

The Bachelor 17 Predictions: Who's the Best Fit for Sean?



By Jared

Sais

Last night's *The Bachelor: Sean Tells All* special told us a lot about Sean Lowe's connections with the final three women, but did it reveal who he would propose to on the upcoming finale? After Desiree was sent home, it was tough to know who has Sean's heart. Based on his body language, here are my predictions.

Lindsay

It may come as a surprise, but I saw a micro-expression of

hate when the bachelor spoke about Lindsay. He used words that indicated he didn't want her, so I say Lindsay is out.

That means Sean's final choice is between AshLee and Catherine.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

AshLee

I think AshLee would've been my number one, but maybe I'm just bias. I personally like her a lot. A problem with AshLee? Sean's a Christian boy. AshLee may be sweet, but Catherine's morals move her to my number one pick for Sean.

Catherine

I think Sean's into the total package of Catherine. Sexually, though, he likes AshLee more. The question is: Will Sean pick the girl who he feels the most chemistry with (AshLee) or the girl who may be a better overall fit (Catherine)? And I think the answer is Catherine.

Related Link: [The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks](#)

In my opinion, the ranking for Sean's final picks are as follows:

#1 – Catherine

#2 – AshLee

#3 – Lindsay

We'll all have to tune in next week to see who makes it to the finale!

Who do you think will receive Sean's final rose – and an engagement ring ? Tell us in the comments below.

Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.

'The Bachelor' Performer Sarah Darling Feels at Home on New Tour with Scotty McCreery



By Whitney

Baker

Sarah Darling is one lucky lady: she gets to appear on this season's *The Bachelor* not once but twice. Tonight, additional footage from her concert in Whitefish, Montana, will air on *The Bachelor: Sean Tells All* special. Plus, we'll get to see never-before-seen shots from Sean Lowe's one-on-one date with Lindsay Yenter. Sharing her personal excitement, Darling said, "Tonight's show is going to be amazing! I'm so excited to hear what Sean has to say about all of the ladies, especially Tierra."

Related Link: [Exclusive Interview: Sarah Darling Talks 'The Bachelor,' Country Music and Her Top Pick for Sean Lowe!](#)

Darling got a firsthand look at Lowe's connection with Yenter, so does the country star think the contestant has what it takes to get the final rose? "I'm a little surprised that she's in the final three – I guess the wedding dress was a good choice!," referring to Yenter shocking Lowe on night one by stepping out of the limo in a wedding dress.



Still, with Lesley gone – Darling's frontrunner when we last spoke to her – she has to pick a new top choice. "My favorite remaining lady is Lindsay, of course!"

Performing on *The Bachelor* proved to have bigger perks than just meeting the handsome Lowe. Sales of her single "Home to Me" increased by 220 percent following her first appearance.

Of this impressive jump in numbers, Darling shared, “Being on the show definitely introduced my music to new fans, and I’m really thankful for that opportunity.”

Related Link: [The Bachelor 17, Episode 8: Home Sweet Home](#)

She’s also expanding her fan base on the Weekend Road Trip Tour with Scotty McCreery, which kicked off on Valentine’s Day. “This past week has been a dream come true. This is my first national tour, and I could not be out with a better guy. Scotty is such a great artist, and we’re having so much fun,” Darling said of McCreery, whom she watched on *American Idol*. “The McCreerians have really welcomed me with open arms, and I’m loving this tour already!”

For those of you lucky enough to attend one of their shows, be sure to watch closely. “We even have a special number that we perform together each night!”

Don’t miss ‘The Bachelor: Sean Tells All’ on ABC tonight at 9 p.m./8 p.m. CT! You can check out Darling’s ‘Home to Me’ EP on iTunes and catch her on tour with Scotty McCreery.

The Bachelor 17, Episode 8: Home Sweet Home





By Jared

Sais

Last night's episode of [The Bachelor](#) featured the four coveted hometown dates and there were a lot of tells when it came to body language. Based on Sean's behavior, it was obvious to me that he's attracted to these girls, but he isn't ready to move forward with anyone just yet. It looks like reality just hit him on the hometown dates that the goal of the show is marriage. He says he's excited for that next step, yet he's showing extreme signs of anxiety: heavy breathing, lack of eye contact and shrugging. Sean is more uncertain about his future than ever before.

On that note, let's get started..

AshLee

If anything, Sean's extreme nervousness towards AshLee is telling of his strong feelings for her. However, he showed shame when kissing her by looking down right away. He also looked down and showed shame again when he said, "I'm so happy I'm here."

AshLee's really in love with Sean. She looks at him with admiring eyes (wide eyes that are paired with a strong gaze and slightly raised eyebrows). Of course, she also has a huge smile with crow's feet (wrinkles around her eyes).

Related Link: [The Bachelor 17, Episode 7: Victory in St. Croix!](#)

Now, let's move on to AshLee's parents. Her father and mother showed anger when hearing about the dates with Sean, especially the romantic comments, yet they were happy to see their daughter's reaction to the bachelor. They were trying to play bad cops, but you could see flashes of smiling beneath it all. Additionally, micro-expressions of sadness – a dimpled chin, lowering of his corner lips, raising of his inner eyebrows, loss of eye contact – came across AshLee's father's face when he was talking about the first time he saw her. It's easy to see that AshLee has a great family.

After asking about possibly proposing to AshLee, Sean took a deep breath, a sign of relief mixed with anxiety. He really likes her, and asking that question was a big step for him.

