

Celebrity News: 'Bachelorette' Alum Ali Fedotowsky Says Dating Roberto Was Her 'Most Successful Relationship'



By [Delaney Gilbride](#)

In [celebrity news](#), ABC's former *Bachelorette* Ali Fedotowsky reflects on her past relationship with Roberto Martinez, claiming it was "the most successful relationship" of her life. According to [UsMagazine.com](#), the 32 year-old *Bachelorette* alum talked about her time on the show's sixth season during her new relationship-TV talk show *Love*

Buzz, that aired this past Valentine's Day. Martinez earned Fedotowsky's final rose back in 2010, but the [celebrity relationship](#) did not last very long as the couple called off their engagement in November 2011. Now engaged to Kevin Manno, the father of her baby girl, Molly, Fedotowsky claimed her engagement to Martinez was the most successful relationship of her life because she learned so much about herself. On the premiere of *Love Buzz*, Fedotowsky said that "the real failure is, and the real sad thing, would be to stay with someone you're not meant for."

In [latest celebrity news](#), Ali is reflecting on her past relationship with Roberto Martinez. What are some positive things that can come from dating and then breaking up with someone?

Cupid's Advice:

It seems that even after a [celebrity couple](#) splits, the two still manage to get back on their feet. No matter how devastating it may be for them (and us), how do they still manage to come out of the break-up strong? Cupid's here to help you find the positives in a failed relationship:

1. You'll realize there was a reason *why* you broke-up in the first place: During a break-up, your emotions may have been getting in the way of your logical thinking. While focusing on what could still work in the relationship, you most likely ignored what *wasn't* working. Following your break-up you'll realize why this person wasn't truly meant to be and that there was a reason the relationship didn't work.

Related Link: [Celebrity News: First Black 'Bachelorette' Rachel Lindsay Hopes People 'Rally Behind' Her](#)

2. You'll feel free: No happy relationship ends in a break-up. Once the relationship ends, you'll most likely feel a heavy burden lift off your shoulders. When you realize just how miserable you could be if you were still with that person, a sense of relief is bound to overcome you.

Related Link: [Celebrity News: Did 'Bachelor' Alum Amanda Stanton Just Call Out Ex Josh Murray on Twitter?](#)

3. You'll learn what doesn't kill you *really* does makes you stronger: Nobody said break-ups were easy; but time truly does heal all wounds. You'll come to realize that the failed relationship was a lesson learned and you'll now know what works for you and what doesn't. A break-up isn't the end for you, it's simply a new beginning.

Did you just go through a tough break-up? Comment below with some positive outcomes from your past relationship!

Product Review: Listen To Your Baby's Heartbeat On Repeat With "My Baby's Heartbeat Bear"





This post is sponsored by "My Baby's Heartbeat Bear"

By [Nicole Caico](#)

Hearing your baby's heartbeat on an ultrasound is one of the most precious sounds in the world. Most expectant moms would listen to their baby's heartbeat over and over again if it were possible. Well, now it is! Former *Bachelorette* star turned celebrity mom, Ali Fedotowsky gave us the [celebrity news](#) about a product called [My Baby's Heartbeat Bear](#) on her blog [AliLuvs.com](#).

Listen To Your Baby's Heartbeat Forever With 'My Baby's Heartbeat Bear'

The former reality TV star is in her last month of pregnancy and mentioned the "My Baby's Heartbeat Bear" as a must-have item for her nursery. Here's how it works. Expectant moms can choose a Heartbeat Buddy in the shape of a giraffe, teddy

bear, hippo, elephant, monkey, lamb and much more. With all of the options offered, there is a Heartbeat Buddy to match every nursery. You can even coordinate the color of the stuffed animal for gender reveals.

Each stuffed animal comes with a heart shaped recorder that can be taken to an ultrasound appointment in order to record the sound of the baby's heartbeat. Once the sound is captured, the recorder is placed inside the stuffed animal, which is then tied and velcroed shut. From that point on, anytime Mom wants to hear the sound of her baby's heartbeat, she can squeeze her Heartbeat Buddy and feel the excitement all over again, and again, and again.

If you're expecting, now is the time to look into buying "My Baby's Heartbeat Bear".

GIVEAWAY ALERT: One lucky reader will now have the chance to win a My Baby's Heartbeat Bear by entering our giveaway! The bears are going fast. To enter, complete the form on our Contact Page. Pick "Giveaways" in the drop-down menu and include your name and address as well as "My Baby's Heartbeat Bear" in the message field. Our giveaway ends at 5 p.m. on August 8.

