

# Exclusive Interview: Sarah Darling Talks 'The Bachelor', Country Music and Her Top Pick for Sean Lowe!



By Whitney Baker

Having been a longtime fan of [The Bachelor](#), rising star Sarah Darling loves when her fellow country music artists make special appearances on the show. As many of you saw last night, Darling was that lucky singer on Monday's episode, performing a surprise concert in Whitefish, Montana, on Sean Lowe's one-on-one date with Lindsay Yenter.

"It was an awesome experience to be a part of such a big show, especially with me being a new artist," Darling said. "Sean is just like he comes across on television: super down-to-earth and sweet, like a Southern boy."

**Related Link:** [The Bachelor Season 17, Episode 4: Deception of Love](#)

And what about the bachelor's date with Yenter? "It was so romantic and gorgeous. They were slow dancing in a crowd of people and looked like they were having the time of their lives," she shared. "It was definitely a magical moment."



As for her song choice, 'Home to Me,' Darling's most recent single, is a great fit for *The Bachelor*, a show that takes the search for love to the most unexpected place: reality television. Describing the song, Darling says home "isn't necessarily a place but a feeling. A person can be home to you, no matter where you are – and even if the two of you are apart."

That notion rings particularly true for Darling, who is currently in a long-distance relationship. With her boyfriend living in London, it's important for them to spend time together even when they're apart. "We like to have Skype cooking dates, which is really fun. And we make sure we always have something to look forward to."

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Of course, being on *The Bachelor* wasn't this country music star's first experience with reality television. In 2003,

shortly after moving to Nashville to pursue her music career, she traveled to Las Vegas to compete on *The Entertainer*, a show on E! hosted by Wayne Newton.

After landing in the top three, she returned to Nashville with a better idea of what was next for her. "It really taught me what I wanted to do and what I didn't want to do," Darling said. "For me, I decided that I needed to focus on songwriting, so that's what I did."

Of her songwriting process, Darling explains that she tries to focus on what's going on in her life at that particular time. "I never know when I'm going to get inspired, but when I do, it's usually a really fast process. I feel like the best songs are written very quickly and very true to the moment."

Country music fans are already looking forward to hearing more of Darling's songwriting on her upcoming album, which will be released this summer. "This album represents how I've always wanted my music to be portrayed," she shared. "My producer, Dan Huff, listened to me, and we worked together on making an album that was really 'me.'"

"It really lets me be an artist and be different, which is really, really good," she adds.

As Darling puts the finishing touches on her album and prepares for the Valentine's Day opening of her Weekend Road Trip Tour with Scotty McCreery, she stills finds time to keep up *The Bachelor* and Lowe's search for love. So who is her favorite contestant this season? "I'm a big fan of Lesley M.!"

You can check out Darling's 'Home to Me' EP on iTunes and catch her on tour with Scotty McCreery. For more information, follow her on [Twitter](#) or visit [www.sarahdarling.com](http://www.sarahdarling.com).

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# 'Bachelor' Sean Lowe Explains Why He Sent Home Leslie



By Jessica Conigliaro

When choosing who stays and who goes, Sean Lowe considers how each girl makes him feel after their date together. Lowe blogs to [People](#) about his incredible date with Selma: "From the first night I couldn't keep my eyes off of the 5' 1" dark-haired, olive-skinned, Iraqi beauty. Selma was incredibly beautiful, smart and fun, too! From the moment I picked Selma up, everything seemed so natural. It amazed me how comfortable I was with her." Unfortunately, Leslie H. did not capture Lowe's interest quite as much. He said that even though he hoped a spark would develop with her, he felt she put him in the "friend zone" each time he's want to get affectionate. "I

admired and respected Leslie for so many reasons, but I knew she wasn't the one for me," he said.

## **What are some signs you should cut ties early in a relationship?**

### **Cupid's Advice:**

Dating someone new always leaves you wondering if there is future potential for a meaningful relationship. It can be just as hard to detect the possibility that it will not work out. Here are some tips on how to tell if you need to step away early on:

**1. You have trouble contacting each other:** If you are not hearing back from the person you are interested in, it is possible they are purposely ignoring you. For instance, if you repeatedly try contacting someone and don't get a response, they may be dodging your calls. Vice versa, if you find yourself avoiding the person you have been dating, consider some of the reasons why you don't want to talk to them.

**2. Drama with an ex:** Emotional baggage from past relationships often lingers. The last thing you want to do is get involved with someone who is still in love with the last person they were with. Repeatedly mentioning their ex in conversation is usually a clear indication that they still have feelings for them. If you are dating someone who is recently single and begin to notice they are afraid to commit, you may just be their rebound—which is no way to start a healthy relationship.

**3. You don't get along with their friends and family:** Feeling uncomfortable or annoyed by their friends or relatives could have negative effects later on. As your relationship progresses, you will most likely be forced to spend more time with these people and won't be thrilled to do so. Your partner may begin to feel he has to choose between you and his friends—this is not an easy decision to make and may not work

out in your favor.

How were you able to tell it was time to say goodbye? Share your thoughts below.

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## Find Out About Jason and Molly Mesnick's Baby Shower



By Andrea Surujnauth

Jason and Molly Mesnick, former *Bachelor* couple, had a gorgeous and unique [baby](#) shower, reports [People](#). They chose not to find out about the [sex of the baby](#) so the shower was filled with neutral colors. The [couple](#) chose to go with an “Animal Born Free” theme from Minted. They had a huge desert bar full of cakes, cupcakes, and sugar cookies all matching the neutral color theme made by Jenny’s Cookies. As if the the dessert bar wasn’t sweet enough, there was also a candy bar

where the guests could make little goody bags filled with their favorite candy. The mom and dad-to-be also had games for their guests to play including Pictionary and even a guessing game as to whether the baby is a boy or a girl. The gifts that the guests received were little boxes with adorable animal stickers that contained lacy underwear from True&Co. To put the finishing touch on this lovely shower, the couple hung a banner that said "Sweet Baby" to celebrate their upcoming parenthood.

### **What are some ways to personalize your baby shower?**

#### **Cupid's Advice:**

Everyone knows there are generic ways to throw a baby shower. Measure the mom-to-be's stomach and see who guesses the closest, or make some cupcakes with pink or blue frosting depending on the gender of the child. Cupid has some ways to make your baby shower unique and special:

**1. Give your guests a favor that is all you:** Favors for the shower do not have to be simple and boring, add your own flavor to them! You could go for something cute and simple like a candle with your name printed on it or you can take the comedic route by giving out microwave popcorn that says "About to pop" on the bag. You can go for the sweeter option by giving your guests chocolate bars with personalized wrappers. There are so many options that you could choose from when coming up with favors. Let your unique favors reflect your unique personality!