Projected Ranking: #1

Family: A+

Sean's Lust Level: A+

Drama: 0 out of 10

Hometown Location: A

Catherine

We heard a giggly laugh from Sean at the start of their date, so he was happy to see her. However, when he said, "When I am with Catherine, I can see my wife," he did a major shoulder shrug to non-verbally indicate his uncertainty about the statement.

Sean went in for a kiss, which would normally be a huge indicator of his attraction. Instead, I noticed a slight body flinch from Catherine, meaning that she only intended to hug him. What many viewers saw as something big was nothing more than a non-verbal fake out.

Maybe Catherine isn't quite sure of her relationship with Sean either. When she was chatting her sisters, she used the phrase "try it out" as she spoke about marriage. She couldn't give a definite yes. Her choice of words allowed her to dodge the question. Plus, when she said she was crazy about Sean, she shook her head no, which means she's either lying or she's not as crazy about him as she says. I think she likes him a lot, but isn't ready for marriage or mature enough to make such a big commitment just yet.

When speaking to Catherine's mother, Sean had his hand in his pocket, which is a sign of intimidation. He also had his feet/legs crossed and pointed at the door, indicating that he doesn't plan on leaving this conversation but would like to flee the room because he is very uncomfortable. Even his body is facing away from her. Still, as Sean was opening up to Catherine's mother, I could tell he was being genuine by his use of open hand gestures (talking with his hands with palms facing up or towards the other individual).

Projected Ranking: #3

Family: B-

Sean's Lust Level: B+

Drama: 4 out of 10

Location: A-

Lindsay

Sean ran to Lindsay for a hug when they first saw each other, a sign of strong affection and excitement.

He later said, "Lindsay could be the one who I could spend most of my life with." When saying "could be the one," he did a shoulder shrug, which is an accrete non-verbal cue meaning maybe...so his words align with his actions. However, when finishing that sentence with "spend most of my life with," Sean did a micro-expression of anger (lips pinched, eyes glaring, eyebrows lowered). I wish I could ask him why he felt anger at this moment, but it was either towards himself, Lindsay, or the situation. Also, let's focus on the word "most." He could've said "my whole life" or "forever," but instead, he used non-committal language.

We can't forget to discuss Lindsay's parents too. Her mom did a hand steeple, showing that she is the dominant one. Her dad might be a two-star general, but Sean was focused on pleasing the wrong person! Lucky for our 'Bachelor', Lindsay's mom used gestures of openness, showing that she really liked him.

Projected Ranking: #2

Family: A

Sean's Lust Level: A+

Drama: 2 out of 10

Location: C+

Related Link: [10 Steps to a Remarkable Relationship](#)

Desiree

I immediately knew that Des's ex-boyfriend was a fake. The actor never showed any real signs of anger or jealousy. He even flashed a smile during his encounter with Sean. The bachelor, though, definitely didn't know that it was prank, as he showed body language of anger (closed fists) and defensiveness (crossed arms).

Of course, we have to analyze Des's brother's behavior. He

called Sean out on liking other girls...and I can't really blame him. Sean might not have liked what he said, but you'd think he'd understand where he was coming from, right? Unfortunately, that's not the case, as Sean's non-verbal cues were very negative after their chat.

Let's observe their facial expressions too. They were primarily those of anger, sadness and shame. I think Sean was truly hurt by Des's brother, mostly by the "playboy" comment. I wonder how much of Sean's actions on *The Bachelor* were his true self versus the producers directing him. I feel like he might not have wanted to be as much of a flirt as he actually was.

Projected Ranking: #4

Family: F

Sean's Lust Level: A+

Drama: 8 out of 10

Location: A

Rose Ceremony

At the end of the day, family drama was the deciding factor. Des would have been in the top three if her brother would have just been quiet, but instead, he stole the spotlight and, in doing so, ruined his sister's chances with Sean. On one hand, I agree with the bachelor. On the other side, though, I think having an overprotective brother is better than feeling like you'll never fit in, as Sean stated about Catherine's family. After all, an overprotective brother may come around. Though I knew he would ultimately send Des home, I would've picked Catherine.

Be sure to check back in tomorrow for my thoughts on tonight's *The Bachelor: Sean Tells All* special!

Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, click [here](#).

The Bachelor 17, Episode 7: Victory in St. Croix!



Sais

By Jared

Since there were only six girls left on this week's episode, I really wanted to hone in on each of their non-verbal cues and micro-expressions to determine their true feelings for the bachelor. I also focused a lot on Sean's reaction to each of them to see how he really feels about the remaining ladies.

Let's start with the first one-on-one date...

AshLee

AshLee was the one girl brave enough to tell Sean the truth about Tierra. As she was talking to Sean about the drama, she showed micro-expressions of anger: pinching her lips, lowering her eyebrows and glaring her eyes. She also revealed feelings of contempt when speaking about Tierra by moving only one side of her face.

In response, Sean said, "When she tells me something about Tierra, I believe it." As he says it, Sean shakes his head no and shrugs, telling me that he doesn't believe what he just said.

Even so, when he's on the beach talking with Ashlee about Tierra, Sean puts his hand on his head with his thumb pointing down, meaning a thumbs down to Tierra. I think he's really beginning to wake up, even if it is *very* slowly.

At the start of their dinner together, the bachelor asked her if there was anything else he needed to know before meeting her family, and when she replied "yes," he gulped, which is a sign of fear. He also showed a micro-expression of surprise with his raised eyebrows and the widening of his eyes.

Sean smiled big enough to have crow's feet (wrinkling at the corners of her eyes) when speaking with her, so he really likes AshLee. You don't show that much emotion (the fear, the surprise and the genuine happiness) if you don't like someone.

