

# 'The Bachelorette' Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut



By Marni Kinrys, of [WingGirlMethod.com](http://WingGirlMethod.com)

If there is one thing I can say about Emily Maynard, it's that she has a super human strength for trusting her gut, instead of listening to her heart. This is a skill set that most women do not have but should definitely work on developing.

Just as the men on 'The Bachelorette' rewarded her for seeing through Ryan's suave exterior, I want to do the same. Emily is a woman who knows what's best for her long term and I can't help but have extreme respect for her, if not a little crush.

This super power that Emily possesses, is learnable and something that all women need to focus on. It will stop them from falling for jerk's and d-bags.

### **Here is my list of Do's and Don'ts for Trusting Your Gut:**

**Do Not** – Keep a man in your life because you think they're awesome. One of the worst things for men is being stuck in the friend zone. It's basically like kicking them in the balls day after day after day. I am so happy Emily was honest with Travis and let him go before his feelings got more intense. I know it hurt Travis in the moment, but in the long run it will help him tremendously. His heart was blocked and closed off for two years. I think it will now be open again.

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**Do** – See past a few insecure flaws. I wanted to yank Doug out of my TV, give me 30 minutes of coaching and then sit him back on that couch with Emily. I'm not 100% of this but I think Doug is the kind of guy that's a gentleman, until given permission not to be. I am so happy Emily kept him around, to explore who he is for one more week. But, if he does not get his act together next week, she's going to have to set him free. Which will be a shame, because he is a solid man that I think would make Emily very happy. Show her the Grrrrr..... Doug!!

**Do Not** – Be swayed by words of persuasion. I was so nervous for Emily when Ryan kept talking to her, using persuasive tactics, after she said she would not be giving him rose. YES there was some sincerity from Ryan's end, but I believe those emotions were driven from the pain of losing the competition rather than losing Emily. You could tell she was so torn, but fighting what her libido wants vs. her heart. I'm glad she chose to let him go. It will give her more space to let the other men into her life.

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## Don'ts of First Impressions

**Do** – Ask the tough questions. Emily is the queen of understanding that if you want to know something, you gotta to ask to hear it. I know I was not alone when I was shocked by her interaction with Doug. Wow!! She asked for him to open up and he did. Every day women may be missing out because some great men don't show you their greatness until you deserve to see it.

Emily is helping women see the importance of selecting a GOOD, solid partner. A message that I feel is lost in most Bachelor seasons. Keep up the good work Emily. I truly believe you are on your way to finding a great love!

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**Giveaway: Towne & Reese  
Jewelry – As Seen on 'The  
Bachelorette' Star Emily  
Maynard**





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By [Whitney Baker](#)

If you've been watching this season of 'The Bachelorette,' you've surely taken note of Emily Maynard's fabulous wardrobe. Week after week, she continues to impress us with her easy sense of style, transitioning effortlessly from date to date. Whether she's wearing jean shorts and a crochet sweater for a day by the water or a one-sleeve gown at the Rose Ceremony, one thing remains the same: her eye-popping jewelry. And now, CupidsPulse.com readers have the opportunity to win one of two Towne & Reese jewelry giveaways OR receive **15 PERCENT OFF the entire Towne & Reese collection**, including the highly-anticipated Fall 2012 Collection, from Pea Pod Paper & Gifts. Use the discount code **cupidspulse** at checkout.

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~~Ring or the Brooke Earrings in Crystal OR Mint Green! Both of these pieces were worn by Maynard on 'The Bachelorette. Giveaway ends at 5pm on Monday, July 9th so act quick!~~

**Congratulations to our winners, and thank you to everyone who signed up!**

**Ashley Grulich** won the Daisy Turquoise Ring, and **Elizabeth Gottier** won the Brooke Earrings in either Mint Green or Crystal.



Towne & Reese  
Daisy Ring in  
Turquoise. Photo:  
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Towne & Reese  
Brooke Earrings  
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Towne & Reese items.

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# 'The Bachelorette' Star Emily Maynard Blows Up at 'Baggage' Comment



Bachelorette Emily Maynard is having some trouble finding her true love. On Monday's episode, set in London, suitor Kalon McMahon brought out a side of Maynard none of the contestants wanted to see after calling her daughter Ricki "baggage," according to [People](#). A hurt Emily exploded on Kalon, feeding him his own line, "I'd love to hear you talk, but not until

I'm done," before immediately sending him packing. She also criticized her other dates for not sticking up for her in her absence.