**2. Decorations are key:** When throwing a shower, you have to take into consideration that the decorations are the first thing the guests notice upon arrival. But no need to worry, Cupid is here to help you consider your options. When choosing your theme, keep in mind that you do not have to go for the traditional pink or blue. Try some different colors to make the party pop! Adding in some brown with the pink will make

the shower unique and gorgeous. Candy can also be used as decoration. Get different colored candy, put them in jars, and use them to add some more color to the tables.

**3. Satisfy the sweet tooth:** The options for the deserts are endless. Cakes, cupcakes, cookies, and candy are all part of the baby shower experience. Personalize them by using frosting to put your name or the baby's name on them. Try making the cookies and cakes into different shapes. A rattle shaped cake and cookies shaped like baby carriages will have your guest's jaws dropping and mouths watering!

**Comment below and tell us how you would personalize your baby shower.**

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## **The Bachelor 17, Episode 4: Deception of Love**







By Jared Sais

For this week's analysis of [The Bachelor](#), I focus on identifying lies and true feelings rather than my top picks for Sean. Read on to see if you agree with my assessments of Selma, Tierra, Amanda, Sarah and Leslie H.

## **Selma**

Throughout her one-on-one date with Sean, Selma was incredibly close to the bachelor: they locked their hands together and wrapped their arms around each other. She was literally draping herself over him. Proxemics, or the study of space, indicates closeness, and there was definitely a strong attraction between these two.

When Sean asked her if she was okay with rock climbing, Selma replied, "Alright." But based on her non-verbal cues, she was thinking, "Heck no!" First, her pitch and tone went down to almost a whisper, a sign of extreme fear and anxiety. Second, her body revealed the truth: as she was replying, she shook her head "no."

Additionally, the phrase "alright" is a way to say no. It's the same as "sure," which is not a decisive yes and more of an "I don't know." If you ever say something to your loved ones, and they respond with an "alright" or "sure," they aren't

completely on board with whatever you asked. They might even go back on their word later.

As for Sean and Selma's date night...no kiss? No problem! Ladies, I'm going to share a little secret with you: if you hold back and your man gets mad and calls things off, he's not worth dating. If he really likes you, holding back will actually make him subconsciously try even harder to get what he didn't originally receive. In this case, I know for a fact Sean will give Selma a rose. And boom, I typed it, and it happened. Men want what they can't have. Psychology wins once again.

**Related Link:** [The Bachelor 17, Episode 3: The Good, The Bad and The Ugly](#)

## **Tierra**

Let's talk about the non-verbal cues associated with real and fake tears. During real tears, the inner eye brows will go up towards the forehead; a bulge will be created in the middle of the eyebrows; and the corners of your lips will curl down. Your chin might also dimple. Of course, there are usually tears, and your nose may drip (tears don't only drain through your eyes; they also come from your nose). Additionally, there is a lack of eye contact and a dazed look.

It's easy to fake the bulge in between your eyebrows; it's easy to fake the lowering of your corner lips; and it's easy to fake the chin dimple. It's a bit harder to fake the inner brows rising towards your forehead, and it's really hard to fake tears and a runny nose. It's also really hard to get your eyes to look as they do when you're truly upset. But what is almost impossible to do is all of these actions at once. It takes a ton of practice to get it right, and Tierra just doesn't have that much skill.

So are Tierra's tears real or fake? 100 percent fake. The giveaway is her smirk at the end.

## **Amanda**

Amanda's nail biting may just be a habit, but it's also a sign of anxiety. So when she said that she had done roller derby before, I could easily tell she was lying – even though her words were very confident. One of the main ways to tell if someone is lying is by identifying deviations within his or her story. Similar to Selma, Amanda lied with a deviation between her non-verbal behavior and her verbal communication.

As a side note, I liked that Amanda actually confessed and told the truth about playing the sympathy card.

## **Sarah**

Sarah shrugged when she said she was “so happy.” Shrugging is a non-verbal cue that indicates that you don't mean exactly what you're saying, which is different from lying. If I said that I loved a movie but shrugged, I may have hated the movie, but I could've just liked it as well.

**Related Link:** [The Bachelor 17, Episode 2: Love or Lies?](#)

## **Leslie H.**

Did you notice the tears in her eyes? Sure, she was upset, but it wasn't all sadness. The majority of what she felt was anger. That's right, she had all the signs of being pissed off, including pinching her lips and licking her front teeth. I bet her hands were making fists because she was furious. There was no hiding how she felt.

## **Conclusion**

The information in this article can be used to counter the lies that people tell us everyday. In the game of love, people are very good at making us feel loved or special. Some people, though, try to manipulate our emotions and make us feel how they want us to feel (like Tierra with her fake crying). So remember this as you search for love: it's not about finding

just any guy or girl; it's about finding a quality person who is worthy of your affection. These tips will help you read others and figure out if they truly love you or are just deceiving you.

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## **The Bachelor: Lesley M. Breaks Record for the Show's Longest Kiss**





By Meghan Fitzgerald

We're only three weeks into the current season of *The Bachelor*, and tensions are already high. It seems as if one lucky contestant, Lesley M., made *Bachelor*, Sean Lowe, want more after their initial meeting. Lowe toured Lesley to the Guinness World Records Museum. As the tour approached its end, Chris Harrison popped out of nowhere and explained the point of the date. According to [UsMagazine.com](http://UsMagazine.com), the two love birds would kiss on screen for 3 minutes and 16 seconds. [Huffintgton Post](http://Huffintgton Post) reports that the couple enjoyed a rooftop dinner after.

**How can a kiss help you determine if your partner's 'the one'?**

### **Cupid's Advice:**

It is always challenging to determine if your partner is 'the one' or not, and the kiss you two share is a telling factor. The kiss should emit fireworks! Cupid has some other ways a kiss can help you determine if your partner's 'the one':

**1. Butterflies:** Butterflies are relatively self explanatory. You either feel them, or you don't feel them. The butterflies felt vary from person to person however, if you get the ultimate feeling of flurries in your stomach when you're with your partner, it is easier to determine. Having butterflies

with your partner makes it easier to know that their 'the one.'

**2. You feel "it":** This can also relate to butterflies however, when you kiss, you just know they're 'the one.' You automatically know that your partner is the only one who "gets you." The only person you want to wake up to. The one person you can share everything with. When you kiss, you simply just feel "it."

**3. They lifts up your chin:** Although this may seem like a small gesture, it means a lot. When your partner lifts up your chin to kiss you, it shows that they want to gaze into your eyes. It shows you how much they truly care for you and possibly love you. It shows that they're gentle yet romantic. It shows that they just may be 'the one.'