Ali Fedotowsky Tells Us How to "Attract More Love and Happiness" Into Our Lives



By Kristin Mattern

Ali Fedotowsky is no stranger to ABC's *The Bachelor* and *The Bachelorette*. She was a contestant vying for Jake Pavelka's affection in season 14 of *The Bachelor* and later starred on season 6 of *The Bachelorette*. Well-versed in love, relationships and reality television, Fedotowsky is now putting her dating and media expertise to work on a new blog for *E!* about the popular dating competition show. Additionally, she has continued her foray into the world of the small screen as the host of *1st Look*, the Emmy Award-winning travel show from NBC. In an exclusive interview, this adorable TV personality opens up about the current season of *The Bachelorette*, moving on after heartbreak and her happy relationship with Kevin Manno, host of *Abby's Ultimate Dance Competition*.

The bubbly blonde has a unique point of view to share with

readers of her *E!* blog. "I kind of feel like my time as the bachelorette was a lifetime ago, so I don't have any emotional connection to the show," she explains, "but I do enjoy watching with my girlfriends. And I definitely have a different perspective on what it's like for Desiree. I know firsthand that it's not easy!" Fedotowsky remembers her time on the reality series as one the most stressful and emotional times of her life but says that being a contestant on *The Bachelor* was "just fun!" She enjoyed her time hanging out with the girls and talking about boys. The big life lesson she learned from her experience on the shows is to be honest with yourself: "I don't think it changed the way I date. It just made me trust my instincts more."

Related Link: [Bachelorette 9, Episode 7: Confession in Madeira](#)

Given their similar circumstances, Fedotowsky has become friends with the current bachelorette, Desiree Hartsock. The two hit it off while filming a special that will air during tonight's *Men Tell All* episode. "Desiree is as sweet and down to earth in person as she is on the show. I really have nothing but wonderful things to say about her," the television personality remarks. Wondering if they shared secrets about the end of this season? "When we hung out, I told her to please *not* tell me anything. I didn't want her to think I would try to pressure her for those details. I'm there as a friend, not to interrogate her!" However, Fedotowsky did tell us that she is rooting for Chris but that she "will be happy with whoever she [Desiree] picks because she's happy! She'll pick the guy she falls for; that's not for me to judge."

Fedotowsky is no stranger to love and heartbreak. She was lucky enough to find her happy ending on *The Bachelorette* with Roberto Martinez, but the couple called it quits after an 18-month engagement. When it comes to moving forward after a broken heart, she suggests staying as busy possible. With this thought in mind, she's thankful for her role as host of the travel show *1st Look*. "It was good timing for me since I was

in a transitional period of my life.” Of course, this adventure-filled opportunity doesn’t come along for everyone. “Volunteer,” she advises. “I’ve done that in the past, and it not only keeps you busy but makes you feel good.”

Related Link: [Lessons from Justin and Selena: Should You Get Back with Your Ex?](#)

It’s no secret that the Los Angeles native has jumped back into the dating scene. She confirmed her relationship with Manno in April, and the pair was recently spotted celebrating his 30th birthday in Nuevo Vallarta, Mexico. When they’re not soaking up the sun south of the border, the twosome enjoys playing “darts or any sort of game, like Bingo or bowling.”

And for those of you just dipping your toes into the water after a split, the starlet shares this sage wisdom: “Get out there and do what makes you happy! I really feel that, when you show everyone that you love and respect yourself, you attract more [love](#) and happiness into your life.”

Be sure to tune in for tonight’s Men Tell All episode on ABC at 8/7 pm c. To learn more about Fedotowsky, you can connect with her on [facebook.com/MissAliElaine](#) or Twitter [@AliFedotowsky](#). You can also check out her blog for E! and her travel show, 1st Look.

‘Bachelorette’ Star Roberto Martinez Has No Interest in

Being the 'Bachelor'



Rumors were swirling in Hollywood last week that Roberto Martinez, a former contestant on *The Bachelorette* and ex-fiancé of Ali Fedotowsky, would be the next star of *The Bachelor*. "That's far from the truth!" a source confirms to [Us Weekly](#). "They are asking him to be the next bachelor, but he has no interest as of right now." Martinez was engaged to Fedotowsky for 18 months until they called off the wedding in November of 2011.