Of course, he shook his head no as he said, "I think you're

perfect the way you are,” meaning that he’s still not sold on her just yet. He also shrugged as he told her that he had no questions at this point, revealing that he’s either lying or not being 100 percent truthful.

As for AshLee’s feelings for Sean? She nodded to confirm that she was telling the truth when she said she loved him.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

Tierra

It’s no surprise that Tierra showed feelings of contempt when speaking about the other girls. What is surprising is that Sean also showed signs of contempt multiple times. I think (hope) her drama is finally getting to him.

Tierra totally fibbed and told Sean that she tried bonding with the other girls in the house. As soon as she stopped talking, she started licking her lips and put her hands up to pull back her hair on both sides of her face. Her body language showed that she’s trying to manipulate Sean by lying to him about her feelings towards the girls and also about her feelings for him.

Of course, Tierra did her famous eyebrow raise. And when she said the above comment about the other girls and herself, her right eyebrow rose for a long period of time. This eyebrow raise is a sign of cynicism. The funny thing is she did this facial gesture after something she said, meaning that even *she* doesn’t believe the words that just came out of her mouth.

The tone and pitch of Tierra’s voice also gave away her true feelings. Both were very choppy as she spoke, revealing that her words were not actually true.

As she was speaking to “her boyfriend,” Sean had his lips pinched, meaning he was bit angry with either her or the situation.

The drama queen revealed her own anxiety when she played with her straw throughout dinner. The body goes under a great deal of stress when lying, so it tries to cover that stress up by releasing it through agitated movements and fidgeting.

Related Link: [Tierra Causes Drama on 'The Bachelor,' Ladies Against Her](#)

Lindsay

Based on Sean's tone and pitch as he spoke about Lindsay, it was easy to see that he'd give her the group date rose. He slowed down his speech and emphasized his feelings for her. He really is crazy about her. Although he has strong feelings for Desiree and Catherine as well.

Lesley

Her body language told me that she wants to feel more in love with Sean than she does. She really, truly likes him, but she may not be in love with him as she had hoped. When she talked about loving him, she did a lot of shrugs and other non-verbal gestures which mean "I don't know."

The sad thing is that I don't think the show revealed everything that happened between this couple. It seems a bit weird that they really got along last week, but then this week, there was a lack of...well, everything. Their connection was strained on both sides. I really thought she would make it to the top three, but after this date, I didn't know if she'd end up with a rose.

Sean, you did a great job by getting rid of dramatic Tierra and her "sparkle", but I have to say, I think you should have kept Lesley around. I think you guys would have been great for each other, but then again, we didn't really see what happened between you two. Still, I count this week as a major victory. Bye bye, Tierra!

Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, click [here](#).

The Bachelor 17, Episode 6: Chemistry in Canada



Sais

By Jared

Since this episode is the second one this week, let's jump right into it...

Catherine

So we finally got to see a one-on-one date with Sean and Catherine, and it looks like I need to add her to my top picks. I think Catherine has something no other girl has to offer. She is fun, cute and sexy – she's a triple threat. Or better yet, she's a quad threat since she also had a sad story to tell.

When Sean talked about her during his interviews, he really lit up. His eyes widened, and he had a smile from ear to ear. Also, remember from one of my previous articles that, when Sean is really, truly happy, his vein shows on his forehead, either near his eyes or above it. That happened again last night, so I know that he was very happy with his time with Catherine.

Related Link: [The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks](#)

The Big Disaster Date

Tierra

Well, here we go again – Tierra's hurt – but this time, it's for real. I am reminded of the story of "The Boy Who Cried Wolf." There are only so many times that she can fake cry or "fall down the stairs." Now that she's really hurt, no one believed her.

I lived in Buffalo for about five years, where snow and freezing weather were the norm. I know what you can fake, and Tierra definitely didn't fake lips that blue and skin that pale. BUT (and trust me, there is a but) that doesn't mean she didn't play off the situation. Tierra had mild hypochondria – oh sorry, I mean hypothermia – and she acted like she had

frostnip (the first stage of frostbite) or even frostbite. Just to give you a point of comparison: My good friend had frostnip, and she couldn't walk for three days. She had crutches and stabbing pains in her feet and hands for a week.

So Tierra, you might have gotten cold, but you also got a cold shoulder from Sean when he gave the rose to Lesley. Ouch.

Even so, I knew she'd get a rose before the show was over, and I've narrowed it down to two explanations. The first reason is that the producers know we all love to hate her, and they, of course, want the highest ratings possible.

Second, Sean is a sap and really likes her and her drama. Some men are "care takers," meaning that they like taking [care](#) of women. Sean most likely falls into this category, seeing as he always gives roses to the girls who tell him stories about their difficult lives. "Care takers" want to feel like they are needed, so the more these girls cry and act dramatic, the more likely Sean is to give them a rose.

AshLee

As you know, I love giving real world examples of non-verbal facial expressions. When AshLee had to jump into the ice water, she presented a great non-verbal expression of fear: eyes wide-open, eyebrows raised and corner of lips pulled straight back towards the ears.

Selma

Selma and Sean had a great run. That kiss was where it went downhill though. It was the kiss of death. It was a peck with very little emotion behind it. Sometimes, a kiss is the true test of chemistry, and in this case, there wasn't much there.

As a side note, Selma's laugh may have been the cutest/weirdest laugh that I've ever heard.

Sarah

I really liked Sarah. Like I said in yesterday's post, she was one of my top picks for Sean. So Sarah, if you come across this article, I'll help you find love. Come join me in my VIP non-verbal communication class!