**How does kissing help you determine how much you like someone? Share your thoughts below.**

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## **The Bachelor 17, Episode 3: The Good, The Bad and The Ugly**





By Jared Sais and Erika

Nitz

*The Bachelor* was action-packed and filled with a lot of underlying emotions that presented themselves nonverbally. No clear winner is coming out of the pack just yet, but let's touch on the the good, the bad and the ugly of last night's episode...

### **The Good**

#### **Lesley M.**

Sean looks at Lesley like she's the eighth Wonder of the World, and they are definitely hitting it off. After all, their first kiss broke the Guinness record for the longest on-camera kiss. It started out cute with both of them blushing and smirking a lot, but it quickly became awkward. Leslie's hand in the middle of his chest seemed to have a slight hint of "pushing away." There was no real emotion, which is to be expected when you have a large audience cheering for you.

Their second kiss made up in emotion what the first one lacked. While rubbing Sean's head (her favorite move), her entire body and legs are fully facing her guy. This girl is falling hard! That second kiss could have easily escalated into something more.

Remember that important things get held close to the body. When Lesley and Sean kissed on the rooftop, she had a tight grasp on Sean but a light grasp on the rose, as it's tilted away from her. This indicates that Lesley's priority is the man and *not* the rose.

On a psychological note, it's worth pointing out that Lesley has a lot of similarities with Emily Maynard, who dumped Sean in season eight of *The Bachelorette*. It will be interesting to see if he picks someone similar to a woman who rejected him in the past.

### **AshLee**

When Sean is truly happy, his veins show above his eyes and on his forehead. If you don't see them, he's putting on a show. During Sean's interaction with AshLee, this was happening constantly, and he can't stop smiling when they're together. What does that mean? It means Sean had a *really* good time with AshLee, and Lesley M. might have some serious competition. No way of telling if AshLee is The One yet, but she is getting a lot of positive non-verbal cues from Sean.

**Related Link:** [Host Chris Harrison Says New 'Bachelor' Sean Lowe Is "So Sincere"](#)

### **The Bad**

#### **Desiree**

Desiree called out Amanda, and a lot was revealed in the fight for the rose. It is clear that having a rose is more important to Amanda than having Sean. In this scenario, however, Desiree is the bad one. Even though she got Sean's last rose, there is something a bit off about Desiree. When talking to Sean, she gives weird looks and has a creepy tone to her voice. Sean, beware! You might want to steer clear...that is unless you like your women a little bit crazy (see Lindsay below).



## The Ugly

### Kacie

Kacie went from golden girl to bottom of the barrel in one conversation. She would have had the upper hand, landing in the top five, if it wasn't for the story she had shared with Sean. When Kacie told him about the drama between Desiree and Amanda, she unknowingly removed her halo and associated herself with the negativity of the other two ladies. In the past, blameless bearers of bad news were forever associated with the messages they reported. The origins of the age old phrase "don't shoot the messenger!" came about because of this negative psychological association.

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### Lindsay

Kacie's unintentional downgrade of herself as well as Desiree and Amanda left Lindsay unscathed. Subsequently, she received the rose on the group date.

Dear, sweet, and slightly crazy Lindsay showed up on the first night in a wedding dress and regularly brings up marriage in conversation. The average person would run for the hills in this scenario, but Sean seems to be sticking around, leaving us to think that he might like his girls a little too close to the deep end.

It's a good thing that *The Bachelor* series allows Sean to have multiple dates. A girl can only hide her true self for a short period of time before cracks start to appear. Between Lindsay, Kacie and Desiree, the plot thickens as true colors begin to emerge.

On a final note, Sean is playing his own psychological game. For example, while AshLee was sharing a deeply emotional story about her adoption with him, he chimed in with a perfectly

timed comment about how he would like to adopt. Additionally, in one moment, we'll hear him say, "I could be falling for her," and in the very next moment, he's kissing a different girl. Sean is toying with these women and showing that the person who's playing the game of *The Bachelor* the best...is the bachelor himself!

*Jared Sais is co-author of the website The Non-Verbal Game along with Passport To Love TV Host Erika Nitz. He is an expert in nonverbal communications, body language and micro-expressions as they relate to life and love. For more information and to download a free PDF of the speech they gave at NYC's Single In Stilettos, visit [www.thenonverbalgame.com](http://www.thenonverbalgame.com).*

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## **The Bachelor 17, Episode 2: Love or Lies?**





By Jared Sais

We can't help but wonder about the girls when watching this (and every) season of [The Bachelor](#). Who is genuinely nice? And who is a wolf in sheep's clothing? Who's in it for love, and who just wants fame? Of course, the biggest question we ask ourselves is: who is Sean's future wife?

So in the spirit of *The Bachelor*, I will give out fives roses to the girls whose body language and non-verbal cues—for better or worse—most captured my attention in last night's episode. Do you know who's falling in love and who's lying to get what she wants?

**Related:** [Sean Lowe Hopes to Find a Wife and Mother on 'The Bachelor'](#)

### **Kristy**

It is quite obvious to viewers that Kristy has an ulterior motive for being on the show. If you haven't caught on to this, maybe this quote will help: "I am getting the rose and books, and we are sailing away."

Don't be fooled by her good looks, charm and natural ability in front of the camera. This girl has one thing on her mind: fame. Let me ask a question: Are you bringing Sean on a ship that is sailing away with you, your book deal and your

rose? You might be saying that she intends for the rose to represent Sean. Why not just say Sean then? When anyone uses an object to represent a person, it's never a good sign. People are not objects, and it's clear that Kristy thinks of Sean as just that: an object.

## **Sarah**

Let's start from the helicopter. There was the obvious non-verbal cue of Sean putting his arm around Sarah's back. As many of you know, that's a sign of sexual attraction. If you're at a bar or a club, you might be victim to this move. As many of you will notice someone attractive, do a walk by and gently place your hand on their back to carefully get by them. What you're actually doing is showing that you're interested.

Sarah plays with her hair a lot, which is something that girls do both out of habit and when they flirt. So, how do I know the difference? When Sarah plays with her hair out of habit, she does it sparingly. When she starts talking to Sean alone, the amount of times that she touches her hair increases. With almost every sentence she says, she's moving her hair away from her face and revealing a very sexy part of her body, her neck.

A big sign that Sarah is genuinely into Sean is a simple facial expression. If you look closely, you might see Sarah's nose wrinkle and eyes widen as she smiles at Sean. If there was no sign of a smile or widening of her eyes and just a solo nose wrinkling, I would say that's more disgust and a big negative. But that's not the case here. Sarah is flirting with him and clearly very interested.

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Though there is a lot more to consider from Sarah's date, I leave you with this idea: Sarah is not as innocent as she is portraying herself to be. Even so, there is definitely some

chemistry between her and Sean. But the girl I focus on next may have more of an edge.