When is it time to put yourself out there after a difficult breakup?

Cupid's Advice:

Breaking up after a serious relationship requires enough time

to heal before getting out there again. Here are some ways to know when it's time to give dating another shot:

1. You feel confident in yourself: Having someone break up with you can be a huge blow to your self-esteem. Don't try to find another partner when you're lying in bed all day eating ice cream. Get back into your normal routine, hang out with your friends, eat healthy and exercise. Once you've taken care of yourself and feel good again, you'll carry around a more positive energy. That will help you feel more comfortable dating.

2. You feel positive about the future: After a hard breakup, it can seem like the days drag by and there isn't much to be excited about. Once you're able to accept and learn from your past and realize all the potential the world still holds, give dating another try.

3. You've left your ex alone: Whether your breakup was civil or not, it's important to leave your ex in past for your own sake. In order to truly move on, you need to feel comfortable putting them out of your thoughts and not contacting them. This way, you will be totally open to any opportunities that come your way.

How did you know when it was time to try dating again? Share your story below!

Ali Fedotowsky Explains Why She Left Roberto Martinez



By now you've heard that another *Bachelorette* and her fiancé have called it quits. That couple, of course, is Ali Fedotowsky and Roberto Martinez. Although Fedotowsky was seemingly ready to wed right after the show aired, after an 18-month engagement and three postponements, it all finally ended on November 21. The former bride-to-be had this to say to [People](#): "I wouldn't be being truthful if I said this came out of nowhere, we definitely had been having problems. But I had always believed that we could work it out." The duo tried to make the relationship last, even throughout their arguments. "We both realized we were unhappy more than we were happy, and we both deserved more."

How do you know when you're unhappy more than happy in a relationship?

Cupid's Advice:

It doesn't take a scientist to tell us that relationships are hard work, but how do you know when the work and unhappiness outweigh the good times? Cupid has some tips:

1. Bickering and fighting: This is a tell tale sign that a relationship just isn't working. It's okay to have a few fights here and there (it can even be healthy), but if you're bickering over tiny things all the time, it's safe to assume something is wrong.

2. Not spending time together: When you're in a healthy, loving relationship you should be spending a fair amount of time together. If you routinely try to avoid one another, it may be time to re-evaluate.

3. Your relationship is stagnant: If it feels like you're at a stand still in your relationship, take a closer look. You may be dealing with thoughts that there's no point to your relationship or you can't deal with the constant arguing anymore. If you come to the conclusion that you both want more and that can't happen together, then it's time to call it quits.

How do you know when unhappiness in a relationship outweighs happiness? Share your thoughts below.

Ali Fedotowsky and Roberto Martinez Call Off Wedding





Sadly, Ali Fedotowsky and Roberto Martinez have called off their engagement. The couple, who met on *The Bachelorette* decided on a long engagement, which ultimately did not work out for the pair, according to [The Huffington Post](#). The duo was supposed to get married this year, but Fedotowsky was recovering from knee surgery and had to postpone the wedding. They ended up calling off the wedding three times before the relationship ended. In August, Fedotowsky told *People* magazine, "In my mind, Roberto is my husband. We live together; we do everything together; we plan for the future together; we fight just like a good old married couple." It looks like it's another case of love lost in *The Bachelor* community.

How do you know when it's time to call off your engagement?

Cupid's Advice:

Ending an engagement is one of the hardest things for a couple to do. Marriage is a big step, and it's not meant to be taken lightly. If you're feeling unsure about saying those vows, proceed with caution. Cupid has some tips:

1. Take a step back: A break from one another can give you a new perspective. You might end up appreciating each other much more, and realize that you are meant to be together. It could also go the other way, and you'll realize you are much better apart.

2. Assess the situation: If it feels like you're just not on the same page anymore and your partner is headed in one direction while you are going the other way, it may be time to call it quits. Unless you can somehow focus and anchor your relationship, there's no point in staying in it.

3. Nothing is the same: Maybe you and your partner have just outgrown one another. This happens frequently, and as heartbreaking as it may be, don't stay in a relationship that you know won't work anymore.

How did you know when it was time to call off your engagement? Share your experiences below.

