some tips on how to rise above the gossip:

1. Turn the other cheek: Ignoring what other people are saying about you is easier said than done. Sometimes, it can be downright impossible, and you'll start to wonder if there's any truth to what's being said. If you're feeling insecure, you need to approach your partner with your concerns in an honest and non-accusatory way.

Related Link: [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

2. There's power in numbers: There are only two opinions in your relationship that matter. It'll be easier for you and your significant other to fend off rumors when you stick together and remember that the only voices you should listen to are each other's.

Related Link: [Celebrity Couple: Chris Soules Kisses 'Bachelor' Winner Whitney Bischoff on Romantic Date Night](#)

3. Sticks and stones...: If your mother ever told you that words can't hurt, she lied. Words, especially negative ones, can carry weight and cause damage, and pretending that gossip doesn't bother you won't make things any easier. Once you recognize this truth, you need to remember that, while words can be painful, you can definitely be stronger than the people who run the rumor mill.

How have you and your beau handled negative rumors? Tell us in the comments below!

Celebrity Couple: Chris Soules Kisses 'Bachelor' Winner Whitney Bischoff on Romantic Date Night





By Jenna Bagcal

Date nights are great opportunities for you and your significant other to forget about the stresses of the week and just focus on each other. According to [People.com](https://www.people.com), celebrity couple Chris Soules and his fiancée Whitey Bischoff from [The Bachelor](https://www.fox.com/shows/the-bachelor) season 19 did just that. They were spotted engaging in some PDA on their recent date. On Instagram, Soules captioned a photo of the cute pair with “Lovely evening with my lady. #luckyman.”

Following *The Bachelor* season 19 finale last week, this celebrity couple is excited that they can finally be seen together in public. What are three unique date ideas for a romantic night out with your

partner?

Cupid's Advice:

Consider Cupid's dating advice and spice up your regular nights out to keep them from feeling monotonous. Take some inspiration from this celebrity couple, and use these three unique date ideas for a romantic night with your partner.

1. Take a romantic dinner cruise: Having dinner with your love might be on your regular repertoire of date nights, but why not take it to the next level? Attend a romantic dinner cruise and sail around the city with your partner. Order a bottle of your favorite wine, feel the sea breeze on your face, and watch the glow of the sun as it sets on the horizon.

Related Link: [Date Idea: Explore Your Relationship and Love on a Road Trip](#)

2. Go on a hot air balloon ride: Take in the sights of your city from a different perspective. Go on a hot air balloon ride with your sweetheart and slowly sail across the sky in a sea of clouds. Call in advance in case of inclement weather. Private balloon rides for two are available, so make sure to bring your camera for plenty of scenic photos of you and your partner.

Related Link: [Celebrity Engagement: Chris Soules Proposed to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

3. Attend a couples cooking class: Few things are as heartfelt and romantic as cooking for your significant other. So tie on your aprons and enjoy a cooking class together! There are often deals online on sites like Groupon. Take plenty of notes during the class so that you can recreate the delicious cuisines for an at-home date night with your partner.

What are some unique and fun date ideas? Share them with us in

the comments!

Surprise! Sean Penn Watches 'The Bachelor' with Celebrity Love Charlize Theron and Is Team Kaitlyn



By [Katie Gray](#)

What a pleasant surprise! Actors and celebrity couple Sean Penn and Charlize Theron, watch *The Bachelor* together! Penn announced this great revelation during his appearance on Jimmy

Kimmel. According to UsMagazine.com, he said, "We argue about whether or not we should fast [forward]," he revealed. "I don't really want to hear the conversations, I want to know the decisions. You can decide on this one or this one. And I want to see somebody cry. And then see somebody get ecstatic and then see them cry." Also, apparently Sean Penn was Team Kaitlyn on the most recent season! This celebrity love is a true one for sure.

Who knew that Sean Penn watched *The Bachelor*? What are some out of character things you can do to show you care?

Cupid's Advice:

When you genuinely love someone, it's important to remind them that you care. Whether it's done verbally or through small acts of kindness, it will all be touching to your partner:

1. Romance: It's imperative to keep the romance alive in your relationship. Cook your partner his or her favorite dinner, write a love letter, offer a massage, and treat them to their favorite things. Think about what will make them happy, no matter how minor it may seem, and bring that into your relationship and love.

Related Link: [Charlize Theron Dating Sean Penn](#)

2. Adventure: Take a ride on the wild side! Plan weekend getaways and take vacations. Exploring is a great way to bond and get to know your partner even better. Try things that they enjoy and take part in activities that they like.