**What do you do if the person you're dating doesn't accept your child?**

**Cupid's Advice:**

Any single parent knows how brutal the dating world can be. Here are some tips to make it easier if your significant other doesn't accept your child:

**1. Leave:** Any date that doesn't accept your child doesn't accept *you*. There's no point continuing a relationship with this person.

**2. Be understanding:** If you're dating someone who has never been a parent, you have to understand that they don't know what it's like. Try to show them how important your child is and maybe they'll come around.

**3. Involve your child:** The problem may be that you haven't had your child around enough. Take the little one out with you more so your significant other can see why your child is so amazing.

**What would you do if the person you were dating didn't accept your child? Tell us in the comments below.**

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**'The Bachelorette' Season 8,**

# Episode 5: The Dos and Dont's For Taking Your Relationship To The Next Level



By Marni Kinrys, of [WingGirlMethod.com](http://WingGirlMethod.com)

We've made it! We're finally to the halfway point when the superficial, made-for-TV drama must go away and make room for the real connections to bloom on 'The Bachelorette.' Emily Maynard is now in falling-in-love mode, so it's time for the guys to get serious and show her they're ready to fall in love too.

As you know, I work with thousands of men, and one of their biggest challenges is connecting. Connection is something that comes really naturally to women, especially to a woman like Emily. As a single mother, she is even more open to love. But



for men, the ability to share themselves with a woman can be a daunting task.

Honestly, I have been surprised this season because most of the contestants have it figured out. But there are still some who struggle with opening up, which may hurt their chances of taking their relationship with Emily to the next level – especially as the number of men gets smaller and smaller every week.

Here is my list of dos and don'ts for taking your relationship to the next level and truly connecting with your partner.

**Do:** Create trust and protection in a relationship. Whether you're a woman or a man, you need to feel safe in a relationship. I love the way that Sean is so willing to share his feelings with Emily. He's expressing his emotions *without* being emotional, a skill that few people are able to pull off. His behavior provides Emily with the security to always know what he is thinking, allowing her to never question their relationship. Safety!

**Related:** [Bachelorette Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard](#)

**Don't:** Never put down, belittle or betray a date, especially in front of others. What the hell was Kalon thinking? For someone who cares so much about what others think, you would think he would be more discrete about his true feelings for Emily. He basically made a mockery of the Bachelorette process, and I couldn't have been happier when Emily told him, in her squeaky, sick voice, to get the f\*&k out. Loved it!

**Do:** Have fun! Being able to laugh at yourself is the ultimate sign that you are open to developing new relationships and nurturing old ones. No one wants to be with Mr. or Mrs. Serious. Being uptight and well-spoken all the time is no fun. For instance, on the group date, Doug, Arie and Travis really

stepped up to the plate. They showed Emily that, no matter what crazy situation she threw at them, they could handle it and laugh their way through it.

**Don't:** Sit there and say nothing when someone talks smack about your partner, especially if you have built a strong bond with each other. I am sure that this situation was a tough one for Arie. If he watched previous seasons where contestants would cause a disconnect when they tattled on one another, then it would've been easy to second guess his instinct. But Emily was starting to see Arie as her protector, and in this instance, he failed her. Hopefully, they can get over that hump and rebuild their strong connection.

**Related:** [The Bachelorette Season 8, Episode 1 Recap: The Dos and Dont's of First Impressions](#)

**Do:** Listen to the Queen of Pop and EXPRESS YOURSELF. When Emily was on her date with Jef, she kept mentioning how hard he was to read – and I wholeheartedly agree, which is why it was so essential for him to put into words what he was feeling and thinking. As much as we like to think we are mind readers, we are not. Expressing yourself is the one sure-fire way to boost a connection and move your relationship to the next level.

**Don't:** Wait for others (in this case, Emily) to come to you. The only way to get what you want is by asking for it. Alejandro got the boot because he didn't ask for what he wanted. He wanted to get to know Emily better, but he never took the initiative to make that happen. In a room full of 25 dudes, you have to step up and be an Alpha male in order to be noticed.

Connection is the toughest part of any relationship. You can't fake it, but you can open yourself up so that it happens more easily. I can't wait to see what happens next week. Be sure to tune in as these men fall harder for Emily and attempt to take

their relationship to the next level!