Related Link: [QuickieChick's Video Dating Tips: Be the Only One on Your Man's Mind](#)

Desiree

Well, she got over her rough patch with an amazing date. If you're keeping track, she's been one of my favorites since day one, and she's still on my top five list. I think she has many of the qualities that the bachelor wants in a partner. If she wants to win that final rose, she must be herself and keep things fun and spontaneous for Sean.

In Montana, their body language was off, but this week, they re-kindled things big time. I want to point out how one bad comment about Tierra (in Sean's eyes, at least) negatively affected Desiree and Sean's chemistry, even if it was only for a week. I think this date brought her back in the spotlight.

Tune in next week to see what happens when Sean and the remaining ladies head to the magical island of St. Croix!

[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#). He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. For more information and to download a free PDF of the speech he gave at NYC's Single In Stiletto's, click [here](#).

The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks



By Jared

Sais

I had a big problem with Sean this week. Maybe it started when he gave the rose to Tierra over Jackie. Did anyone else actually scream at the television? He's incredibly clueless to Tierra's true colors. Sean, wake up! You're a wreck, so you're picking a girl who is a wreck herself.

I really questioned the bachelor when he said, "I don't want to be naïve. I want people to tell me these things." Whenever someone tries to tell him something negative about someone

else, he sends her home! In doing so, he's eliminating the girls who truly care for him and giving roses to the girls with a ton of issues. At least tell me that producers have a role in the eliminations to make me feel better.

Enough about Sean. Let's talk about the girls!

Lindsay

While kissing Lindsay, Sean had a limp arm, which tells us that he wasn't really into their kiss. When you really like a girl, your arms reach out for her.

Later in the date, Lindsay jumped into Sean's arms – a non-verbal cue of really strong attraction and very loving emotions towards someone. So she definitely likes him more than he likes her.

Related Link: [Sarah Darling Talks 'The Bachelor,' Country Music and Her Top Pick for Sean Lowe!](#)

Desiree

After Sean announced that the blue team was coming back, Desiree revealed her anger by pinching her lips and licking her front teeth. In all fairness, the girl did drink fresh goat milk to earn her spot at dinner.

She showed surprise through her wide eyes and raised eyebrows when she didn't receive a rose on the group date. Honestly, I was surprised too. It seems like any negative news immediately makes Sean question the show's process. He needs to realize that nobody is perfect and that there are ups and downs in every relationship.

Overall, the body language between Sean and Des isn't as positive as it once was. For instance, when they were sitting on the couch, Sean's body was pointed away from her, which is the opposite of what you do when you like someone.

Before we move on to the next girl, let's consider this: Does Sean asking for the blue team to come back mean that he missed the company of someone on that team? Maybe Lesley, Catherine, Daniella or AshLee?

AshLee

When AshLee was talking about her time on the show so far, she reached for the back of her neck, a non-verbal sign for "pain in my neck," frustration or annoyance. Even so, she was telling the truth about her positive feelings for Sean. She was implying that it's a pain for her to be competing for his heart (and who can really blame her?).

Tierra

One thing was clear: Sean did not like that Tierra crashed his date and surprised him. When speaking with her outside, his heavy breathing indicated that he was thinking "not again." Of course, it won't matter because she will manipulate Sean with yet another story, and Sean will give her yet another rose.

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

Lesley M.

Lesley is the girl who Sean went to for wisdom. She has to make sure she doesn't fall into the "friend zone" next week. I expect a lot of touching and a big romantic scene with Sean and Lesley on an upcoming episode.

Top Picks

So who do I think Sean will pick as his top five ladies?

1. Lesley M.
2. Lindsay
3. AshLee

4. Selma

5. Desiree

Just for comparison, here are my top five picks for Sean:

1. AshLee

2. Lesley M.

3. Jackie

4. Desiree

5. Sarah

[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#). He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, visit www.thenonverbalgame.com.

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."

Related Link: [Tips for Making a Long-Distance Relationship Work](#)

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.

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.

Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, visit www.thenonverbalgame.com.

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.

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

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.

Cheryl Burke Says She May Be the Next 'Bachelorette'





By Jennifer

Ross

Cheryl Burke is on the hunt for love and she is not afraid to have an audience along for her journey. The *DWTS: All Stars* professional dancer has told UsMagazine.com that she has met with the TV executives of the ABC's *the Bachelorette* and the discussion was about her being the next contestant. "There hasn't been a firm offer, but if they offer it to me I would love to do it," Burke, 28, said. So why hasn't this single gal found Mr. Right? According to Burke, her hectic schedule keeps her secluded and unable to meet different potentials. "I'm around the same people all the time, I've been on this show for nearly a decade."

What are some non-traditional ways to meet 'the one'?

Cupid's Advice:

With technology constantly changing, the ways of traditionally meeting people are not as effective as before. Although getting to know someone can be very enjoyable, the process of finding that stranger can be a tedious chore in itself. Why

not better your odds with each attempt? Here are a few ways to meet that special someone in a more un-traditional setting:

1. Volunteering: Depending on the non-profit organization you sign up for, most of them have several personality type men and women to choose from. Whether it's cooking at a soup kitchen or hammering at a building site, you are doing a good deed and possibly receiving a dinner date simultaneously. Best thing of all, the men and women volunteering usually have something that you hardly find drunk at a night club – good values.

2. Chatting while traveling: One place you are sure to run into potential mates is in public transportation. Just think about all the charming people you passed up this morning while on a bus, subway, train or airplane. Depending on your travel time, you can strike up an easy conversation about what else...traveling. Didn't find any great prospects partners? There's always tomorrow morning's commute.