Related Link: [Sean Penn Files to Adopt Charlize Theron's Kid](#)

3. Sentiment: It's always the thought that counts! Feel free to get your partner things that serve as little reminders of your time spent together. Whether that is listening to a certain song that is special to you both or eating the same type of food from a particularly memorable date. Give them photographs or make a scrapbook so that you can both relish in the beautiful memories.

What are ways you have showed your partner you care? Share your stories with us below!

Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale





By Emma L. Wells

After ten weeks of searching on reality TV, Prince Farming has finally found his Princess! On the finale episode of *The Bachelor* season 19, Chris Soules, armed with a Neil Lane engagement ring, got down on one knee and proposed to Whitney Bischoff, a 29-year-old fertility nurse from Chicago. "Everything about this moment feels right," he told her. According to [ABC News](#), Bischoff seemed to be the obvious choice after the other contestant, Becca Tilley, confessed that she wasn't ready to jump into a [celebrity engagement](#) and commit to a life in Arlington with Soules. During the "After the Final Rose" special, it was easy to see that the reality TV pair is thrilled to just be a "normal" couple.

This celebrity couple found true love on reality TV, but not all of us have that option. What are some

unique ways to meet your soulmate?

Cupid's Advice:

Unlike the lucky celebrity couple from *The Bachelor* season 19, most of us don't have reality TV producers arranging the perfect circumstances for us to find relationships and love. If we want it, we have to go out and look for it ourselves! It's certainly not easy, but Cupid has some love advice about how to meet your soulmate:

1. Take part in group activities: You'll want to have common interests with your future partner, so why not participate in group activities that relate to your hobbies? Take an Italian cooking class or sign up to learn Spanish. Join an intramural kickball league or a hobby club. It will be easy to strike up a conversation with someone over your shared interests while interacting in this laidback setting.

Related Link: [The LOWEdown on 'The Bachelor' Celebrity Wedding of Sean Lowe & Catherine Giudici](#)

2. Ask your friends: There's a reason why so many dating websites and apps give you matches based on your Facebook friends: You're more likely to hit it off with someone who your pals already like! If you're looking for a relationship and love, ask your friends for help. They know you well and know what you want in a partner. If you're nervous about a blind date, you can always plan a double or group date instead to ease any awkwardness.

Related Link: [Whitney from 'The Bachelor' Season 19 Says She'd Move to Arlington, Iowa for Chris Soules](#)

3. Look online: It can be hard to find the time and place to meet someone special. There's nothing wrong with searching through a reputable dating site – it's one of the reasons they were invented! It gives you the opportunity to judge potential

matches at your own pace. There's also a lot less pressure if you've talked online before you meet in person.

How did you meet The One? Tell us in the comments below!

'The Bachelor' Season 19 Contestants Rehash Old Feuds During "The Women Tell All" Episode



By Emma L. Wells

The Bachelor season 19 “The Women Tell All” special brought all the women back together to reminisce about their time on the reality TV show and clear the air. They had many grievances with each other – and many more with *The Bachelor* himself, Chris Soules. Kelsey came under attack from all the contestants (yet again) for being conniving and fake. After taking the hot seat, Britt Nilsson immediately called out Carly for being a bad friend. Additionally, both Jade Roper and Kaitlyn Bristowe confronted Soules about why he rejected a relationship and love with them. He assured Roper that it was not because of her *Playboy* spread. Bristol, unfortunately, received a less clear answer. [USAToday.com](https://www.usatoday.com/story/entertainment/2019/02/11/bachelor-women-tell-all-episode-1/4660000002/) reported that Soules said, “I apologize...In that moment, I did the best I could and that’s all I know.” We can’t wait to see how *The Bachelor* season 19 will end next week!

When it comes to past relationships and love, how can you get over old disputes and move forward? The ladies from *The Bachelor* season 19 need to listen to this dating advice!

Cupid’s Advice:

Holding on to old grievances isn’t good for you. Why should you dwell on the past when you can move on and find happiness again? This dating advice applies to friendships as well as relationships and love:

1. Reach an understanding: Kaitlyn made the right choice to confront Soules about her hurt feelings. It’s hard to move on when you don’t understand what really happened. The best

way to do so is to have an open conversation – preferably not on reality TV! – with the person *without* being accusatory. Let them explain their actions in their own words. You might not get a satisfying answer, but it will help you to talk it through.

Related Link: [‘The Bachelor’ Chris Soules Prepares to Bring Winner Home to Arlington](#)

2. Look inward: In most cases, while you may be hurt, you’re probably not blameless. It’s equally important to understand what you did wrong and could have done better. Ask your ex about your behavior or just put yourself in their shoes and examine the situation. Either action will help you ensure that the same mistakes aren’t made again.