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## 'The Bachelorette' Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard



By Marni Kinrys, Ultimate Wing Girl

Well, I think we found Doug's imperfection: he has a vagina. "I never make the first move." Come on, Dougy! No wonder you have not been kissed in months. Don't you know women rarely make the first move? They should, but that would be unladylike.

This issue kept popping up over and over again in last night's episode of 'The Bachelorette,' and I could tell Emily was getting frustrated with the guys. Doug turned bright red, and you could see him internally fighting the urge to kiss her, trying to respect his self-imposed rules. And then, there was the young, skateboarder Jef. This was the second time he had her on the beach and he didn't lean in for a kiss. Instead, he opted to cut their time together short. Obviously, Emily felt rejected because these guys wouldn't just go for it.

**Related:** [Bachelorette Season 8, Episode 1: The Dos and Dont's of First Impressions](#)

As a woman who has worked with thousands of men and helped them learn how to attract, date and be with the women of their dreams, I know how high-pressured and challenging making that first move can be. Just like us ladies, men don't want to get rejected and they don't want to be jerks. One of my clients said to me, "I'm not sure how to balance being a respectful gentleman and being aggressive sexually. I know women want both, but it doesn't feel right to push myself on a woman." This fear is pretty common. Especially in *good* men.

I know Emily was doing her best to help the guys out by giving them "kiss me" signals, but sometimes, these signs were a little too subtle for men to pick up. If she were one of the boys on 'The Bachelor' she would have seen the signs instantly, but men are different. Ladies, you have to step it up a notch and help men understand when you're ready and want a kiss.

I have put together a list of not-so-subtle things you can do to maintain your dignity and *still* let your date know that you want to be kissed:

**Not-So-Subtle Signal #1:** Touch a man. My sister-in-law called me a few weeks ago from the bathroom while on a date. She said, "Marni, you gotta help me. My date won't stop talking. I

really like him, but he won't stop. What do I do?" I told her that he is probably nervous or worried about having awkward silence. I recommended that she go back to the table, and while he is talking, put her hand softly on his forearm, making eye contact and smiling. She called me after the date and told me that my advice worked. They are now a couple!

**Not-So-Subtle Signal #2:** Open up. Many women stop themselves from being kissed because of their body language: arms crossed, lips pursed, not talking a lot. I understand that this behavior can be caused by nerves, but imagine how that appears to a man sitting across the table from you. He's not a mind reader. So show him you are open to being kissed by uncrossing your arms, making eye contact, smiling and leaning towards him. If you are nervous, announce the elephant in the room and just tell him how you feel.

**Related:** [Bachelorette Season 8, Episode 3: The Dos and Dont's of Dating a Single Mom](#)

**Not-So-Subtle Signal #3:** Step into his space and tell him what you're thinking. I know we all dream of a strong man assertively grabbing and kissing us, but with really good guys, that is rarely going to happen, especially in the beginning of the relationship. At the end of the night, if you want a kiss, step in close to him and rub his upper arm. Flutter your eyelashes and lick your lips; tell him that you like him and want to get to know him better. This approach takes out all the guesswork for a guy. With this move, you have stroked his ego. He knows he won you over, and now, he can make his move.

**Not-So-Subtle Signal #4:** Truthfully, this one is not so obvious, but you should give it a try: tell him you want to kiss him. Say it in a feminine, soft tone, and you'll still feel like the woman in the scenario. He'll probably be nervous, but he'll make it happen for sure.

To make it easier on the lovely men you date, follow these guidelines, and I guarantee you will leave feeling more fulfilled and less frustrated after a date. Instead, you'll be in the afterglow of the first kiss. Let's hope Emily starts to use these tips as well!

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## 'The Bachelorette' Season 8, Episode 3: The Dos and Don'ts of Dating A Single Mom



By Marni Kinrys of [www.winggirlmethod.com](http://www.winggirlmethod.com)

Now, I am not a single mom or even a mother for that matter,

but during last night's episode of 'The Bachelorette,' I got a good sense of how it may feel. I had no idea just how much parents put their children before them. It was beautiful.

I really believe that this season is no joke. They are getting down right serious. If this keeps up, Emily Maynard will come out of this experience with a good, solid man and a great relationship. How do I know that? Because this season has one thing that has been lacking from every other season: reality!