The Reason 'Bachelorette' Ali Fedotowsky Delayed Her Nuptials to Roberto Martinez





Ali Fedotowsky is happy with her recent decision to delay her wedding to Roberto Martinez. According to UsMagazine.com, the couple was engaged in May of 2010 and one of the main reasons for putting off the nuptials was that her knee surgery in July, which made Fedotowsky unable to hit the gym. She wants to get in some good gym time before the big day ... and she'd also like to walk (instead of hobble) down the aisle. Though the couple aren't in a rush to get married, there could perhaps be a wedding next summer.

What are some good reasons to put off your wedding for the time being?

Cupid's Advice:

In our society, people often feel pressured to get married quickly, but that isn't always the best course of action. Here are some good reasons to postpone your wedding:

1. You're not ready: If you're really having doubts that go beyond cold feet, it's okay to wait to get married. Being absolutely sure is the most important thing.

2. The kids: If you have young children that don't fully understand what is going on and what the changes in your life mean for them, you might want to wait a little longer.

3. Money issues: If you find that you can't afford your original plans, which is very common in this economy, take a step back and regroup.

What are some other reasons to put off a wedding? Share your thoughts below.

Ali Fedotowsky Postpones Wedding Due to Femur Injury





One of the few successful couples from ABC's *Bachelor/Bachelorette* franchise have canceled their wedding – but fortunately, not for good. Former *Bachelorette* Ali Fedotowsky and the man she picked, Roberto Martinez, had to postpone saying “I do” because Fedotowsky is still recovering from a femur injury. “We had a date set, and that date has now passed,” the reality star, 26, told [People](#). “The decision to postpone [the wedding] was very difficult. I definitely shed some tears. ” Fedotowsky underwent surgery in July and said that they decided to defer walking down the aisle until she could actually, well, walk. “I don’t want to limp down the aisle,” she said.

What are some ways to decide when to have your wedding?

Cupid's Advice:

It seems like setting a date for your wedding should be the easy part, but sometimes unexpected factors get in the way.

Cupid has some tips on how to decide when to say “I do”:

1. Seasons: Love the heat? Or are you a winter weather fan?

Lots of couples want their wedding to be in a certain season, so deciding on having a spring wedding, for example, should help you narrow down the date.

2. Family: If you really want your grandmother to be at your wedding, but she can only travel in the summer, you may want to plan your wedding around her (or other family or friends') availability.

3. Planning: When you're planning a huge wedding, you may need up to a year to plan everything. Think about how much time you need to prepare and set the date accordingly.

Are there any other factors to consider when setting the date?
Share your comments below.

'Bachelorette' Stars Ali Fedotowsky and Roberto Martinez Celebrate One Year Engaged





The fire is still burning for *The Bachelorette*'s Ali Fedotowsky and fiancé Roberto Martinez. The couple spent their one year engagement anniversary last week reliving some of their special moments from the reality show that brought them together. They traveled to the island of Bora Bora, where Martinez proposed to Fedotowsky on the finale of *The Bachelorette*. Fedotowsky was thrilled with how they spent their one year engagement. "We made it to the one year mark!" she told [People](#). "The engagement took place last year on May 8th, and when Roberto proposed it was so beautiful. It was great to go back and reflect on the year because it was very special."

How do you make your first anniversary extra special?

Cupid's Advice

The first anniversary is one of the most important to get right. Cupid has some advice on how to make yours extra special:

1. Re-live your honeymoon or proposal: Why not take a cue from

Ali and Roberto and revisit your honeymoon destination or even the place that he popped the question? It's romantic and brings back lovely memories.

2. Plan a special vacation: The perfect way to make your first anniversary special is to take a trip to a new place the two of you have been dying to go to and share in some new experiences.

3. Have a romantic night: If you don't feel like traveling for your one-year anniversary, indulge in a romantic dinner, come home and go through your home videos and photos from the year you've shared together and reminisce.

How did you make your first anniversary extra special? Share your experiences below.

Roberto Martinez Says Ali Fedotowsky Is Not a Bridezilla





Bachelorette couple Ali Fedotowsky and Roberto Martinez can't wait to tie the knot. However, according to [People](#), they have yet to announce their wedding date to the public. Lucky for the groom-to-be, the former reality star is no wedding diva. "She's not a bridezilla, thank god," Martinez said. "I'd be scared to death if she was, but no, she's awesome." It looks like the world of reality TV can count on one less bridezilla.

How do you know if your partner is a bridezilla?