Related Link: [‘The Bachelor: Women Tell All’ Recap: Old Catfights Resume and Michelle’s Redemption](#)

3. Forgive and forget: Just because you’re at a place where you’re ready to move on doesn’t mean the other person is, so don’t expect an apology or forgiveness. The best thing you can do is say your peace, move on, and hope that, someday soon, they will be able to do the same.

How have you settled past relationship and love grievances? Tell us in the comments below.

‘The Bachelor’ Chris Soules Prepares to Bring Winner Home

to Arlington



By Maggie Manfredi

The Bachelor is on the fast track to love! According to UsMagazine.com, Chris Soules is down to his final two leading ladies after this week's dramatic episode. *The Bachelor* season 19 has culminated in this farmer being very optimistic about getting down on one knee during the finale to solidify a relationship and love. Kaitlyn was sent home by Soules and is no longer in the running to be part of a celebrity couple, but rumors are already flying that she may end up as the next *Bachelorette*. *The Bachelor* still has to choose between Whitney the fertility nurse and Becca the virgin. The three are set for an epic finish in Bali and are already well on their way to finding love. Who will be our *Bachelor's* leading lady?

We can't all date with the level of style that *The Bachelor* contestants do, but we can still make it special. What are three ways to date in style?

Cupid's Advice:

Dating is a fun step toward finding your soul mate. Although we can't all date like Chris Soules, Cupid does have some attainable tips on how to date in style:

1. Experience new things: The best way to make dating more exciting is to try new things together. Whether it be a big move like skydiving or a smaller treat like trying a foreign food, be bold and enjoy every adventure.

Related Link: [Whitney from 'The Bachelor' Says She'd Move To Arlington, Iowa For Chris Soules](#)

2. Take advantage of free stuff: It is okay to be a dater on a budget, but that doesn't mean you have to sit at home every night and watch television. Take this dating advice to heart: Get online and look into what your city has to offer for free. You would be surprised by the amount of coffee shop concerts, museums, and festivals that take place all year long for no charge! With a little bit of research, you can have a great date on a budget.

Related Link: ['The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Stay in: Nothing completes dating like a pinch of romance. How can you make the love come alive? Start with the little things like lighting candles at dinner, sharing a blanket while watching a movie, or baking dessert together. Get

creative and don't afraid to have a romantic night in; not everyone needs Bali at sunset to fall in love.

Will Chris propose to Whitney or Becca? Share your predictions below!

Whitney from 'The Bachelor' Season 19 Says She'd Move to Arlington, Iowa for Chris Soules



By Emma L. Wells

From day one, *The Bachelor* season 19 star Chris Soules has said that a relationship and love with him means moving to his (very small) hometown of Arlington, Iowa. After asking potential celebrity love Whitney if she would be able to leave her life in Chicago for him, she gave him exactly the answer he was looking for. According to [People.com](https://www.people.com), she said that, while she loves her job as a nurse, she would have “no hesitation” about moving to Arlington and “having babies” as her career. [The Bachelor season 19](https://www.fox.com) frontrunner continued, “I firmly believe that life takes you places, and it’s not where you are; it’s who you’re with.”

The Bachelor season 19 contestant Whitney is willing to move to Iowa for her celebrity love. How do you know if that’s the right decision for your relationship and love?

Cupid’s Advice:

We sometimes fall for people who aren’t perfect for us in a geographic sense. Long-distance dating can’t go on forever, and eventually, you’re left with two choices: break-up or move. Cupid has some dating advice on how to tell what move (no pun intended) is right for you:

1. Consider all the factors: Realty TV star Whitney told her celebrity love that it doesn’t matter where she is because it’s who she’s with that’s important. While there is a lot of truth to her statement, you should examine your specific situation first. Think about what you need in order to be happy; that may include your career, your friends and family, or something as seemingly small as your kickball team or local library. What would you have to give up when you move to be

closer to your partner? More importantly, can you live without it?

Related Link: [QuickieChick's Video Dating Tips: Is He "The One" or Just Another Someone?](#)

2. Look to the future: After you've made your mental list of things you can't live without, ask yourself how that list will change in the next five, ten, or twenty years. Moving might not suit your needs *this* year, but maybe that's where you see yourself long-term. In this case, the question changes from "if" to "when." Tell your significant other that you're willing to move but need a little more time before you're ready. If your relationship and love is as important to them as it is to you, then they will understand.

Related Link: ['The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Be on the same page: Make sure you understand why your beau wants you to move; that will ensure that you two have similar expectations. Are their reasons valid? Does it make more sense for you to move to them or vice versa? It's equally important for them to understand your reasons as well. Having a discussion about how this move will change your relationship is the best place to start.

Have you ever moved for your relationship and love? Tell us about it below!