3. Hot Spots: If you are very particular about the type of potential partner, try searching for them at their hot spots. For someone intelligent and ambitious, check out the local Fortune 500 companies. For someone athletic, hit the neighborhood gyms. Finally, visit your local Apple store for techies of all kinds. No matter what type you prefer, there's a hot spot for every hottie.

What non-traditional method did you use to meet your soul mate? Tell us below.

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.

'The Bachelorette' Season 8, Episode 7: How to Express Your Love, Bachelorette Style



By Marni

Kinrys, of winggirlmethod.com

That's it! I've decided that, if things don't work out with my husband and if I ever have to look for love again, I'm going to have a baby first. There must be some hormone that's

released when you have a child that allows you to be more open, real and honest. It's amazing how I continue to be impressed by Emily Maynard. She definitely knows how to date and make sure she's getting what she wants.

Her final four bachelors are truly a solid group of men. They definitely proved themselves last night with their ability to express themselves and communicate with Emily, something that is essential to any great relationship. As I always say, in order to get what you want, you have to ask for it – and last night, the guys asked for it!

Hopefully, you have heard of *The 5 Love Languages*, an amazing book that everyone should read, especially if you are looking for a relationship. The book says that there are five ways for humans to express their love: words of affirmation, quality time, receiving gifts, acts of service and physical touch.

Once an individual understands their love language, it makes relationships easier for them because they know what is needed for them to feel loved and appreciated.

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

It's always interesting to see which language people use most often. For example, Arie is definitely about physical touch. Whether it's a hug or something more subtle, he is always trying to get close to Emily. For him, touch re-connects him to her – and based on her attraction to him, it's definitely working. I'm a touch girl myself, so any touch that Arie gives literally makes me feel warm inside.

Sean, on the other hand, is all about quality time. He makes a point to pull Emily away and ensures that they have good quality time together. His sub-languages (those languages that he uses less often) may be physical touch and words of affirmation.

Related: [Towne & Reese Jewelry Giveaway – As Seen on ‘The Bachelorette’ Star Emily Maynard](#)

The surprise of the night for me was Jef. I was having trouble getting a read on this guy, and last night, I suddenly felt excited and gushy for his relationship with Emily. Jef’s love language is a combination of receiving gifts and words of affirmation. I think words dominate for him because, once he got that verbal affirmation from Emily, he immediately loosened up and was able to give her what she needed. So cute! I want to hug him.

Knowing how to express your love is so important, both in the real world and on television. Hopefully, every man who was forced to watch last night’s episode learned a valuable lesson: do NOT hold back when it comes to expressing yourself. If you really feel it, express it!

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





By Marni

Kinrys of 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!

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

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.

Related: [The Bachelorette 8; Episode 2 Recap: Soccer, Cookies and Muppets: Emily Maynard Keeps it Real](#)

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. SEEEEEXY!!! 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.

'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.

Related: [Do Fairytale Relationships Exist Only in Hollywood?](#)

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.

ABC's "The Bachelor" & "The Bachelorette" Face Lawsuit For Racial Discrimination





By Steven

Zangrillo

New York, NY – ABC’s “The Bachelor” and “The Bachelorette” have another ugly public controversy to deal with. Despite 23 seasons of success, this past year has been tough on executive producer Michael Fleiss, as he is now dealing with his second set of legal issues in the span of a few months. CupidsPulse.com listened in on a press conference yesterday surrounding the impending class-action lawsuit against the popular ABC reality franchise for racial discrimination. The plaintiffs, Nathaniel Claybrooks and Christopher Johnson, are two African-American males who say they were discriminated against during the casting call process.

Related: [Former Bachelor Contestants Prepare to File Class Action Lawsuit against ABC Producers](#)

The plaintiffs are suing American Broadcast Companies, Inc., Warner Horizon Television, Inc., Next Entertainment, Inc., NZK Productions, Inc., and Michael Fleiss, the executive producer of the franchise, on behalf of all other persons of color who

have applied for the role of the Bachelor or Bachelorette but been denied equal opportunity for selection on the basis of race. The case alleges that the Defendants violated both federal and California laws intended to guarantee equal opportunity in business, commerce, and media regardless of one's skin color.

Christopher Johnson, who is an aspiring professional football player, was cognizant of the show's history of white-only contestants. "I knew at the time that there had never been a non-white Bachelor before, but I thought that a minority candidate with my qualifications would at least be considered," added Mr. Johnson. "In reality, it seems they never seriously looked at non-white candidates."

Related: [Bachelor Season 16 Finale: Jesse Csincsak Discuss Ben Flajnik's Big Decision to Choose Courtney Robertson](#)

Never, over 10 years and a combined total of 23 seasons of "The Bachelor" and "The Bachelorette," has either show featured a single person of color—whether African American, Latino, Asian, or any other minority race or ethnicity—in the central role of the "Bachelor" or "Bachelorette." In 16 seasons of "The Bachelor" and seven seasons of "The Bachelorette," every person featured in the lead role on either show has been white.

Jesse Csincsak, winner of "The Bachelorette" Season 4, has had his own issues with Michael Fleiss. As recently as January, Csincsak was exploring the possibility of pursuing his own class-action suit against Fleiss and the producers. When Jesse was asked if he thought his lawsuit has inspired others to do the same he responded "I've been saying this for a long time. When someone stands up to this guy, other people will start coming forward. It's like rats in a flood."

It's anyone's guess where this will lead.

'Modern Family' Board Game Tests Your Trivia Knowledge about the Hit Show



This post is sponsored by Pressman Toy Corporation.

