

# Celebrity Exes: Ben Higgins Apologizes to Olivia Caridi for Her 'Bachelor' Experience on His Season



By Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Ben Higgins and Chris Harrison apologized to Olivia Caridi for her humiliating experience on *The Bachelor*. According to *UsMagazine.com*, Caridi faced such a difficult time on Higgins' season that she had trouble watching the first episode. and that's when she realized she would have a difficult few months as the rest of the season aired. Although she says that she can laugh at it now, Harrison and Higgins both apologized.

# These celebrity exes are on good terms, but that doesn't mean there aren't still apologies that need to happen. What are some benefits to apologizing to your ex for wrongdoings during your relationship?

## Cupid's Advice:

Apologies can be difficult, especially when it comes to your ex, but sometimes they are extremely necessary. If you've done wrong in your past relationship and haven't apologized, Cupid has some advice for you:

**1. Move on with your friendship:** Although you and your ex may be friendly that doesn't mean that you two are friends. If you've done wrong to your ex and never apologized for it, then you can never truly be friends until you admit your wrongdoings and apologize for them. It'll help you both move on while being friends.

**Related Link:** [Celebrity News: Scott Disick Apologizes to Kourtney Kardashian After Rehab Stint](#)

**2. Helps you in your next **relationship**:** Everyone makes mistakes, but apologizing is a key part of being in a relationship. If you can't admit what you did wrong, then you won't last too long in any relationship. Apologize to your ex now and learn how to do it as sincerely as possible for the next time.

**Related Link:** [Celebrity News: 'Jersey Shore' Star Ronnie Ortiz-Magro Apologies to Jen Harley & Their Daughter](#)

**3. Feel better about yourself:** After having your apology accepted, you'll feel like a weight has been lifted off of your shoulders. Knowing that you are a big enough person to be apologetic is an amazing feeling.

What are some more benefits to apologizing to your ex for wrongdoings during your relationship? Start a conversation in the comments below!

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## **Celebrity Break-Up: Ben Higgins Is Still Upset Over Split From Lauren Bushnell**





By [Marissa Donovan](#)

Last month was a disappointing surprise to season 20 fans of *The Bachelor*, as [Ben Higgins](#) and Lauren Bushnell called off their celebrity engagement. According to [UsMagazine.com](#), Higgins recently expressed his feelings about the [celebrity break-up](#). He said, “When you really care about somebody and you really love somebody and that has to end – for whatever reason, even for reasons that either person can’t really explain, it’s just a feeling and you have to go your separate ways – it hurts. It hurts bad.” Bushnell has said the two are friends, but this [celebrity news](#) has us hurting along with the former couple!

**This couple is still feeling the effects of their celebrity break-up. What are some ways to cope with a split?**

**Cupid’s Advice:**

Break-ups can take time to heal. Sometimes we can feel helpless on how to deal with the heartache. Here are some tips to help make the split easier to deal with:

**1. Listen to music:** This is one of the best remedies to a heavy heart. [Brad Pitt](#) also listened to music after getting a divorce with his ex-wife Angelina Jolie. Any music genre is acceptable for coping with a break-up. Start making a playlist!

**Related Link:** [Celebrity News: Angelina Jolie & Brad Pitt Are Talking Again](#)

**2. Binge episodes of Netflix:** Cue up your Netflix and search for a hilarious sitcom or a murder mystery. Engaging episodes will distract you from getting upset over the split. Watching an amazing series will give you the comfort you deserve during this difficult time.

**Related Link:** [Celebrity Break-Up: 'Bachelor' Ben Higgins Sheds Light on 'Tough' Split from Lauren Bushnell](#)

**3. Reconnect with old friends:** Meeting up with friends you haven't seen in ages can make you feel happier during this upsetting time. Your friends will remind you of fun memories and most likely want to make weekend plans. Having friends around will keep you optimistic about the future.

What are some other tips in helping you cope with a break-up?  
Leave your advice in the comments bellow!