'The Bachelor' Season 19

Contestants Treat a Relationship and Love with Chris Soules Like a Game



By Emma L. Wells

You know what they say: Two's a party, but three's a painfully awkward and quiet crowd. Kelsey and Ashley I. weren't exactly audience favorites on [The Bachelor season 19](#), but it certainly was enjoyable to watch them face-off on a two-on-one date during last night's episode of this popular reality TV show. Rather than using their alone time with Chris Soules to grow their relationships and love, the ladies complained and gossiped about each other. According to [Fox News](#), *The Bachelor* star saw through their games and took their accusations seriously, ultimately sending both women home.

***The Bachelor* season 19 contestants Kelsey and Ashley I. played Chris Soules like a prize to be won during their two-on-one date. Why can playing games cause more harm than good to your relationship and love?**

Cupid's Advice:

Dating can often feel like a game; after all, there's players and a field, scores and a strategy. But it can be harder to reach your goal and find a relationship and love if you get too wrapped up in the sport. Here's why you should take Cupid's dating advice and stop playing games when it comes to love:

1. It's not a competition: If you're out to win the game like these two contestants from *The Bachelor* season 19, you'll never win his heart. Ask yourself what winning would even look like to you. If you're always focused on the final outcome, you can't enjoy the here and now properly. You'll end up missing the best parts of your own relationship!

Related Link: [Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating](#)

2. You don't need a strategy: While there are some helpful tips to playing the field, the most important rule to follow is trusting your heart. Make moves based on your own emotions and don't feel like you have to play hard to get. You can't expect to have a real partnership if you're not acting like your true self. Remember that if it doesn't work out, then it's not meant to be.

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

3. The stakes are real: If you’re out to just play the field, you’ll never find something serious, and you’ll most certainly end up hurting someone along the way. When dating, the stakes are high. You should have some idea of what you want in a relationship before you dive into it, and you should be honest about your priorities as you go along.

How do keep from playing games in your relationship and love? Tell us in the comments below!

‘The Bachelor’ Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules





By Emma L. Wells

"The sky's the limit..." read Britt Nilsson's one-on-one date card on last night's episode of *The Bachelor* season 19. That's when the 27-year-old waitress started to cry in panic due to her debilitating phobia of heights. Still, she pulled it together before their one-on-one date. [People.com](https://www.people.com) reported Chris Soules saying that she was "just as beautiful first thing in the morning as when she's all dolled up for the rose ceremony. It's pretty incredible." Turns out, she gets all dolled up for bed too, but oh well! The reality TV lovebirds soon arrived in the New Mexico desert to find a hot air balloon waiting for them, and Nilsson's fears quickly disappeared with Soules' arms around her.

This *Bachelor* season 19 contestant overcame her fear to get closer to Chris Soules. What are some ways

you can beat your phobias when looking for a relationship and love?

Cupid's Advice:

Whether you fear heights, spiders, darkness, or commitment, you shouldn't let it stand in your way when you're looking for a relationship and love. It's completely possible to overcome your distress, no matter how big it may seem. Cupid has some dating advice for you:

1. Switch your focus: On *The Bachelor* season 19, Nilsson was able get over her fear because being close to Soules was more important to her. If you're afraid of flying but have to take a trip, focus on the destination to help you get through the flight. Paying attention to your fear will only make the situation harder. That's why having a hunky farmer by your side is always a benefit!

Related Link: [The First Official Look at Chris Soules on 'The Bachelor' Season 19](#)

2. Get your facts straight: Most fears – like the fear of sharks, for instance – aren't based on actual statistics. Our imaginations make our phobias much worse than they should be. Do you really live in an area where you need to be worried about giant, poisonous spiders getting you in the dark, or is it just in your mind? Do some research to calm your nerves.

Related Link: ['The Bachelor' Chris Soules Says That Men "Don't Work Well with Subtlety"](#)

3. Face your fear: You can't just ignore it and expect it to go away. To overcome your terror, you need to take gradual steps. If you're afraid of dogs, watch a few videos of them until you're comfortable seeing them on the screen. Then,

work your way up to being in the same room with them or passing them on a sidewalk. Keep going until you can interact with a large dog in an enclosed setting. There's no need to rush!

Tell us about a time where you had to face your fears in the name of love!