Cupid's Advice:

Even the nicest of your friends can turn into a bridezilla when it comes to his or her big day. Here are the signs to look for to see if you have a bridezilla on your hands:

1. Most of the people attending the wedding are bridesmaids: A true bridezilla will start bulking up the troops ASAP. If you're in a wedding where there are 25+ bridesmaids, chances are you're dealing with a bridezilla.

2. The bride begins to speak like a drill sergeant: If the bride is starting to sound more like a general than a blushing

bride, she is probably a little too wedding-obsessed.

3. The tears at the wedding aren't tears of joy: Many friendships have died as a result of wedding drama. Don't let your partner's need for a perfect wedding day go too far.

Have you ever had to confront a bridezilla? Tell us your story by commenting on this post or tweeting [@CupidsPulse](#).

'The Bachelorette' Star Ali Fedotowsky and Roberto Martinez to Wed in 2011





When it comes to Ali Fedotowsky and Roberto Martinez's relationship, what *Bachelorette* host Chris Harrison loves the most, "is that they're living their lives." According to *People*, Fedotowsky recently began a gig as a correspondent for the local Fox station in San Diego. Her groom-to-be has opened a new office for his insurance business as well.

Friend and former *Bachelorette* bachelor Kiptyn Locke suggested, "It's important to be away for a while and get to know each other so then when you go do those things, it's all real." With things going so well, it doesn't seem that a 2011 wedding will surprise anyone.

What should you know about your partner before getting married?

Cupid's Advice:

While you might feel that you know everything there is to know about your partner, it doesn't hurt to ask a few additional questions. Cupid's got three topics to discuss before tying the knot:

1. Skeletons in the closet: Nicole Kidman had to deal with Keith Urban's addictions early on in their marriage. Having a past isn't something to be ashamed of, so ask your partner to be honest with you.

2. Finances: While commercials for freecreditscore.com might sing about extreme financial sorrows, they aren't kidding! No one enjoys talking about their financial situation, but rather than let this become an obstacle after you've walked down the aisle, get it over with now.

3. Home sweet home: If you or your partner are currently living separately, discuss where you plan to live after getting married. Jobs, family and the economy can affect possible locations your partner will consider living.

'The Bachelorette' Couple Ali Fedotowsky and Roberto Martinez Make Holiday Plans





Engaged *Bachelorette* couple Ali Fedotowsky and Roberto Martinez aren't sure of their holiday schedule yet, because "scheduling is difficult," says Fedotowsky. One thing that is for sure, however, is that the blonde *Bachelorette* wants a yellow beach cruiser and Christian Louboutin shoes "really bad" for Christmas, according to [Us Weekly](#). Unfortunately, there's one issue with her wish list. Martinez says, "I don't know what they look like!"

How do you resolve holiday scheduling conflicts with your partner?

Cupid's Advice:

Once you bring a partner into the picture, it can be tough to make everyone in your family happy over the holidays. Cupid has a few suggestions:

1. Prioritize: Take time to discuss what's important to both you and your partner. Make sure to at least satisfy number one on each of your lists.

2. Consider your family situation: If one side of your family

has 15 people getting together for the holidays and the other side only has five, go by the numbers. Go where your presence will be most appreciated.

3. Compromise: If you and your partner's families live close to one another, split up your time. Spend Christmas Eve with one family and Christmas Day with the other. If they live far apart, switch off by year instead.

Ali Fedotowsky and Roberto Martinez Slow It Down



After finding love on the reality TV hit, *The Bachelorette*,

Ali Fedotowsky and Roberto Martinez announced that they planned to elope. Though still head over heels for one another, the happy couple has decided not to tie the knot immediately. As Fedotowsky recently told [People](#), “Nothing has changed – we’re still just as happy as we were when we were finished [with the show]; we were so excited. We were like, ‘Oh, we’re going to get married right away.’ But if you’re rushing because you’re in love, why rush? [Just] wait. You’re going to get married anyway. We’re both sort of enjoying life.” The soon-to-be newlyweds have moved to San Diego together and are considering wedding venues on the west coast. **Why is it important to take things slow?**

Cupid’s Advice:

Taking things slow or slowing things down doesn’t mean you are any less in love. Couples who mutually decide to jog to the alter instead of running there are simply doing what they feel is best for them:

- 1. Only fools rush in:** Just because you’re in love doesn’t mean you have to walk down the aisle tomorrow. Take the time to enjoy each other’s company and plan your dream wedding. This moment should only happen once.
- 2. You know best when the time is right:** Your gut feeling is almost always correct. If the only rationale you have for taking it slow is that making the next move doesn’t feel right, trust yourself. There’s probably a reason you’re internally hesitating.
- 3. Love knows no schedule:** Don’t let anyone tell you or your partner that it’s time to get married or move in together. There are no deadlines when it comes to love.