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Last night's episode was kind of like a roller coaster for me. One second, I was falling head over heels for guys like Sean, Doug and Arie. The next second, I was ready to punch the screen and throw up. Like when Ryan basically said to Emily, "I won't do you if you become a fatty." I get what he was trying to say, but that man does not know how to sensitively deliver a message and communicate with women. Not a good sign if he wants to be a father to Emily's daughter. He would give the kid an eating disorder in less than a year. Hello, Dating Red Flag!!!

Lucky for Emily, there were numerous men who showed their true colors last night and made those flags very easy for her to spot and eliminate.

**Here are my Do's and Don'ts of Dating A Single Mom based on what I learned last night:**

**Do:** Show a single mom that you know how to comfort and take care of another person. For this reason alone, I freaking love Arie. On his date, he checked in with her, touched her, asked her questions. Then, at the Rose Ceremony, he could sense that something had gone wrong, and he pulled her in close to comfort her. That shows leadership, strength and warmth. A great combination for success with any woman, especially when dating a single mom.

**Do Not:** Wait for a woman, especially a single mother, to bring up “the talk” if you’re not feeling it. Like Tony, the single dad who was emotionally breaking down. It was hard for me to watch; I kept thinking, “If you really felt a connection with her, you would push through because that would be the best thing for you AND your son.” I could tell that he just wasn’t feeling it, which is why he was latching on so tightly to his son. Sweet but not attractive. He was afraid to admit “defeat.” Better to be honest with yourself rather than hurt a single mom when so much is at stake.

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**Do:** Calmly express what you are thinking and picturing to a woman, while touching her at the same time. I love when Sean sat down with her, touched her forearm and communicated how a life with him would look. SEEEEXY!!! He did such a great job telling her who he was, what he was ready for and who he hoped to be for Emily.

**Do Not:** Tell a single mother that falling in love with her and gaining a child is a huge compromise. When Alessandro said that to her, I could feel my chest tightening up. The nerve of that man! Not to mention that he honestly seemed like a buffoon while he was talking to her. He wasn’t like that last week, was he? Buddy, leave at week one if the girl’s not right for you. No one should ever feel they are compromising BEFORE they get into a relationship.

Can’t wait to see what happens next week! Hopefully, Ryan and Kalon will show more of their true colors, and Emily will learn that these guys are NOT father material.

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# 'Bachelorette' Emily Maynard Discusses Sending Home Joe



Season 8's *Bachelorette* Emily Maynard recently talked about her tough decision to send home hopeful bachelor, Joe, in her blog for [People](#). Maynard discussed her date with Joe, mentioning how fun of a time she had with him. However, she said, "I knew that we were just in different place in our lives." So, even though she had a blast with fun-loving bachelor, she knew they weren't a good match and let him go.

**How do you know when to cut ties early in a relationship?**

**Cupid's Advice:**

**1. Know both of your intentions:** If one of you is just looking for someone to go on dates with and simply keep them company and the other wants marriage, that's an issue that needs to be

addressed immediately. Like Emily Maynard, you have to recognize when the person you're dating is in a different place in their life than you. You can't keep a relationship going if the two of you have battling goals.

**2. Don't make the same mistake twice:** If you notice something that your new lover does that ruined your relationship, talk to them and see if this is a problem that can be fixed. If not, it might be time to cut your losses. There's nothing worse than repeating a bad relationship.

**3. Accept that not everyone is your perfect match:** Too many people cling to a relationship even when it isn't working just for the sake of "seeing how things play out." If it isn't working now, chances are it won't work in the long run. Why waste your time?

How do you know when it's time to cut your losses on a new relationship? Share your stories in the comments below.

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## **'The Bachelorette' Season 8, Episode 2: Soccer, Cookies, and Muppets: Emily Maynard Keeps it Real**





By Marni Kinrys, Ultimate Wing Girl

Has reality TV suddenly gone real? This season of the Bachelorette is actually shocking me because it's *real* (or as real as reality can get). They're in Emily's hometown. She's living in her own home with her daughter. Friends and family surround her while she seeks romance. Looks pretty real to me. We can only hope that the bachelors match up to that sentiment.

Every time the show wants to veer into la la land, it immediately gets brought back to reality, with Emily. Her life is real and the decisions she makes will not only reflect her, but also her 6-year-old daughter. Things like this completely changes the game for her and the guys on the show.

As dynamic as a date can get, there is huge reality reminder right in front of every guy, at all times. Emily is a mother, and the winner will end his experience with a new wife and child. That should definitely weed out the competition hungry contestants vs. the sincere men who are there for the girl.