'The Bachelor' Chris Soules Says That Men "Don't Work Well with Subtlety"



By Emma L. Wells

Poor Chris Soules had a lot to handle on last night's jam-packed episode of the hit reality TV show *The Bachelor*. His hands were full with two group dates, two one-on-ones, a visit from his sisters, a shameless *Cinderella* promotion, and one big confession. The first group date brought seven girls to the lake for a day of beach fun and night of camping. Ashley I. was, in her own words, a camping virgin and a virgin camping, and after fretting over it, she decided to tell Soules the truth about her sexual history – or lack thereof. She snuck into *The Bachelor* star's tent in the middle of night to wake him up and was clearly nervous as she danced around the point of the conversation without actually saying it. In his blog on People.com, the Iowa farmer writes, "Here's a little lesson for you ladies: Men are pretty simple when it comes to words... Spell it out for us. Maybe even write it down so we don't forget it. We don't work well with subtlety." Later in the episode, she bravely tried again, and this time, she came right out with her confession.

***The Bachelor* contestant Ashley I. was in need of some dating advice before she confronted Chris Soules with her big reveal on last night's episode. What are some ways to successfully open up to a guy?**

Cupid's Advice:

Getting to know someone at the start of a relationship is both fun and scary. Once you get through basic background information, you have to open up about the good, the bad, and the emotional – and that's not always easy. It's worth it,

though: Sharing yourself with a new guy leads to a deeper connection and a stronger relationship. Cupid has some dating advice to help you successfully open up:

1. Pick the right time and place: Ashley I. should've waited for a better opportunity to reveal her big secret to Soules. If you're ready to share something personal, it's important that your partner be in the right mindset. Make sure you have an appropriate amount of time, their undivided attention, and a bit of privacy. You should be somewhere where you feel comfortable expressing your emotions and talking freely without interruptions or distractions.

Related Link: [‘The Bachelor’ Season 19 Contestants Deal with Jealousy – Chris Soules Can’t Stop Kissing Them!](#)

2. Be straightforward: Like *The Bachelor* said, “Spell it out.” Don’t beat around the bush; your significant other probably won’t understand what you’re trying to say, and you won’t get the response you’re looking for. It can be hard, but say it as plainly as possible. You may still have answer some follow-up questions though, so be prepared to have a conversation and not just make a confession.

Related Link: [‘The Bachelor’ Chris Soules Opens Up About Finding His Future Wife](#)

3. Let it happen naturally: Reaching the point in a relationship where you two can really be honest with each other can’t be forced. If it’s meant to be, it will be. There’s no need to rush to pull the skeletons out of your closet in the first few weeks of a knowing each other. When the timing is right, you’ll feel it. That being said, if you think this person can’t really get to know you while you’re keeping a secret, then it’s time to reveal it.

How do you know when it’s time to open up in a new relationship? Tell us in the comments below!

Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses how *The Bachelor*, particularly season 19 with [Chris Soules](#), and other similar reality TV shows are changing the reality of

dating.

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

"They're helping to shape the way we view what is desirable, what is sexy," she explains of the reality TV franchise. "With Farmer Chris from Iowa as America's current leading man, the dating landscape has dramatically shifted." House reveals five ways that Soules is changing the reality of dating: Women no longer want bad boys like former *Bachelor* Juan Pablo Galavis; we see farmers as marriage material; we're going back to the basics and forgetting about the rich and famous; we want a true gentleman; and we (finally!) think nice is sexy.

Related Link: [Screwing the Rules Video Dating Advice: Find the Love of Your Life](#)

Funny enough, a reality TV show is helping us redefine real love. "It's being authentic; it's being our true self. It's looking down deep and thinking, 'What do I need in a relationship and love? What do I need in a relationship? What will sustain a relationship long-term?'" the relationship expert shares.

For more dating advice from House, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you think *The Bachelor* is changing the way we date? Tell us in the comments below!

'The Bachelor' Season 19 Contestants Deal with Jealousy – Chris Soules Can't Stop Kissing Them!



By Emma L. Wells

[Chris Soules](#) certainly seemed to be enjoying himself during last night's episode of [The Bachelor season 19](#)! Reality TV fans got to see multiple makeout sessions and enjoy a lot of laughs, thanks to a guest appearance by Jimmy Kimmel. According to [People.com](#), Soules kissed eight different women, claiming that it was simply part of the process of finding love. When asked by Mackenzie why he was macking with so many different honeys, he answered nervously that that's just how

he gets to know people. Becca was the only girl to deny his attempt at a smooch; instead, the two shared a sweet hug.

What are some ways to deal with jealousy when, like the contestants on *The Bachelor* season 19, you aren't exclusive yet?

Cupid's Advice:

It's easy to get jealous during the beginning stages of relationships and love. On *The Bachelor* season 19, the contestants are forced to watch the man they're all falling for go after multiple women at once. While a little jealousy can add heat to your romance, letting it consume you can have consequences. Whether you're on reality TV or dating in real life, Cupid has some dating advice to help you handle your jealousy:

1. Honesty is key: Soules doesn't – and can't – hide his dalliances from the women on *The Bachelor* season 19. You should be honest with your partner too, no matter how hard it may be to tell him that you're ready to go all in and stop dating other people. Besides, don't you want to know if he's seeing someone else? The only way to truly know for sure is to ask.