By Steven Zangrillo

The American family has seen a dramatic shift in dynamic over the last decade and nowhere is this better captured than with the razor-sharp comical edge of ABC's 'Modern Family.' This year the sitcom has been nominated again for a Golden Globe

Award in the best television series – Comedy or Musical.

For those 'Modern Family' fanatics of yours, the holiday is the perfect time to surprise your loved one with a great new game to complement the hysterical show. Players test their trivia knowledge of the hit series and the three intertwined families. As they move around the board, there are five types of special spaces to land on with each one having a corresponding deck of cards including: Parenting, Family, Modern, Interview and Event cards. By selecting the cards, players may be asked to answer trivia questions, play out a charade and discuss interview topics and family events. By completing the action on the cards, players receive tokens.

Once your team has collected all 30 tokens, you must get your mover home. The player to visit each household and get back to their TV viewing couch first wins!

The 'Modern Family' Game is manufactured by Pressman Toy Corporation.

'Bachelor Pad 2' Recap Episode 5: Vienna and Kasey Start to Crack, Graham and Michelle Hit it Off.





By Steven

Zangrillo

The Nearlywed Challenge:

This episode kicked off with Blake and Erica teaming up for the Nearlywed Challenge, an offshoot of the Newlywed Game, despite his real desire to be with Holly. However, Holly had promised Michael that she would stick with him to the end, although her behavior throughout the episode indicated that she might be having second thoughts about that decision.

For the Nearlywed Challenge, couples were paired up and asked questions about their partner. One person would write down the answer and the other person would try to guess what the other person said. If the answers matched up, they would get a point.

Kasey and Vienna, the de facto couple of the house, weren't exactly on point when answering questions (much to the delight of the other housemates). Michelle and Graham, however, used a brilliant strategy of pre-determined answers to steal the game and snag an incredible date. Surprisingly, Blake and

Erica took second place and although they didn't get immunity roses, they did earn a date of their own.

Challenge Winners: Michelle and Graham

Immunity and Dates:

Michelle and Graham were the winners and ABC flew them via helicopter to downtown LA where they were dropped off on a rooftop, complete with a pool and private screening of "What's Your Number?", a new comedy starring Anna Faris.

The two newly coupled pair hung out in the pool while the film played, seemingly hitting it off. They even shared a passionate kiss.

Blake and Erica were the runners-up. However, they were granted a one-on-one date at a beautiful Spanish Mission. To say this date was out of the ordinary would be sugar-coating it. First, the couple didn't even want to be paired together. Then, they win the challenge and get a date. They don't have immunity, but there are two long stemmed red roses staring at them over dinner. As it turns out, these flowers were given to them in order to save another couple (who inevitably would save them). Or, if you're Blake you may only care about the rose for the sake of spending more time with Holly because we all know that's really all he cares about at this point anyway. So, the second place non-lovers give the roses to Kasey and Vienna – much to the disgust of the other housemates and unintentionally sealing their bad fate.

What's even funnier is that Erica decides to seduce Blake on the date. It was almost comical, as Blake deftly shot down her advances one after another. At this point, Erica threw a wacked-out and bizarre temper tantrum, accusing Blake of disrespecting her. The best part of all of this, of course, is that Erica was as sober as a bird.

Back at The Pad:

Michael, Holly and Blake:

The drama only continues to heat up between these three. Michael, presumably in the spirit of jealousy, decides to profess his undying love to Holly. Further, he tells her that he will be there waiting for her whenever she wants to come back to him. This prompts Holly to call Michael out on his lack of communication over the previous three months. Mostly, she was upset that he never expressed these feelings when the cameras were off. Needless to say, this soap-opera moment was all for Blake... that is, until he and Erica were sent home.

Ella and Kirk :

Ella, meanwhile, was having serious doubts about her and Kirk's future on the show after they didn't receive Immunity Roses.

Elimination:

Blake and Erica came into this episode like a roller coaster, they poorly managed their opportunities to get ahead. They had no option but to partner up at the end but played the Nearlywed game well enough to gain some leverage. Their lack of love connection probably set them back from staying in the house.

Predictions:

Cupid's Pulse is still spot on with our predictions of Michelle, Michael, and Ella. However, that basically leaves one member of every power couple – except for Vienna and Kasey. Wow, good job we did choosing all of them. But, if we had to pick the last standing couple, we would go with Michelle and Graham. They would win love and money. That would be historical. We can find out next week during the

Season Finale, so stay tuned!

In the meantime, if you have questions about the Bachelor Pad 2, send them in. We will have former winners, [Natalie Getz and David Good](#) with us all season to answer them.

Kasey Kahl Serenades Vienna Girardi With Love Song



Kasey Kahl showed Vienna Girardi his true feelings for her with a song on this week's episode of *Bachelor Pad 2*. In a clip from the show on *UsMagazine.com*, Girardi seems to truly enjoy this

display of affection, but she is unable to contain her composure as she giggles throughout the intimate love song.

What are some romantic gestures to make your partner feel special?

Cupid's Advice:

1. Text your love: In the middle of the day, for no reason at all, send a quick and easy text. Tell your partner "I love you," or "I miss you." This unexpected message will put a smile on their face and have them thinking of you all day long.

2. Help out: Spend a little extra time here and there making your partner's life easier. Do a bit of his or her to-do list. If you lighten the load, there will be more time for the two of you to play together.

3. Give a kiss: After being in a relationship for a long time, sometimes we forget to slow down and show each other we care. One of the simplest ways to do this is to give your partner a simple, yet passionate kiss on his or her way out the door or while he or she is cooking dinner.

How do you make you love feel extra special? Share your experiences with a comment below.