**Related:** [The Bachelorette 8; Episode 1 Recap: The Dos and](#)

## [Dont's of First Impressions](#)

I'm loving how assertive and hard hitting Emily has been right off that bat. For her it's essential. But is it reality?

I work with hundreds of thousands of guys all over the world. I tell them how to attract, date and get any woman they want. My first date advice to them is always "keep it light" but keep your eyes open and don't avoid red flags because she's pretty.

When the show ended I turned to my husband and said, do you think those questions would fly in the real world? His first response was "hell no". Then he thought for a second and said, there are some people that are just really comfortable putting it all out there because it's important to them. When you have a kid involved, that intensity is already increased for you. If you're with a guy who can't handle a little serious conversation on the first date, then he's probably not the guy for you. I think it's totally acceptable to get real on a first date as long as you don't let your emotions carry you away.

For Emily, dating is about finding a partner in life not a tennis partner for a match this weekend. In real life, you are free to bring up anything that you want on a first date, second, third, twentieth. But you want to make sure you are bringing it up the right way and for the right reason.

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In open conversation there is no room to get emotional i.e. defensive, angry, moody, aggressive. Open conversation, is meant to be handled exactly as it was shown on last night's episode. Over a candle light dinner in a beautiful mansion ☐ Kidding. Open conversation, whether it's on the first date or the hundredth, is about expressing what you think and feel and then listening to what the other person has to say.

**Do:** Feel comfortable to talk about real things to pertain to you and your life. Talk openly and honestly with tact

**Don't:** Throw up your emotions and insecurities all over your date

**Do:** Listen to your date's views/opinions even if they don't reflect your own

**Don't:** Let your ego dictate your responses. No ego's allowed at the mature conversation table.

No ego's allowed at the conversation table.

So far, Emily is far exceeding my expectations. She is in this for love and family. I'm really hoping she finds her match in that garden of fine men and will be smart enough to pull out the weeds as quickly as possible.

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## **'The Bachelorette' Season 8, Episode 1: The Dos and Don'ts of First Impressions**





By Marni Kinrys, *The Ultimate Wing Girl*

This season of *The Bachelorette* kicked off last night with a bang. And by bang, I mean the noise that would resonate off all the contestants' abs if you gave them a pat on their bellies. Is it just me, or are these guys extra ripped this year? Last night was all about First Impressions and, as we all know, they can be tough. Join that high pressure with tight competition, cameras and millions of viewers watching and judging. Not an easy stroll on your way to a televised romance.

Some of the guys pulled off their initial encounters with ease and style. Others simply fell flat on their face.

Here is my list of do's and don'ts from last night's episode of the *Bachelorette*:

**Related:** [Love Lessons From ABC's 'The Bachelor'](#)

**Do:** Try to connect on points of commonality, like First Impression rose winner Chris did. But if you try too hard to find common grounds it will feel fake. At first, I was not

sure how genuine Doug was with his “point of connection.” But all doubts dissipated when Emily read his 11-year-old son’s letter. From the look on his face, you could tell it was sincere. The guy was beaming from ear to ear. Only a truly proud father would do that.

**Do Not:** Sweat profusely. There was one guy who, within seconds, was dripping all over poor Emily’s beautiful dress. I feel like such a *biatch* for saying this, but I could not hear a word he was saying to her because I kept concentrating on his sweaty forehead.

**Do:** Find something eye catching and cute that fits your personality. Loved the grandmother bit but he couldn’t hold it after his protective “mask” came off. Mr. Seemingly-Outgoing-and-Fun quickly became Mr. Nervous-and-Silent.

-Skateboarder (Jeff) – Check.

-Prince Charming with the shoe (Tony) – Check.

-Guitar Pick (Michael) – Check.

-Foreign Language (Alejandro) – Double Check.

-Ostrich Egg (Travis) – Could have worked, but flopped and then he was stuck with an egg all night. Half Check.

-Bouncy Boom Box Guy (Stevie) – **NO**.

-Cheesy Poetry said with no sincerity (Jackson) – **EWWW**.

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**Do:** Bring your chopper. I know it’s a douchey move – if, in fact, you are a douche is another story. This is a game and the game is all about standing out and catching Emily’s attention. What better way to do it than arriving via chopper?

**Do Not:** Be *that* guy who sits and stewes about what other guys are doing right and wrong. Nothing screams “insecurity” more

than judgment of others. If you're judging others that crucially, I can't imagine what you are doing to yourself. So calm down, rooster man.