Related Link: [‘The Bachelor’ Chris Soules on First Night Jitters](#)

2. It's not a competition: Cut down on your jealousy by focusing on your relationship. You could drive yourself crazy comparing yourself to other people in your date's life. Your relationship, even if it's not exclusive yet, should be about just the two of you. Focus on the amazing time you have together and all the positive aspects of your partnership so

far.

Related Link: [‘The Bachelor’ Season 19 Premiere: Chris Soules Meets 30 Bachelorettes](#)

3. Take the power back: Jealousy in relationships often stems from a lack of power. This doesn't mean you need to control your partner's actions, but you should assert your right to make your own decisions. For instance, don't feel the need to match every move of your beau. Even if you've agreed that you're not ready to be exclusive, you don't have to date other people just because he is. You should do what feels right for you! Take a tip from Mackenzie and Becca and clarify what *your* boundaries are for the relationship.

What's your best tip for dealing with jealousy in the early stages of dating? Tell us in the comments below!

‘The Bachelor’ Chris Soules on First Night Jitters





By Emma L. Wells

First dates can be stressful enough, but can you imagine having 30 first dates simultaneously? That's how Chris Soules felt on Monday night during the premiere of *The Bachelor* Season 19. "It was nerve-racking but exciting to be in the same room with 30 amazing women and knowing that one of them could potentially become my fiancée," Soules said in an interview with People.com. While some women handled the stress of the evening better than others (a few contestants were noticeably intoxicated by the evening's close...), they all made lasting impressions. From motorcycles and karaoke to secret admirers and a pig nose, the women used a variety of tactics to try and catch the handsome bachelor's eye. Some ended up being more successful than others, as the 33-year-old farm boy from Iowa eliminated eight women during the first rose ceremony on *The Bachelor* Season 19.

‘The Bachelor’ Chris Soules was pretty nervous Monday night. What are three ways to deal with nerves on a first date?

Cupid’s Advice:

Everyone has to deal with nerves from time to time, but you don’t want to let some overly energetic butterflies interfere with what could be a really amazing first date. Cupid has some ways to reign in those jitters:

1. Just breathe: It may seem like simple advice, but it’s often what people forget when they are under pressure. Focusing on your breathing helps in many ways. First, it helps center your mind on something else. Second, it’ll slow your heartbeat and your thoughts, and you’ll quickly start to feel less flustered and crazy. Being in control of your breathing will help you feel in control of your situation. Try counting to five as you inhale and counting to seven as you exhale; repeat this ten times, and you’ll be calm again in no time!

Related Link: [‘The Bachelor’ Season 19 Premiere: Chris Soules Meets 30 Bachelorettes](#)

2. Remember you’re not the only one: You’re not alone! It’s good to keep in mind that the person sitting across from you is most likely feeling just as nervous as you are. Believe it or not, shared nervousness can even be something you two can bond over. Try joking about it and see where the conversation takes you.

Related Link: [‘Bachelor’ Chris Soules Opens Up About Finding His Future Wife](#)

3. Understand your anxiety: First date nerves can have many

causes. They might just mean you're really excited. Or perhaps you always get restless when you meet new people. The jitters could also be your body's way of telling you that you already know this isn't a good match. Diagnosing the reason behind your butterflies will help you figure out how to handle the situation. Most importantly, remember that nerves are normal; don't let them stand in the way of your happily ever after!

What are some ways you deal with nerves on a first date? Share your thoughts below.

'The Bachelor' Season 19 Premiere: Chris Soules Meets 30 Bachelorettes





By [Sarah Batcheller](#), [Lori Bizzoco](#), and [Whitney Johnson](#)

If you watched the season 19 premiere of *The Bachelor* last night, you know that Chris Soules is in for quite a ride. The Arlington, Iowa native clearly has his hands full with this group of women! After getting booted by Andi Dorfman, there's no telling which dynamic lady will steal his heart – and when we say dynamic, we mean it. His contestants range from a ballet instructor and a flight attendant (a profession that hasn't reigned superior in *Bachelor* past) to a WWE Diva-in-Training and a former NFL Cheerleader. Some are hotties with big personalities, while others are more bashful and low-key. And then there's the girl who depends a little too heavily on the bottle. Of course, they have one thing in common: They all want the same man. Ahh, aren't you so glad to have season 19 of *The Bachelor* to start off the new year?