'Bachelorette' Star Ali Fedotowsky Ignores Rumors



Former Bachelorette Ali Fedotowsky is glad to have fiancé Roberto Martinez by her side. [E! Online](#) reports that Fedotowsky “[doesn’t] pay attention to” rumors pertaining to past partying and racy photographs. Swirling rumors have bothered the blonde bachelorette in the past, but with a new attitude (and a new support system), Fedotowsky finds it easy to keep her head held high. Fedotowsky reveals that her new fiancé is extremely supportive and “always says, ‘Who cares, babe? It’s just us. It’s just about us. None of that stuff matters.’” Fedotowsky says she counts herself “lucky to have

a man like that to give me balance and keep me focused on what's important." **How can you help your partner deal with a stressful problem?**

Cupid's Advice:

1. Be a good listener: If your partner is having a problem at work or with friends, chances are they're going to want to vent. It is important to sit quietly and listen carefully to their worries. When they are done venting and you fully understand their insecurities about the problem at hand, offer your input.

2. Don't be overbearing: When a loved one is stressed, it's natural to want to help as much as possible. You can give them advice and offer your point of view, but you have to be careful. This is their problem and their decision, and you have to respect their opinion, even if you don't agree with it.

3. Honesty: When you must intervene in your partners decision-making process, you have to be supportive, polite, and honest. Gently remind them to consider all of their options before making a decision. Your honesty will help your partner resolve their problem effectively and without any resentment.

'The Bachelorette' & Her Fiancé Step Out in Style!



Bachelorette Ali Fedotowsky and fiancé Roberto Martinez were officially able to step out as a couple, [E! News](#) reported Tuesday. The two had to keep their romance under wraps after the show finished filming to keep the ending a secret before the finale aired Monday night on ABC. Cupid sends his congratulations to the happy couple!

What are ways to celebrate your engagement?

Cupid's Advice:

When Fedotowsky and Martinez were finally able to reveal the news, they did so in style. There are all kinds of ways to let friends and family know you're engaged. Let Cupid help:

1. Family style: For couple's who have tight-knit families, a simple dinner for both sides might be enough of a party to start things off. Have them over to one of your homes and make it a personal affair for everyone who matters most.

2. Night on the town: You could go the surprise route and invite all your friends for a night out. Don't mention the engagement, and see who notices the ring first. At that point, drinks all around will be a no-brainer!

3. Party time: To keep everyone happy, throw a large celebration for everyone in your life – the more the merrier!

'Bachelorette' Ali Fedotowsky Engaged to Roberto Martinez!



This season's *Bachelorette* ended with an unconventional bang! Ali Fedotowsky chose to not have her second last date with

Chris Lambdton, and instead, sent him home early on Monday's finale. It turns out that Roberto Martinez had already won Fedotowsky's heart, [E! Online](#) reported Monday, despite rumors that she hadn't chosen anyone, as Ryan Seacrest predicted in his podcast earlier that day. Other unexpected surprises of this season included Frank Neuschaefer's early departure to return to his ex on the July 19 episode. Cupid wishes reality TV's newest couple luck!

How do you know if the one you love is Mr. or Mrs. Right?

Cupid's Advice:

Reality TV sometimes gets a bad rap for being predictable, or staged. However, this season's *Bachelorette* got to the heart of everyone's true feelings, whether it was Frank leaving the show early, or Ali already knowing who the right man for her was. Cupid wants to help, and has some ways to help *you* decide if you've found the perfect mate:

- 1. It's all about honesty:** Infatuation can disguise itself as love by providing the surface feelings of the real deal. In order to be sure, dig into your heart and see how far down your lover is before making a lasting commitment.
 - 2. Let's talk about love:** In order to determine true love, don't just trust your gut. Talk it out together, and make sure you're both on the same page.
 - 3. Step back:** If you need to know if your feelings are what they seem, take a solo trip away from your partner for a week or two, and avoid or limit contact as much as possible. If true feelings are there, your love will remain when you return.
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Frank Dumps 'Bachelorette' Ali Fedotowsky for Ex-Girlfriend



This week on ABC's *The Bachelorette*, Ali Fedotowsky found herself dumped by Frank Neuschaefer, one of the final three bachelors competing for her heart and hand in marriage, reported NJ.com. Prior to the show's trip to Tahiti, Neuschaefer stopped off in Chicago to visit Nicole, his ex-girlfriend, one last time. The moment he saw her, old feelings rushed back, and he realized he was still in love with her. Neuschaefer told Ali what happened, saying, "The second I saw her, all the old feelings kinda came rushing back. Ali, I'm sorry."