### **Lesley M.**

She said it the best when she said, "Something must have been wrong with my body language." Lesley, you're absolutely right – there were four major reasons why that kiss never took place.

–Lesley never tilted her body fully toward Sean; she only looked at him with the majority of her body still facing the table. This positioning did two things: it blocked her off and made her less approachable, and it also confused Sean and made him second-guess himself.

–The second thing I noticed was a lack of touch. There was never an escalation of touching. They stayed holding hands. However, as Sean looked for definite approval and an "it's okay to kiss me" sign, he never saw it.

–The third thing Lesley did wrong was her hand remained in front of her. This body language is the same as crossing your arms or holding a purse in front of you. She blocked herself off without meaning to do so.

–The fourth thing is there was no obvious sign of flirting. Okay ladies, if you get one thing out of this article, it should be this: guys are not the best at picking up your flirting cues. If you think you are sending out an obvious sign that you like us, chances are we didn't notice it or we convinced ourselves that we're crazy and a pretty girl like you would never flirt with us. So flirt hard until we get the hint.

Now, what did Lesley do right that made her second chance with Sean end with a kiss? Her body was fully facing Sean, and she had more open body language when speaking with him. She made her intentions fully known when she put her hands on his shirt

and went in for the kiss. As they parted ways, Sean reached for her hands. You might have noticed that Sean's thumbs were on top of Lesley's hands, his way of giving thumbs up to her (in this case, two thumbs up).

## **Desiree**

If every week were just like this week, Desiree would be the last woman standing. They could not keep their hands off each other from the moment they stepped out of the limo; the chemistry of these two is through the roof. You can see it and hear it in their voices. But the biggest cue of how much they like each other came from two nonverbal cues and one big verbal statement.

When Desiree and Sean were talking, Desiree did a very flirtatious facial expression: she smiled as her eyes widened and her nose wrinkled (just like Sarah). This positive facial expression indicates a very strong liking for Sean.

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The other nonverbal cue was the pitch and tone of her voice. As they talked more and opened up with each other, Desiree's voice went into whisper and sounded more loving. This shift only happens when you are extremely interested in someone. Also, if someone whispers, you naturally move closer to hear him or her better, a perfect tactic to draw Sean closer for a kiss. Sneaky, isn't it?

Lastly, the most revealing verbal statement was that Sean mentioned multiple times that he wants to be married to someone who can be his best friend. After Desiree talked about her relationship with her family and the connection that her father and mother have with each other, Sean was quick to add that he "is working on making Desiree his best friend."

Plus, Sean already has a nickname for her: Dez. It's

definitely the start of something special for these two!

## **Kacie**

Both seemed to have crushes on each other when they first met. Can this be fate? The attraction is still there, and once again, we get a first hand look at how easy it is to communicate a false impression. Sean left their initial meeting feeling like Kacie was not interested in him, so he thought of her as a friend. The good news is that they talked it out and both revealed that they have feelings for each other.

This relationship marks trouble for Dez, as Kacie already knew Sean and proved to be a good friend. There is a theory that states the more times you see something or someone, the more you will like them. Because Sean knew Kacie before the season started, she already is one step ahead of the rest of the girls.

I think this could turn into the battle of Dez versus Kacie. But it's a long road to love, and something tells me we haven't seen anything yet.

## **Honorable Mentions:**

My roses are gone, but there are two more women that I must mention.

I could write a book about **Tierra**, but let's just focus on this quote: "I feel like this is not a competition. I am not going to let any girl stop me from getting the rose." Fantastic – well, I am glad this isn't a competitive game for you. Now that you have let the world know you're here for the rose, how do you feel about Sean? Notice anything in common with Kristy?

At the end of the show, when Sean didn't give a rose to **Diana**, he said he didn't want to keep her away from her kids if he

didn't see any potential for love. I have a soft spot for single mothers looking for love, so Diana, I would love to find you a genuine man to be with for the rest of your life. I thought you were amazing, and if there are any single mothers out there, you all deserve roses in this world.

I hope I answered some of your questions, but if I didn't, please leave them in the comments below. I shared my top picks for Sean – **who do you hope he gives a rose to next week? Share your thoughts below.**

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## **Sean Lowe Hopes to Find a Wife and Mother on 'The Bachelor'**







By Nic Baird

Season 17 star of *The Bachelor* Sean Lowe is looking for a woman to start his family, [UsMagazine.com](http://UsMagazine.com) reports. Lowe originally tried to woo Emily Maynard on *The Bachelorette*, but now he's hoping to find the future mother of his children. "I want to start a family and just have a house that's full of love and laughter," the 29-year-old Dallas insurance agent said. Lowe enjoys being an uncle to his sisters' kids, but said he can only imagine how much it will intensify when he has his own.

**What are some unconventional ways to find your perfect partner?**

### **Cupid's Advice:**

Some people are waiting to fall in love, but others can't stand idle. If you're on the hunt for the perfect partner, then here are some unconventional tips to make your search more aggressive:

**1. Take risks:** If you have a sudden urge to ask for someone's number you saw in a coffee shop or spoke to on a bus, then do it. The worst that can happen is that they'll say no. Don't get your hopes up, but don't be ashamed for giving it a shot. If you meet someone with the qualities you're looking for,

don't let them slip by.

**2. Go on blind dates:** When you're looking for potential partners, you might have to do some thorough dating to find the perfect candidate. Go on blind dates recommended by friends. It will at least give your search some filtration. You can always sweat the middle-man/woman for details on your date.

**3. Online dating:** There are a lot of quality people looking for love on the internet, and many healthy relationships have grown from the virtual field. You will have the chance to peruse potential dates, as well as weed out the weirder ones, all from the comfort of your home.

**Did you find your partner in an unconventional way? Share your comments below!**

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## Host Chris Harrison Says New 'Bachelor' Sean Lowe Is 'So Sincere'





By Jennifer Ross

As ABC's new *Bachelor*, Sean Lowe is currently shooting their 17<sup>th</sup> Season, host Chris Harrison reports to [UsMagazine.com](http://UsMagazine.com), "Sean's doing great." Last seen on TV just three months ago when Emily Maynard dumped Lowe on the *Bachelorette*, this southern man seems to have moved on and recovered quickly. As to whether Lowe's, 28, love choices will be worth watching, Harrison states, "I think people are really going to like him because he's so sincere. He really is looking for that someone and that makes it fun for everyone... when you get to know the guy, he's very well read, very intelligent, a very smart guy." With the show three-quarters of the way finished in filming, it sounds like this season's *Bachelor* will be a must see for all.