To help you keep up with the 30 bachelorettes vying for Prince Farming's heart, we developed a "cheat sheet" with identifying details and our personal opinion of the women. Who will be sent home in tears? Who will embarrass themselves on national television? And, most importantly, who will get that final

rose and prove to be the lady of Soules's dreams? Read on to find out what we think. (Spoilers ahead!)

Which Bachelorette Will Win Chris Soules's Heart on Season 19 of 'The Bachelor'?

Top Contender

Britt, Waitress, Hollywood, CA

After only one night, we think Britt could easily win the single hunk's heart with her sweet composure and warm personality. Her "free hug" idea was a perfect way to capture his attention. It gave him the chance to show his vulnerability, and she got him to open up and trust her. She even got the first impression rose *and* the first kiss! Nice job! A+ for how to win a man. Still, we have to wonder: What would an L.A. girl do on a farm?

Most Likely to Make Babies

Whitney, Fertility Nurse, Chicago, IL

Whitney is an adorable girl, and Soules said he is excited about her. How could he not be? The girl is smiling from ear to ear and living on cloud nine with her positivity. She sees possibility in everything, including the fact that, because she is a fertility specialist, she could help him raise baby hogs. Not sure her high-pitched, fast-talking, bubbly voice would be a good fit for the laid-back environment of the farm though. She would need to slow down...way down!

Related Link: ['Bachelor' Chris Soules Opens Up About Finding His Future Wife](#)

Winner of the Bachelorette Look-alike Contest

Kelsey, Guidance Counselor, Austin, TX

We had to do a double-take when we saw Kelsey exit the limo. For a moment, it looked like Molly Maloney (now Mesnick) had

stepped back into the scene! This short-haired widow would win the former *Bachelor* contestant look-alike contest if there was such a thing, but what she is really hoping for is to win Soules's heart. Only time will tell!

Award for Turning *The Bachelor* on During the Limo Introduction

Megan, Makeup Artist, Nashville, TN

"Blondie." "You're gorgeous." "Blue eyes." "I am nervous." "This is crazy." We thought for a moment that the farmer was going to run away with Megan right then and there! It was obvious that he was extremely attracted to her. One thing though: We were shocked that she was the only one, aside from Tara, who looked like she wasn't wearing makeup.

Best Dressed and Best Eyelashes

Ashley I., Freelance Journalist, Wayne, NJ

This East Coaster gets two awards: One for being absolutely stunning in her formal dress and the other for her long and just as stunning eyelashes. The girl is drop-dead gorgeous, but we need to see if her inside is as pretty as her outside. So far, she is nervous about the other girls, which really makes no sense. Confidence is key, Ashley!

Hardest to Figure Out

Trina, Special Education Teacher, San Clemente, CA

Hello, Farmer Chris! Trina's expression and facial reactions didn't really match her words. There is something somewhat phony about her...but we haven't quite figured it out yet. Stay tuned for more.

Craziest Profession

Reegan, Donated Tissue Specialist, Manhattan Beach, CA

It's a toss-up between embalmer Shawntel Newton and this donated tissue specialist for the craziest profession. Reegan brought biohazard waste to meet a man she's trying to impress. Really? Fake heart or not, there are some things that are just too much, too soon!

Official Train Wreck

Tara, Sport Fishing Enthusiast, Ft. Lauderdale, FL

The girl was probably the first in *Bachelor* history to show up dressed casually. She exited the limo with Daisy Dukes and cowboy boots to show Soules her “real” side. She later changed into a little black dress, climbed into an empty limo, and reintroduced herself as a lady. Unfortunately, she threw down so much Jameson, Jack, and Johnnie (her BFFs, as she mentioned) that she couldn’t pull off the classy lady for longer than 30 seconds. Still, the man of the hour (surprisingly) gave her a rose. We can’t wait to see what she does next!

Biggest Baby

Amber, Bartender, Chicago, IL

We’re not sure what to say here. A 29-year-old woman who still needs her teddy bear for comfort? She definitely doesn’t scream “marriage material” to us, but at least she made a memorable impression!

Related Link: [The First Official Look at Chris Soules on ‘The Bachelor’](#)

Worst Stolen Moment

Nikki, Former NFL Cheerleader, New York, NY

We couldn’t help but be disappointed that this beautiful brunette’s first moment with Soules was interrupted by Tara’s dramatic second hello. Lucky for us, Prince Farming got to know her a bit better at the cocktail party and decided to keep her around!

Wackiest Secret Admirer

Amanda, Ballet Teacher, Lake in the Hills, IL

The idea was good, but the girl is a bit off. As Britt put it, she has big eyes that are almost as scary big as those of Ashley S. As beautifully graceful and sincere as ballet is, Amanda is a little awkward. She even admitted in the confessional booth that she was single because she is crazy!