**Jesse Csincsak Hosts
'Bachelor Pad Beatdown' on**



The Season 2 Bachelor Pad Beatdown – Episode 1 from Patrick O'Neill on Vimeo.

The Season 2 Bachelor Pad Beatdown – Episode 2 from Patrick O'Neill on Vimeo.

The Season 2 Bachelor Pad Beatdown – Episode 3 from Patrick O'Neill on Vimeo.

The Season 2 Bachelor Pad Beatdown – Episode 4 from Patrick O'Neill on Vimeo.

The Season 2 Bachelor Pad Beatdown – Episode 5 from Patrick

ONeill on Vimeo.

The Season 2 Bachelor Pad Beatdown – Episode 6 from Patrick O'Neill on Vimeo.

After The Final Beatdown – Episode 1 from Patrick O'Neill on Vimeo.

After The Final Beatdown – Episode 1 Part 2 from Patrick O'Neill on Vimeo.

You've come to this post because you are obviously a fan of ABC's *Bachelor* and *Bachelorette*. Or, maybe you're just curious what a Beatdown is all about. If you're like many of us fans, you're probably wondering what it's like behind-the-scenes on ABC's hit matchmaking show and why your favorite contestant just denied a rose to a man who seemed so dreamy on camera. Now, you no longer need to sit alone pondering all those questions.

Season 4 *Bachelorette* winner, Jesse Csincsak has launched a weekly hour-long Webisode series called The Bachelor Pad Beatdown, which features a panel of 8-10 former Bachelor and Bachelorette contestants dishing about the current season of ABC's *The Bachelor Pad*.

You'll hear directly from folks who've not only been on the show but those who have won as well, including Trista Sutter (*Bachelorette* Season 1), David Good and Natalie Getz (winners of the first Bachelor Pad), Tenley and Kiptyn Locke (contestants who found love after their seasons were over), to name a few. And the best part is: it's completely uncensored!

Viewers can watch the show by visiting RTVZone.com and clicking WATCH LIVE on the main page. On demand viewing will be available within a few hours of airing. The program will also feature live video and interaction amongst the panel, who

will occasionally take viewer questions from Twitter, chat and video mail.

Be sure to check it out on **Tuesday, Aug. 9 at 9 p.m. EST**, submit your questions via Twitter (@RTVZone) and share your thoughts about Jesse's Bachelor Pad Beatdown series with us below.

Happy watching!

'The Bachelorette' Season 7, Episode 9 Preview: One Last Surprise for Ashley Hebert





By Jennifer Harrington

Next Episode of *The Bachelorette*

After saying goodbye to Ames last week during the hometown dates, it's time for [Ashley Hebert](#) to head to Fiji this week with the remaining three men for the overnight "fantasy" dates. While the bachelorette remarks that this has been a "crazy journey" for her, she is very enthusiastic to spend some "private" time with her remaining guys: Constantine Tzortzis, Ben Flajnik, and [J.P. Rosenbaum](#). All veteran viewers of this [reality TV](#) show know that this is a pivotal moment each season. The dates are full of exotic outings, deep conversations, tough questions, and the keys to the fantasy suite! As you'll see in the preview, just when you think that maybe Hebert has in fact found her celebrity love story during this very rocky season of *The Bachelorette*, it is revealed that someone unexpected pays her a visit in Fiji!

Related Link: [Josh Murray Has Moved On After Celebrity Break-](#)

[Up With Former 'Bachelorette' Andi Dorfman](#)

Until Monday, let us know: Who is the uninvited guest crashing the romantic party in South Pacific? Do you think this will be a happy surprise for our leading lady – could it possibly be Bentley again?

Tune into ABC at 8/7c on Monday to check out the latest installment of the drama on The Bachelorette, and see who will be the two suitors advancing to the final rose ceremony!

'The Bachelorette' Season 7, Episode 8 Preview: It's a Dance Party!





By Jennifer

Harrington

Preview of Episode 8 of *The Bachelorette* Season 7

Next week on reality TV's [The Bachelorette](#), [Ashley Hebert](#) and her four guys will be returning to the states after a whirlwind tour of Asia. That means it's time for the all-important hometown dates! This week, the bachelorette will be meeting the families of the following men: Constantine Tzortzis, Ben Flajnik, [J.P. Rosenbaum](#), and Ames Brown. Creating a solid relationship with the family is a critical step in *The Bachelorette* process, and the sneak peek promises that Hebert will immediately feel at home with Tzortzis's family. After remarking "I love your family, and I'm moving in," the bubbly brunette is treated to a "Welcome Home, Constantine!" dance party with the Atlanta native's extended family. If Hebert is looking for a relationship and love with a family man, maybe this is it – after all, Tzortzis says that family is an "integral part" of his life. Could he be the

winner of *The Bachelorette* season 7?

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

Tune in next Monday night at 8/7c to see how the guys do during the hometown dates and to find out who will be moving on to the fantasy suite and overnight dates. As always, when you’re watching, feel free to send us your questions about the episode for our resident *The Bachelorette* expert, Jesse Csincsak!