**Do:** Have impeccable body language and tonality. There were a couple of guys who knew exactly how to be open and own their space when making an entrance. Head high, calm walk, shoulders back and a smirk. Heavenly. And if you can add in an adorable little routine involving a note saying how nervous you are, to show your balance of masculinity and sensitivity, you are golden. (A.K.A. Ryan, who I love! His hair's a mess... but that can be worked on.)

All in all, I think Emily has a good batch of dudes to choose from. I know I'll be glued to my television every Monday night to find out what happens.

*Marni Kinrys, the ultimate Wing Girl is a woman who has worked with 100's of thousands of men all over the world to help them understand women so they can attract, date, seduce and get any woman they want without being a jerk. Marni has been prominently featured in The Los Angeles Times, CNN, The Huffington Post, Fox News, The Chicago Tribune, Marie Claire, Elle, Glamour, Men's Health, BlackBook, Penthouse, Asylum.com, MSN, AOL Personals, Askmen.com & more. For more dating, sex and attraction tips, follow Marni on Facebook and Twitter.*

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**Ali Fedotowsky Says Emily Maynard "Deserves to Find**



# Love” on ‘The Bachelorette’



Having previously starred on *The Bachelorette*, former contestant Ali Fedotowsky knows what it takes when it comes to finding love. Although she and her love match, Roberto Martinez, recently called it quits, Fedotowsky is hoping that the new leading lady of *The Bachelorette*, Emily Maynard, will have a better shot. “Emily is amazing! She’s such a sweetheart,” Fedotowsky told [UsMagazine.com](http://UsMagazine.com). “If anyone deserves to find love, it’s her.” Fans were first introduced to Maynard on Brad Womak’s season of *The Bachelor* when she fell for the bar owner, however, Fedotowsky believes viewers can expect something different this season. “Emily told me she likes guys with tattoos, so we’ll see what kind of guys she has on this season,” Fedotowsky said. “It should be interesting, I’m psyched.”

**When you have many suitors, how do you choose which one to**

**date?**

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

In many situations, having options can be a good thing. However, when it comes to your love life, this can become a bit stressful, especially when you have a few great choices to settle on. So what do you do when you're faced with such a difficult decision? Here are some ways to help pare down your list of potential lovers:

**1. Personality:** This is one of the most important factors to consider when getting to know your list of suitors. Do you have a blast when you're with them? Are they charismatic? If so, this person sounds like a winner.

**2. Meet the parents:** Mama knows best and so does dad; usually they can be spot on when it comes to knowing the right fit for their son or daughter. If your hopeful mate can get along well with your family and they adore them, this makes it even easier to seal the deal.

**3. Genuine only:** You may not be able to easily be yourself around everyone, but when you find that one person who you can completely let your wall down with and they can do the same when they're with you, you may have found "the one."

**How do you know how to choose the right person when you're dating? Share your comments below.**

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## **Emily Maynard is 'Scared to**

# Death' to Date on TV Again



When Emily Maynard and *The Bachelor's*, Brad Womack, ended their engagement, she had absolutely no intention of being the the star of the next season of *The Bachelorette*. But, next month, that's exactly what she'll be doing. "I had no intentions of ever being the next Bachelorette. I genuinely meant that," said Maynard. "I feel like the biggest hypocrite because I said that, and now I'm doing it." According to [People](#), though she knows dating on TV can work, she admits to being scared about diving into the reality TV dating pool once again. The blonde beauty also admits that it's difficult to date as a single mom. The show will be filmed in Charlotte, North Carolina, where Maynard is raising her 6-year-old daughter as well as in other locations.

**How do you get over the fear to date again after a failed relationship?**

## **Cupid's Advice:**

After a failed relationship, it's okay to take some time off dating. But, when you fall down, you need to get back up again. Cupid has some advice:

**1. Go out with friends:** You don't need to actually go on a date to put yourself out there in a social situation. Go out on the town and socialize.

**2. Try online dating:** With so many relationships beginning online these days, it never hurts to look. Plus, there's no doubt that it's convenient. You can filter by the qualities you do and don't like before the first date!

**3. Reward yourself:** Give yourself small rewards for taking steps to get back into the dating scene. It can certainly be easier said than done.

**What are some ways to put yourself out there in order to get back into the dating scene? Share your thoughts below.**