Most Likely to Bench Press *The Bachelor*

Jillian, New Producer, Washington, D.C.

Jillian has to be the girl most likely to beat the crap out of you! She's pretty but needs to tone down the testosterone and up her femininity if she wants to make it far in this competition. As of now, she doesn't seem like much of a match for small town guy.

Simplest Single Mom

Mackenzie, Dental Assistant, Maple Valley, VA

This young mom has a cute little boy and is looking for a husband. She asked Chris about his farm and did some watercolor painting with him. He gave her an education on Alfalfa, and the rest is history. Mackenzie is much simpler than the other women, so that may make it hard for her to compete.

Most Awkward Limo Exit (among other things)

Ashley S., Hairstylist, Brooklyn, NY

This was one of the most awkward limo exits we've ever seen. Why it wasn't edited is beyond us, but this girl didn't even look at Soules. She got out and looked around, as if she were high, lost, or confused. Maybe she tried out for the wrong show? During the cocktail party, she spoke in metaphor about being like an onion. Enough said!

Worst Sense of Humor—Ever!

Kaitlyn, Dance Instructor, Vancouver, BC

This girl had a great presence when she exited the limo. But as soon as she opened her mouth, it was all over. She introduced herself by telling an inappropriate joke that didn't seem all that funny. Soules later shut her down when she offered to tell yet another corny joke. Despite her awkwardness, the *Bachelor* was impressed with how down-to-earth she is.

After the farmer enjoyed some time with the first 15 ladies, the next group of women showed up. The first four to arrive –

Samantha, Michelle, Juelia, and Becca – were a bit...boring. They were all gorgeous (no surprise there) but didn't offer much in terms of exciting introductions.

Hottest Introduction

Tandra, Executive Assistant, Sandy, UT

There's no doubt that this girl made an entrance: She drove in on motorcycle in a beautiful dress. It was graceful, and she was showing Soules that they had something immediately in common (he rides a motorcycle too). She also revealed that, as much as she could be a lady, she could let her hair down too. Even the other women thought it was an amazing way to say hello!

Related Link: [Chris Harrison Jokingly Slaps Chris Soules in 'Bachelor' Promo](#)

Lamest Prop

Alissa, Flight Attendant, Hamilton, NJ

Alissa is adorable but may be a little immature for Soules. We're still on the fence. For her introduction, she took an airplane seatbelt and put it around his waist. It was a nice technique to get close to him, but she'll need to step it up in order to compete with the other ladies in the house.

Best Ice Breaker

Jordan, Student, Windsor, CO

We didn't get to see much of Jordan tonight, but from what we did see, we like her. She was smart enough to bring the nervous *Bachelor* two mini-sized bottles of whiskey, which they proceeded to drink together. Something to keep in mind, ladies: Figure out what he likes and do that!

Worst Miss Piggy Impersonation

Nicole, Real Estate Agent, Scottsdale, AZ

Nicole walked out of the limo with what looked like a handmade pig nose that was secured with elastic around her head. It was a cute idea, but it didn't really go over as well as she had

hoped. She was sent on her way.

Worst Way to Wear a Doily

Brittany, WWE Diva-in-Training, Orlando, FL

Two strikes for Brittany, thanks to her horrendous outfit (and we mean *horrendous*) and tacky “Soulesmate” poster. She looked like she was wearing a gigantic doily. If this was a hand-me-down from her great, great grandmother, we apologize, but it wasn’t even nice enough for the dining room furniture.

Worst Serenade

Carly, Cruise Ship Singer, Arlington, TX

Carly took her pink, girly karaoke machine and serenaded Soules with a song that she wrote for him. Interestingly, she did this while wearing a fluffy-looking chiffon dress. Carly is a cruise ship singer, which somewhat explains the cheese factor in her gimmick. She was sent back to the ship, her singing was not enough to get her a rose!

Most Adorable Introduction

Tracy, Fourth Grade Teacher, Wellington, FL

Too cute for words. She read a note to the handsome farmer from one of her students, basically telling him to take care of her teacher and that she thinks he’s cute and that she likes roses. What’s not to like?

Of course, there were other contestants – Jade, Kara, Kimberly, and Bo – but they didn’t make a memorable enough impression for us to include them on our list. Unfortunately, at the end of last night’s episode, Soules sent home eight women: Nicole, Amanda, Kara, Kimberly, Bo, Brittany, Michelle, and Reegan. Kimberly went back inside for the rose she didn’t get...and we were left with another *Bachelor* cliffhanger.

The Bachelor *airs on ABC on Mondays at 8/7c. Check back next week for our recap!*