What do you do if *you* think you still have feelings for an

ex?"

Cupid's Advice:

Love can be complicated and unrelenting. If you find yourself between a current love and a former flame, read Cupid's ways on how to choose between the two:

1. Weigh your feelings: Being in love with two people causes a lot of emotion that can cloud your instincts. Take a moment and write down your feelings for each, and then read through the list. Sometimes, the answer will be right in front of you.

2. Physical vs. emotional: Picture yourself with each of them separately, and figure out what draws you to them. You might find that while the physical attraction fades, the one you truly love will remain in your heart.

3. Talk to others that know you: If you still can't make up your mind about who you should be with, phone a friend and ask their opinion of your relationship with each. Do they see you as happy? Stressed? Bored? When you're with the one you truly love, you'll find positive attributes, such as contentment, happiness and bliss.

'The Bachelorette' Star Ali Fedotowsky Picks Her Man



Ali Fedotowsky began her stint on ABC's *The Bachelorette* with 20 eligible men vying for her love. Last week, [US Weekly](#) reported that she says she's confident she chose the right man as her future husband during the season finale. Fedotowsky narrowed down her contenders to three in last week's episode, and her final choice will be revealed during the ABC finale on August 2. Though the lucky guy has not been revealed, Fedotowsky told *US* that a 2011 wedding is in the works.

How do you know if you've chosen the right partner?

Cupid's Advice:

Most of us aren't lucky enough to have a slew of suitors at our door, but it's important that we weed out the good partners from the bad when potential lovers do come around.

1. Stranger danger: When you begin dating, you can't possibly

know all of your partners' dirty little secrets, but remember that more times than not, the past has a way of presenting itself. Keep your ears and eyes open, and take the time to get to know someone before settling down.

2. Ask for directions: When choosing a long term partner, it's important that both people are heading in a similar direction, or are willing to compromise to make things work. For example, if you want a commitment and he or she doesn't, or you want to live in the suburbs and they won't move out of the city, these differences could be a relationship deal-breaker.

3. Love and trust: The most important traits in a future mate is that they love you and treat you well. If you don't feel love, trust, or respect, then you should move on and wait for someone better.

Ali Fedotowsky: Stay-At-Home-Mom Not in Future Plans





(Spoiler alert!) Last week on ABC's *The Bachelorette*, a competitive reality dating game show, Ali Fedotowsky, had a one-on-one date with contestant Ty. She found out he ended his previous marriage because his ex-wife worked, and he was looking for a traditional stay-at-home mom. Traditional is something that Ali is certainly not. "I imagine a lot of the women cringed when they heard Ty make the comment about women being presidents of companies," Fedotowsky told Reality TV Calender last week. "Ha ha. Trust me, I cringed too." Ty ended up being eliminated last night – Ali was still concerned about his traditional values.

What should you do if you're dating a man who expects a "traditional" wife, and you are anything but?

Cupid's Advice:

While more women opt to work and pursue a career than be a stay-at-home mom, many men still expect a 1950's housewife. Here's Cupid's take on dealing with this outdated stereotype:

1. Talk before you walk: Make sure you're both clear with what

you are looking for from the other person. Also, consider that some men look at women working as a loss of power. In the book *Choices in Relationships: An Introduction to Marriage and the Family*, the author says many men who want a traditional wife think that a woman earning more money threatens their masculinity, and their status as head of the household.

2. Think of the kids: According to family therapist Gayle Peterson, studies show that children who have working mothers tend to have higher self-esteem, since working mothers feel happier with themselves, and those good feelings spread to family members. Also, some families might need that two person income to provide for the children.

3. Figure out work/life balance: Talk with your partner to figure out the best way to balance work and house duties. Map out schedules and share responsibility.