‘The Bachelorette’ Season 7, Episode 7 Recap: Looking for the Total Package in Taiwan





By Jennifer

Harrington

Last night's episode of *The Bachelorette* left us with the final six men! [Ashley Hebert's](#) game face was on as she committed to finding the total package in a guy – an emotional and physical connection – before she would grant a rose for hometown dates. The episode featured [J.P. Rosenbaum](#) whining about the fact that Ben Flajnik had an overnight date and Ryan Park looking like he was on the brink of a nervous breakdown if he didn't get a solo date with the bachelorette. However, the highlight of the evening was when Emily Maynard came back on the show to chat with Chris Harrison about her relationship and love with Brad Womack – or lack thereof. If you missed last night's episode of the [reality TV](#) show, here's how it all went down:

Recap of *The Bachelorette* Season 7, Episode 7

There were four dates this week: three one-on-one dates and one group date. The first solo date went to Georgia-based

restaurateur, Constantine Tzortzis. He and Herbert's relationship and love had been moving slower than the others, so this was her opportunity to see if there was a connection. The date began with a train ride to a nearby village and concluded with both of them releasing a big balloon-like, paper lantern into the sky, which had included their "love" wishes on it. Hebert said it was "the most romantic date ever." Cliché as it is, love was in the air!

Related Link: [Famous Couple Sean Lowe and Catherine Giudici Speak Out Against the New 'Bachelorette' Twist](#)

The next alone date was given to Sonoma winemaker, Ben Flajnik. It's tough to ignore the obvious chemistry between this duo, as they explored Taiwan on mopeds. Flajnik revealed to the cameras that he was falling in love with the bachelorette but wasn't ready to tell her yet. Hebert revealed to the cameras (not to him) that it felt like he was her boyfriend. The next development was truly shocking: We learned that Flajnik didn't come home from this date until the next morning! Is that a *Bachelor/Bachelorette* first? It really pissed off some of the other guys in the house.

While the activities of the overnight date remained mysterious, there was no secret about the fact that Rosenbaum was annoyed by the sleepover. His crankiness carried over into the group date, where he was accompanied by Ames Brown and Lucas Daniels to try on traditional Taiwanese wedding attire and take wedding photographs. Rosenbaum now sulked about the fact that the other guys were taking kissing photos with his lady. It all paid off for him though: When he shared his feelings with Hebert, she rewarded the construction manager from Long Island with the only guaranteed hometown rose.

Related Link: [Can You Really Find Love on 'The Bachelor'?](#)

Last but not least, we have Park: the last man standing for a one-on-one date. After a day of checking out local Taiwanese

culture, the conversation turned to water heaters, energy preservation, and the environment – certainly not a way to get “in the mood” or build romantic chemistry. At this point, Hebert knew that her first-impression-guy was not going to be her husband, and she tearfully told him goodbye. Park, the eternal optimist (and the “top contender,” according to Brown), left in tears too.

Aside from Rosenbaum, the final three roses went to Tzortzis, Flajnik, and Brown. Daniels was out and graciously said goodbye. With the hometown dates decided, it was time to shift focus to Chris Harrison’s interview with Emily Maynard.

Past Winner of *The Bachelor* Speaks Out About Relationship and Love

Maynard returned to *The Bachelor* mansion to speak about her celebrity break-up with Brad Womack, who declined to appear on the segment. The devastated blonde confessed that she had been hunted by the paparazzi, that she didn’t know who to trust, and that she ultimately didn’t have the reassurance that her fiancé would stand by her side forever. She came on the show to try and end the rumors. Always the devoted mother to little Ricki, Maynard declared she would always love Womack but revealed that the engagement is over. Her focus is now to be the best mom she can be. Are we being set-up for her return?

Check back later today to read *Bachelorette* expert Jesse Csincsak’s thoughts on the episode (and Emily’s interview). Until then, let us know: after seeing Emily detail her break-up with Brad, do you think there is any truth to the rumors that she will be the next *Bachelorette*?

'The Bachelorette' Season 7, Episode 7 Preview: More Wedding Themed Dates in Taiwan and Emily Maynard is Back!



By Jennifer

Harrington

It's been two weeks since we caught up with Ashley Hebert in her search for love on *The Bachelorette*. During the last episode, it seemed like our leading lady finally found closure to her obsession with Bentley, and her feelings for the remaining six bachelors were starting to blossom. This week's

episode takes us to Taiwan for more over-the-top wedding-themed dates (you may recall her Vegas escapade with William earlier this season). Certainly, the Taiwan Tourism Bureau had a lot to do with this episode as they're now offering special packages to fans who want to recreate Ashley's dates. During a group date, the bachelorette and three of her men model traditional Taiwanese wedding apparel. When will this wedding theme end?

Now here's the good part: Monday's episode will include an appearance from Emily Maynard! She'll be stopping by to talk with Chris Harrison about her recent break-up with Brad Womack. Will she be the next Bachelorette? We sure hope so! Tune in on **Monday, July 11 at 8PM Eastern/7PM Central** and be sure to send us your questions for our resident *Bachelorette* expert Jesse Csincsak!

'The Bachelorette' Season 7, Episode 6 Preview: Bentley's Back, and He's Stirring Up Trouble





By Krissy

Dolor

Ashley Hebert and the remaining eight bachelor contestants bid Thailand adieu and now find themselves in Hong Kong. While it seems like our dentist in distress made significant progress in several of her relationships – notably with winemaker Ben F. – she made it clear to host Chris Harrison that she still needed closure with the never ending Bentley drama, as he was proving to be quite the roadblock on her journey to find love. Since ABC's *Bachelor* franchise can't resist drama, this season's trouble maker 'wants to talk to Ashley' – in person – since a phone conversation simply wouldn't make for good television. Will he keep tugging on Ashley's heart strings or will he finally reveal his true colors? And how will the contestants – you know, the guys that *want* to be with Ashley – react to the news of his return?

Tune into ABC on **Monday, June 27 at 8PM Eastern/7PM Central** to see what the single dad has to say for himself. While you're watching, don't forget to send us your questions about Bentley and anything else rose-related for our Bachelorette expert, Jesse Csincsak!