**What are some ways to tell the person you're dating is sincere?**

### **Cupid's Advice:**

Dating has its challenges and the process in choosing the right person can be endlessly frustrating. However, it doesn't have to be this difficult. While you may not be able to measure their sincerity on the first date, there are ways to see if they are genuinely interested in you. For

clues, here are a few things to focus on when meeting up for your next date:

**1. First impressions:** From the moment you meet up with your potential partner, ask yourself, is he/she dressed well? Also, does he/she have social manners? Not dressing well is a sign that he/she is not interested in your opinion. Lacking social manners, such talking too much about themselves rather than getting to know you, is a sign that they are self-absorbed. Both issues state you need to look elsewhere for love.

**2. Open or closed:** When conversing, ask questions about his/her family or personal life. Whether your date is open or closed about the topic says a lot. When your potential mate's personal life and family is a closed subject, he/she is hiding something. Secrets so soon into the relationship only cause obstacles that set you two up for failure.

**3. Listening skills:** Also as important, does your date listen to you speak when discussing your personal life? If he/she focuses more on the environment and/or your physical features rather than your story of losing your favorite dog as a child, you are more than likely wasting your time. Not being able to find interest in listening to you shows that they genuinely are not interested in you.

**What signs does your partner show that says he/she is sincere? Tell us below.**

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**'Bachelor' Winner Courtney**

# Robertson Makes Out with 'Bachelorette' Runner-Up Arie Luyendyk Jr.



By Nicole Weintraub

Rumor has it that Courtney Robertson shared a smooch with Arie Luyendyk just after ending her engagement to Ben Flajnik a week ago, according to [People](#). Robertson ended her engagement to *Bachelor* star Flajnik who confirmed it on Friday, though no details have been shared regarding the split. Regardless, the *Bachelor* winner locked lips with *Bachelorette* runner-up Luyendyk. It seems that Robertson is keeping it within the same franchise. Her former fiancé seemed bewildered regarding the turn of events. Robertson and Luyendyk went out for a dinner date that ended off with a goodnight kiss at the same restaurant that Robertson went to with her former fiancé during her home visit on the television show.

**How long after a broken engagement should you wait before**

**kissing someone else?**

**Cupid's Advice:**

It's difficult trying to recover from a broken engagement, but some recover more quickly than others. So what is the appropriate amount of time before moving on to someone new? Cupid has some advice:

**1. There is no exact timeline:** There is no masterful equation of when the appropriate amount of time is to kiss someone other than your former fiancé/fiancée. Though, there is a courtesy time period. Kissing anyone within two-three weeks is immediate grounds for violation and disrespectful.

**2. Respect your former beau:** You may be ready to live up your newly singlehood, but your partner may still be reeling from the broken engagement. If you are going out and meeting new people, try not to boast about it to mutual friends, to your former beau directly or on the Internet.

**3. Check yourself:** Rebounds are not good for anyone – especially you. Make sure that if you do meet a new person that you are interested in them for the right reasons. Move on when you are ready, not when you are lonely.

**How long did you wait to move on from a broken engagement? How long would you wait? Let us know!**

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**Courtney Robertson Speaks Out**

# About Split with Ben Flajnik



By Jennifer Ross

The two 'Bachelor' Season 16 lovebirds, Ben Flajnik and Courtney Robertson have finally admitted to calling it quits. Courtney removed her engagement ring, and decided to speak out via Twitter. The Bachelor winner had brief and positive words to say regarding their break up, which Flajnik, 28, confirmed on October 5. "Thank you all so much for the kind words and for believing in us," the model tweeted. Her ex-fiancé also tweeted his thanks as well, saying he is "blessed to have amazing friends/fam." Even before the official split, the two had admitted to wanting to take a break before getting married. They had concerns that they may have been moving too fast due to public pressure. It appears that their instincts were correct.

**How do you know when you've done all you can to make a relationship work?**

**Cupid's Advice:**

As odd as it may seem, it is actually possible to find a partner that checks all the boxes on your list but doesn't work in your real-life. Here are some common situations:

**1. The Spark Dies:** The initial infatuation fades and you notice that the love for your partner doesn't continue to grow. You rationalize your initial feelings. After all, everything looks great on paper. If the attraction was once there, you convince yourself it was real. You try and try but your attempts at love end up empty. Love cannot be forced when it simply doesn't exist.

**2. Professional Help Fails:** You used to get along with your partner. You both supported one another and did whatever it took to make each other happy. Somewhere along the way, the bickering began, the stubbornness kicked in and the fighting took over. You tried to solve it on your own, you even went to counseling, but it didn't work. You both realized that two people are sometimes better off alone. It takes a strong couple to let go.

**3. Damage is too Great to Repair:** Throughout the relationship, you both were completely honest with each other-or so you thought. Then, you find out he has been having an affair, doing drugs, or gambling his money away. None of these need to be dealbreakers in the relationship. Perhaps your partner has a problem and needs help. If your partner keeps repeating the same mistakes, that's when it's time to decide if it's better for you to move on to a happier place.

**What steps did you take to make your relationship work? Tell us below.**

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# Courtney Robertson Is Spotted Without Engagement Ring



By Jennifer Ross

Nothing spells a breakup any clearer than when a woman takes off her engagement ring, as is the case with *Bachelor* couple Ben Flajnik and his ex-fiancée Courtney Robertson. This Monday, Robertson, 29, was spotted out wearing workout gear minus an engagement ring just a mere few days after Flajnik, 30, had confirmed to [People](#) that the two had split up. As if this was not enough confirmation, Flajnik then posted online, "Welp, another weekend ahead and there is so much going on in San Francisco. I can't even begin to tell you how crazy of a weekend it's going to be." Will Flajnik be the next second-time Bachelor? Stay tuned.

**How do you know when to call off your engagement?**

**Cupid's Advice:**

Thankfully, most of us do not have to deal with a breakup while being constantly followed by the media. However, this does not make ending an engagement any easier for you. Before you walk down the aisle, here are a few signs leading towards ending your engagement:

**1. Infidelity:** Without a doubt, if someone is cheating in your relationship, this is a major sign that the engagement needs to be called off; at the very least, the wedding needs to be postponed. Infidelity is a usually symptom, and not the cause, that someone is not 100 percent on board with a union between two people. Without full commitment from both parties, your future marriage will not last long.

**2. Too many missing links:** By the time you are engaged, certain fundamental questions should be agreed upon by you and your partner. Where will you two live? How many children will you have? What, if any, religion will the children learn? Who will stay home with them? Not agreeing or compromising to these questions will set your relationship up for future surprises and high risk failure.

**3. Instincts are loud:** If on the outside everything in your relationship seems perfect but your internal instincts are screaming "run," feeding it cookies will not do you any good. Never let a perfect, albeit false, image of your love life prevent you and your partner from having true happiness, even if it's separately. Like all other challenges in life, you will survive a breakup and be stronger for it.