# Celebrity News: Lauren



# Bushnell Shares Sweet Post for 'Bachelor' Ben Higgins' Birthday



By: Christa Ganz

Lauren Bushnell posted a sweet, yet honest birthday shout out to *Bachelor* boyfriend [Ben Higgins](#) on Instagram recently. Higgins, who was the star of the 20th season of *The Bachelor*, celebrated his 29th birthday on Thursday, March 23. According to [UsMagazine.com](#), Bushnell, 27, captioned a gorgeous photo of the two with a horse, writing, "Happy birthday babe!!!! I'm so thankful for this life together. Although sometimes rocky you always hold my hand and support me through it, always with a smile on your face. You deserve the world, especially today." This [celebrity couple](#) has never been shy about their

affection toward one another. The pair has a history of taking to social media to express their love for each other. Despite what some rumors may insinuate, this [celebrity relationship](#) continues to remain afloat in the public eye.

**This celebrity news shows us that this *Bachelor* relationship is still going strong. What are some ways to show your love for your partner in a public way?**

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

Sometimes you just want to remind your partner of how much they mean to you. Don't be shy when it comes to publicly expressing your love for your significant other:

**1. Keep them close:** Simple gestures like hand-holding or frequent hugs and kisses will make them feel special. Without going over the top with the PDA (unless you both are into that sort of thing), keep your partner within arms' reach to publicly express how close the two of you are.

**Related Link:** [The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins' Relationship 'Ain't Perfect'](#)

**2. Speak up:** Remind your partner of all the things you love about them. Without having to yell it to the world, you can remain affectionate in public by engaging in happy conversation. Continuous smiling and laughing will let everyone around you know how much you enjoy each other's company.

**Related Link:** [Celebrity News: 'Bachelor' Alum Lauren Bushnell Reveals Romantic Thing She Does for Ben Higgins](#)

**3. Social media:** Just like your in-person appearance, your online appearance matters, too. Keep your social media pages updated with pictures of your partner. Let them know that you're proud to be theirs, and you want everyone who interacts with you to know that.

**How do you publicly show love for your partner? Comment below!**

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## **Celebrity News : 'The Bachelor' Alum Lauren Bushnell Celebrates Birthday in Mexico Without Ben Higgins**







By [Whitney Johnson](#)

Is there trouble in paradise? [The Bachelor](#) alum Lauren Bushnell recently celebrated her 27th birthday in Mexico without one special person by her side: fiancé [Ben Higgins](#). According to [UsMagazine.com](#), the reality TV star jetted off to the beach with her family for a week of fun in the sun. Higgins shared a sweet birthday message on Instagram and also responded to recent [celebrity news](#) and break-up rumors, writing, “[J]ust know as @laurenbushnell celebrates her birthday tomorrow I am still extremely lucky to be able to share life with her and be by her side.” Fans first began speculating about a celebrity break-up when Bushnell spent a girls’ weekend in Nashville without her 4.25-carat Neil Lane engagement ring – which is noticeably absent in her Instagram posts from Mexico as well.

**In celebrity news, this turn of events has us wondering about**

# Lauren and Ben's relationship. What are some tell-tale signs that things aren't going well in your relationship?

## Cupid's Advice:

Based on this celebrity news, it's hard to know if this celebrity couple is headed for the altar or headed for Splitsville – but luckily, it's easier to tell if your own relationship is on the rocks. Here are three signs that things aren't going well in your love life:

**1. You're spending less time together:** If you and your partner are spending more time apart than together, there's a chance your relationship is headed towards its end. It's good to have separate interests, but you shouldn't use those hobbies as an excuse to be away from each other.

**Related Link:** [Celebrity News: Lauren Bushnell Says When She'll Marry Ben Higgins is the 'Million Dollar Question'](#)

**2. You argue constantly:** It's one thing to have a fight every now and then; it's another if all of your discussions turn into yelling matches. Relationships are all about communication, so a failure to do so in a civilized manner is a tell-tale sign that things are headed in the wrong direction.

**Related Link:** ['The Bachelor' Celebrity Couple Ben Higgins & Lauren Bushnell 'Happier Than Ever' After Calling Off Wedding](#)

**3. You no longer make each other happy:** If you're choosing to be in a relationship with someone, you should feel like the best version of yourself when you're around each other, plain and simple. Instead, if you're often stressed and unhappy

because of them, it's time to reevaluate your partnership.

**Cupid wants to know: What's another sign that your relationship isn't going well? Tell us in the comments below!**