**What made you decide to call off your engagement? Share with us below.**

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# 'Bachelor' Stars Ben Flajnik and Courtney Robertson Call It Quits



By Nic Baird

Ben Flajnik, the *Bachelor* from the show's 16th season, and his final rose recipient, Courtney Robertson, have ended their eleven month relationship, according to [UsMagazine.com](http://UsMagazine.com). The couple explored Baker Beach, San Francisco in August, and Flajnik even commented on Twitter that it'd be an ideal location for their wedding ceremony. The pair seemed in love this summer, despite Flajnik's rumored indiscretions four months after their November 2011 engagement. Before this recent split, the California winemaker's proposal to *Bachelorette* Ashley Herbert was turned down in favor of competitor J.P. Rosenbaum.

**How do you know when it's time to call it quits?**

## **Cupid's Advice:**

It's always good to be optimistic about love. Being in a healthy relationship means fostering a connection, allowing growth, and maintaining trust. Looking for a way out is different than examining the strengths and weaknesses of being together. That being said, recognizing these important fundamentals will save you from picking up the pieces of your heart with the boxes of clothes you left behind:

**1. Friendship:** All relationships are based on the enjoyment you have spending time as a couple. Like any friendship there can be rocky moments and tension. But in spite of this, both parties should still care for each other. This means building a comfortable foundation and finding new ways to spend time together. A relationship includes intimacy, but if it doesn't feel like you're friends than how could you be more?

**2. Future:** Most people enter a relationship with the idea that it could progress further. Unless otherwise stated, it's reasonably assumed that your partner is a candidate for marriage. You're stalling if you've already dismissed this in your head. Your partner's life, may have no room for you. If they're unwilling to ever compromise on solutions to develop your partnership, then remember to prioritize your relationship needs. Decide on an appropriate time to put down the candle.

**3. Trust:** Some broken hearts can't be mended. Second chances are great, but not always realistic. Even with forgiveness, baggage can still tear your relationship apart. Establishing trust is hard, but repairing it is even harder. If there's no hope of trust with this person than don't torture yourself. Confront issues head-on, talk with your partner, and make a final decision.

**What are signs that told you to call it quits? Share your experiences below!**

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# Sean Lowe Signs On As the Next 'Bachelor'



By Jennifer Ross

The decision is out! *ABC* has announced to [People](#) that Sean Lowe will star in the upcoming season of *The Bachelor*. In last season's *The Bachelorette*, the insurance salesman from Dallas only made it to second runner-up when Emily Maynard, 26, cut him from the final three. During his wait for the official decision of the next Bachelor, Lowe was quoted as saying he is "an open-minded optimist" and believes "it would be worth it." Will Lowe find his true love? The next season of *The Bachelor* is already in productions and will air in January 2013.

**What are some unique ways to find love?**

**Cupid's Advice:**

No matter where you turn, love is all around us. Sooner or later, you will want one of your very own. Sometimes the problem may be which area to begin looking. Therefore, when you cannot decide where to start, we can help with a few ideas:

**1. Network:** Networking is not only just for your career anymore. Talk to all your friends and acquaintances, asking them if they know of a single man that could be right for you. Also ask them to ask their friends for help. It is one of the best tools to finding a potential love.

**2. Visit your local hardware store:** Why waste your time searching for men at a club where the men-to-women ratio works against you? Instead, try your local hardware store, computer store, or even a sporting goods store. Make sure to pick a place where the men tend to outnumber the women in order to better your odds.

**3. By train or subway:** Next time you need to go somewhere, opt for taking a subway or train. Many single men travel this way, and it gives you a moment to start up a conversation. Plus, it literally gives you a way out should you not find any good prospects; you can always change cars or get off at the next stop.

**Where did you find love? Was it unusual? Tell us below.**

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## **Will Roberto Martinez Be the Next 'Bachelor'?**



Roberto Martinez won Ali Fedotowsky's heart on *The Bachelorette*, but after calling off their engagement in November 2011, the single stud is not just looking for love, he's looking for money, according to [UsMagazine.com](http://UsMagazine.com). Sources suspect that Martinez is going to be the next bachelor because "the network will give him pretty much anything." The former *Bachelorette* contestant may find himself back at the place he and his ex fell in love, which is something Fedotowsky is "terrified about."

### **What are some ways to cope with your ex moving on?**

#### **Cupid's Advice:**

It can be painful to learn your ex has moved on to someone else, especially if you're still single. However, there are a few things you should think about before you let your ex's progress make you upset:

**1. Don't force yourself to do the same:** If your ex seems to be moving on faster than you expected, don't feel obligated to pursue the first person to feign interest in you if you're not ready. Everyone moves at their own rate, so don't feel

pressured to rush into things.

**2. Surround yourself with friends:** A lot of personal time is essential for healing after a breakup, but if your past lover is moving on, try to be around people that are going to pick you up and keep your mind off it.

**3. Take a trip:** Take some time off from work and go on a road trip. This will give you an opportunity to clear your head and leave room for new adventures and experiences.

**How do you handle an ex moving on? Tell us below.**

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## **Emily Maynard Says Brad Womack's Recent Comments 'Really Hurt'**







The much anticipated, season-eight *Bachelorette* star, Emily Maynard, decided to be the bigger person when responding to her ex, Brad Womack's, recent nasty remarks. He said that "dodged a bullet" when their engagement ended, according to [UsMagazine.com](http://UsMagazine.com). The single mom faced the smack-talk on *Access Hollywood Live* on Wednesday, making a point to avoid confrontation. The 26-year-old told hosts, "At first, my feelings were really hurt, because we left everything very civil and I've never said a bad word about him. But knowing Brad, he didn't mean it that way." Neither half of the former couple have seen one another since filming for the new season of ABC's *The Bachelorette* started, which is probably for the best. Still on her quest for love, Maynard knew better than to fall for the petty 'he said, she said nonsense, showing not only her maturity, but also demonstrating that you can't believe everything you hear.

**How do you deal with a vengeful ex?**

**Cupid's Advice:**

Moving on from a breakup is difficult no matter what terms the relationship ends on. If you find your ex saying mean things that he knows will get your attention, it's usually a sign that he isn't as over you, or the split, as you thought:

**1.No response is the best response:** Don't give your ex the

satisfaction of dropping to his or her level. If your ex is reaching out to you, it's obviously for a reason, so if you want to keep that relationship in the past, don't let them get a rise out of you – which was likely their goal in the first place.

**2. Take it as a compliment:** If a past partner is taking time out of their day to say things about you, it's because you're on that person's mind. Smile that they still care enough about you, as they took time out of their day to vicariously reach out to you.

**3. Use it as fuel:** If your ex is going to say cruel things about or towards you, just remember how much better off you are without that person. You deserve someone who is going to make you happy and your ex's immaturity can be used as a push in the right direction towards the one.

**What are some other ways to deal with a vengeful ex? Share your thoughts below.**

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## **'Bachelor' Star Ben Flajnik Heads to Vegas Without Courtney**





*The Bachelor* star Ben Flajnik didn't seem to have any problems enjoying his stay in Las Vegas without his fiancée Courtney Robertson while on a business trip. According to [People](#), the former bachelor spent one night drinking and talking wine with the patrons of Joe's Stone Crab, and even played wingman for one of his buddies. He spent another night at the *Criss Angel Believe* show enjoying popcorn and cocktails with two of his business partners, and they even got to go backstage and meet Criss Angel after the show.

## **How do you deal with your partner partying without you?**

### **Cupid's Advice:**

Partying without your partner can be a messy business, but it doesn't have to be. Cupid has some tips:

**1. Trust:** First and foremost, you and your partner have to trust each other. You're not going to be around to see how they're acting without you, so you have to have confidence that they will act appropriately. Otherwise, you're going to stress yourself out with unnecessary worrying.

**2. Communication:** Make sure that you don't follow the "out of sight, out of mind" phrase. You both need to be actively trying to communicate with one another, and let them know that

they're in the back of your mind.

**3. Jealousy:** Jealousy is an ugly quality and it can bring out the worst in us. Don't make an unnecessary scene or [cause a fight](#) for no reason or on false accusations because it will throw a wrench into your relationship.

**How do you and your partner handle partying without one another? Share your comments below.**

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## 'Bachelor' Couple Ben Flajnik and Courtney Robertson Step Out for the First Time



It's been over a week since *Bachelor*, Ben Flajnik gave out the final rose and made his big proposal to Courtney Robertson. Since then, they've

finally been able to make their first public outing together as a couple. Flajnik uploaded a picture to Instagram of the two, captioning it "1st pic out in public." They were spotted having dinner with two other guests in the North Beach neighborhood of San Francisco and an onlooker told [UsMagazine.com](http://UsMagazine.com), "She was wearing her ring and they looked cozy." But it took a lot for the couple to get to this point, for only three months after the engagement, Flajnik dumped Robertson and was soon after accused of cheating, being spotted with three females he later referred to as just "old friends." Hopefully that rough patch in their relationship is over, and they are able to move forward with their engagement.

**How do you get your family and friends comfortable with your new relationship?**

#### **Cupid's Advice:**

Starting a new relationship not only affects you, but also the people who care about you. Here are some tips on how to announce your relationship to family and friends:

- 1. Let your family and friends meet them first:** It's probably a lot better if they have already met the person you are starting a new relationship with. If they know them, they most likely know that you like them and it won't be such a surprise.
- 2. Bring your new beau around more:** If you start bringing your boyfriend to family events and out with your friends, it will help build the relationship and make it easier for them to accept the new person in your life.
- 3. Ask for their opinion:** Be open and ask your friends and family what they think about your new romantic interest. It's important to know the opinions of the people you love. After all, they have your best interest in mind.

How did you first tell your family and friends you were in a new relationship? Share your stories below.

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## Rumor: Did 'Bachelor' Ben Flajnik Cheat on Courtney After Their Engagement?



Although they got engaged in Switzerland last November, things have been questionable between *The Bachelor's* Ben Flajnik and Courtney Robertson. In the show's *After the Final Rose* episode, Chris Harrison asked the duo about cheating rumors which have been circulating about Flajnik. Although Flajnik ultimately denied the rumors, according to [UsMagazine.com](http://UsMagazine.com), there's indisputable evidence in the form of three photos catching him in the act. The photos supposedly prove that he's had "more than friend"

relations with at least three women since being engaged to Robertson. One insider says, "Ben did not seem to care who saw him, considering his status on a prime-time reality show about finding true love." Perhaps the truth will come out soon!

**How do you confront your partner about cheating rumors?**

**Cupid's Advice:**

Cheating on a significant other is the ultimate betrayal of trust, so it's important to get the facts before jumping to conclusions. Cupid has some advice:

**1. Approach the situation calmly:** If you're too quick to accuse your partner of cheating, you'll destroy the relationship before hearing what your partner has to say about the allegations. It could very well be some kind of miscommunication, so make sure to get the facts before letting your anger get the best of you.

**2. Drop some hints:** If you're not comfortable simply bringing up the topic, drop some hints that there's something important you need to discuss with your partner. Usually a change in your usual routine will draw some curiosity. That way, he'll be prepared for the serious conversation.

**3. Be prepared:** There's no doubt that cheating is not a pleasant conversation topic. Make sure you're prepared with the points you want to make before going into it, so you can get it all out right away. This way, you can keep the topic to one discussion instead of multiples over time.

**How did you confront your partner about cheating rumors? Share your experiences below.**

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# Ben Flajnik Proposes Marriage on 'The Bachelor'



Ben Flajnik has had quite a season on *The Bachelor*, but he's finally found a forever love in Courtney Robertson. According to [People](#), Flajnik said he was "not sure how this is going to end" before Monday's Finale. But, it ended in heartbreak for other finale contestant, Lindzi Cox. Flajnik and Robertson, however, intend to be happy together after saying "I do" despite the reported cattiness of Robertson on the show. Of the ring, Robertson said, "God, this ring is heavy!"

**How do you know when you're ready for marriage in a relationship?**

**Cupid's Advice:**



Sometimes it can be difficult to decide when to make that big decision to walk down the aisle with the love of your life.

Cupid shares some ways to know if you're ready:

**1. You don't have to talk yourself into it:** If you have to talk you or your partner into the idea of getting married, you're probably not ready. There should be no hesitation from either of you.

**2. Stability:** Are you or your partner financially unstable? You should both have steady jobs so that money doesn't become an issue early on in your happy marriage.

**3. Trust:** Your partner should be honest and open. It's important to make sure of this before taking that big step toward marriage.

**What are some ways you knew that your partner was the one? Share below.**

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# 'The Bachelor' Season 16 Finale: Jesse Csincsak Discuss Ben Flajnik's Decision to Choose Courtney Robertson





By Steven Zangrillo

Matterhorn Madness! It was the ending we saw coming. Courtney Robertson got her ring. America groaned. Life went on.

And so, we've come to the conclusion of the 16th season of The Bachelor. While it would be difficult to attach superlatives like "best" to the rhetorical descriptive of this season, "most weird" would definitely be a fine way to describe it. This season was beyond weird. Aside from the usual batch of girls who didn't quite make the cut, we saw a strange dynamic develop between Ben Flajnik, Courtney Robertson and Lindzi Cox. You would imagine that, at first glance, Lindzi would be the runaway favorite. A girl like Courtney, who chafes and bothers everyone she's in the same room with, shouldn't have made the cut. Lindzi is a self-made, sharp, talented professional who sustains and supports herself. However, Courtney is, ahem, a skinny dipping model. Unfortunately, for America that's what Ben seemed to be looking for in a wife. Lindzi was sent packing. Ben worried that the feelings "wouldn't last a lifetime." These are the ebbs and flows of The Bachelor. Below, Jesse gives his take on Ben's big decision and whether he flubbed it, or not.

**1. Ben's sister Julie acted as if it would take a lot for her**

**to like Courtney. Were you surprised with how quickly she changed her mind?**

**Jesse:** Nope! She drank the Courtney Kool-Aid. Plus, the producers could have told her what to say and how to act. They probably edited it in a way to make us see it that way.

**2. Did Ben look stiff and awkward to you while Lindzi was opening up and being vulnerable to him on their date?**

**Jesse:** Ben always looks a bit stiff to me but, yes he seemed awkward. Listen up ladies... if you tell a guy *numerous* times that you love him and he doesn't say it back... it's *game over*.

**Related:** [Courtney Robertson Says She Tried Hard To Be Nice to the Other Women](#)

**3. Was there any time during the episode that you thought maybe, just maybe the whole thing would be twisted and Ben would choose Lindzi over Courtney?**

**Jesse:** Nope. People love to hate. Choosing Courtney meant ratings. Mike Fleiss loves that!

**4. Any advice for Lindzi given that she was rejected on National television?**

**Jesse:** Keep on keepin, girl. You're the whole package. You'll be *just* fine.

**Related:** [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

**5. When Ben was preparing to propose to Courtney, he said "but." What was your reaction?**

**Jesse:** Just a production adlib. They made him include that in his proposal.

**6. After watching The Final Rose, have your feelings about Courtney changed?**

**Jesse:** I still don't believe her, but I think Mike Fleiss and his production team have sold out Ben for ratings.

**Related:** [The Bachelor Season 16: Ann and Jesse Csincsak Discuss Hometown Dates and One Big Faux Wedding](#)

**7. Do you think that Ben should have been there by Courtney's side throughout the media backlash?**

**Jesse:** Of course. If you chose her you should defend her, bro. Stick by what you do!

**8. Any predictions for this couple?**

**Jesse:** Best of luck!

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# Chris Harrison Invites Tim Tebow to Be the Next 'Bachelor'





If the highly publicized dinner date with singer Taylor Swift comes to fruition as merely a friendship, Denver Broncos quarterback Tim Tebow may have 25 hopeful women vying to win his heart instead. The NFL star has been approached to be the next *Bachelor*, host Chris Harrison revealed on *Access Hollywood Live* Monday, according to [People](#). Although Harrison apparently joked stating Tebow has already agreed to do the gig, Tebow hasn't confirmed whether or not he will sign up to pass out roses instead of passing pigskins.

**How do you pick and choose a mate when there are a lot of options?**

### **Cupid's Advice:**

Having a variety of options to choose from is rarely a bad thing, except maybe when you're choosing your significant other. Whether you're looking for your lifelong partner or wanting to take things slow, choosing can be difficult. Cupid has some advice:

**1. Figure out similarities:** This is probably one of the most important factors to determine when looking for a mate. Of course you would want to spend a lot of your time with a person who has similar interests with you; so select someone who enjoys watching *Star Wars* movies just as much as you do.

**2. Consider attraction:** Granted, looks aren't *everything*, but you definitely have to be attracted to your potential partner. While she or he may not be dubbed as *Maxim's* 'hottest person of the year,' as long as they look good to you, then that should be all that matters.

**3. Introduce to your loved ones:** While your partner may be the most gorgeous person your eyes have witnessed, if they don't get along with those closest to you, that may create an issue for you and your relationship, resulting in an uncomfortable situation.

**What are some things you consider before dating someone? Share your preferred qualities below.**

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## **'The Bachelor' Contestant Nicki Says She's Still Not Over Ben Flajnik**





Nicki Sterling saddled back to Texas after falling in love and spending the night in the fantasy suite with *The Bachelor's* Ben Flajnik. The former contestant told [People](#) she was blindsided when she didn't get a rose, but believed it boiled down to him having stronger feelings for the other two women. "Hearing him refer to me as the "dark horse" lets me know he enjoyed my company in the beginning, but didn't have a strong connection until the end.

I probably had stronger feelings for him sooner than he had for me," Sterling said. While she admits that she's still in process of getting over everything [from the show], Sterling is at a good point in her life and is in no rush to start dating again. "It's hard to fall for somebody that doesn't fall back. The idea of dating hasn't crossed my mind since I left Switzerland," Sterling said. "I'm going to take a while to put myself out there 100 percent like on the show. I'm confident it will happen. I'm just not in any hurry."

**What are some ways to move on after heartbreak?**

### **Cupid's Advice:**

It's hard to move on after splitting with your lover, but it's not impossible. Here are some ways to help repair your damaged heart:

**1. Spend time with your family and friends:** One of the many

benefits of having [family](#) and close friends is they're always there for you when you need them. Instead of being by your lonesome, desperately waiting for that phone call from your ex, have fun with your circle.

**2. Pick up a hobby:** Find things that you enjoy doing to get your mind off of your tainted love. Join a yoga or fitness class to relax. Plus, it'll give you the opportunity to meet new people.

**3. Focus on yourself:** It's so easy to lose sight of the plans you made for yourself, especially when you're going through a breakup. However, now is the time to reevaluate yourself, go after your goals and put yourself in the spotlight.

**How did you move on after heartbreak? Share your comments below.**

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## **'The Bachelor' Winner Courtney Says She Tried Hard to be Nice to the Other Women**







On last Monday's all new episode of *The Bachelor*, Courtney Robertson realized that Ben Flajnik was having his doubts about her because of the way she's been acting with the other girls. Robertson was quick to pull Flajnik for some one-on-one time in Switzerland to explain herself. In high hopes of gaining his full trust back, she desperately told him, "I'd say something and they'd jump on me. I had my guard up." Little does Flajnik know, there's a lot more she said to her cast members that he wouldn't be so happy about.

**What do you do if you don't get along with your partner's friends?**

### **Cupid's Advice:**

There are times where you just can't get along with your partner's friends, but they have a problem with that. Not sure how to fix this problem? Here are some tips:

**1. Give it another shot:** Maybe there are certain friends of your significant other's who you don't get along with, but there has to be someone you can manage to have a conversation with. Try not to be close-minded, and try giving his or her friends another chance.

**2. Bring a friend with you:** Whenever you both go out with a

bunch of friends, bring yours along, too. It's much easier to loosen up and be cool when you have your best friends along with you.

**3. Have them over your place:** If you all get together at your place, you'll feel comfortable and there will be less tension. Also, since it is your pad, their friends will most likely be extra nice to you.

**Do you get along with your partner's friends? Share your experiences below.**