

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.

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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!

Celebrity News: Ben Higgins Says 'Bachelorette' Hannah Brown's Sex Confessions Are 'Confusing'





By [Katie Sotack](#)

In [Bachelorette](#) news, former *Bachelor* Ben Higgins is confused by Hannah Brown's sex confessions in the most recent episode of her season. On a podcast interview with *Bachelor Nation*, Higgins admitted that Brown's statements on whether having sex on the show was a wise decision seem contradictory. According to *UsMagazine.com*, this news comes right after Brown and contestant Parker participated in a raging fight on screen and social media war off screen on the issue of sex with multiple partners.

In [celebrity news](#), Ben Higgins is confused about Hannah's seemingly conflicting sex admissions. How do you know when it's the right time to get physical with your partner?

Cupid's Advice:

Have you ever been dating someone and wondered, “When’s the right time to hookup?” What’s too soon, and what will they think of me if we wait a long time? Here is relationship advice on getting intimate:

1. Are you turned on?: The number one requirement to figuring out the right time to be intimate is being aroused. If you’re feeling your partner, the environment, and the contraceptive measures are at your minimum requirements at least, you might be ready to get physical. There is still some question on whether this is the right time for you emotionally, but desire is the number one box to be checked off.

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2. Don’t be pressured: Just because your friend slept with their partner on the first date and your other friend waits until the 10th to get it on, doesn’t mean these timelines are right for you. Only you and your sexual partner can decide on the who, what, when, where, and why of your sex life.

Related Link: [Celebrity News: Tyler C.’s Fantasy Suite Speech Made Him a ‘Bachelorette’ Fan Favorite](#)

3. Ignore all advice: Physical intimacy is different for everyone. Sexuality is like a snowflake – everybody’s special and there’s no one size fits all. Instead of feeling worried about outside context, be mindful. Consider yourself, what you want, and what you are comfortable with. Then, proceed from there.

How do you decide when’s the right time to be intimate? Share in the comments below!

Celebrity Interview: 'Bachelor' Alum Ben Higgins to Host "The Wedding Party"



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Most people know reality television star Ben Higgins from *The Bachelor*, but this busy entrepreneur has also opened up *Generous Coffee Co.*, which helps those in need, and *Ash-Kara*, a restaurant in Denver serving up Israeli and middle eastern cuisine. Next on the list, the self-confessed romantic is pairing up up with **DiningOut Events** to create a large, one of a kind wedding event called, *The Wedding Party*. If you are newly engaged this could be for you. The Wedding Party is looking for a dozen couples to experience the unique

opportunity to have a ceremony and reception with all the fun and none of the headache.

In our exclusive [celebrity interview](#), we chat with Higgins about the creation of the Wedding Party, his entrepreneurial endeavors as well as his current dating life and relationship advice.

Check out our celebrity interview with Ben Higgins to see what the reality star is up to today:

1. Hi Ben, you must be excited about your new endeavor with the Wedding Party. What inspired you to get involved and would you ever consider this type of wedding for yourself?

The Wedding Party is a first-of-its-kind mass wedding ceremony, reception, and festival all rolled into one. I am not aware of another wedding that has ever been quite like this. I am very excited! I've known the founders Jeff Suskin and Shalisa Pouw of DiningOut Events for some time – we are involved in a few projects together. They approached me over coffee with a wild idea and I was immediately hooked. I've always been a romantic at heart, so I didn't need much convincing.

I would consider this type of wedding for myself, but then again, I'm not the only one who would have a say in the matter!

2. If not, what would your dream wedding look like?

I love a big celebration! Whether it be a group wedding like The Wedding Party or a more traditional setting, the celebration and energy of the attendees is what matters. My ideal wedding would be filled with lots of laughter, dancing,

smiling, and enjoyment.

3. Can you tell us what your role will be at The Wedding Party and any specific things that you will be doing?

I'm hosting The Wedding Party. The real job is to make sure everyone is enjoying themselves and having a good time. It's going to be a special day for the couples and attendees, and I want to make sure we throw one hell of a celebration!

4. Who else will join you in this process of choosing the couples and what specific characteristics or traits will you be looking for during the selection process?

The couples are chosen by a group of people including myself and the team at DiningOut Events. We are looking for couples from all different backgrounds and love stories. We are looking to bring people up on stage who are all different, all diverse, and all excited about making the commitment! Couples can apply online at <https://www.theweddingparty.love/>.

5. Aside from the cost savings, can you give our visitors 2 to 3 additional reasons why they might want to consider sharing their special day with a bunch of other couples and their families?

The modern wedding experience is very expensive, with tired rituals and too much stress for everyone involved. The Wedding Party is a way for couples to share in the fun and excitement at a blown-out shindig with a couple thousand people there to support them!

6. Let's move on to you. Ben, we hear that you are dating again. We are so happy for you. What can you tell us about this new woman in your life? So many fans want to see you happy!

Jessica and I have been dating for a few months, and it has been great since the beginning. However, the relationship is

new and we want to be wise about how much pressure we put on our relationship. Timing is important in any relationship and we both wanted to figure out if this was going to be something that we were going to try and make last before we publicized our relationship.

7. We know that communication is critical in a long distance relationship. Any advice to help our readers who are struggling with dating someone long distance?

Long distance relationships are much harder to maintain, but it can be done. Communication is key! Trust also plays a big role. Face-time is a huge asset to long distance relationships! The best thing about long distance is that you are forced to have intentional conversations and as a result dig into the lives of the person you are pursuing. I encourage anyone out there to write down some questions that you maybe wouldn't ask if you were in person and then ask those while you are on the phone so you can use that time to your benefit.

8. Ben, where do you want to live and start a family? Does Denver have your heart long-term or would you move for someone special?

Denver is an incredible city! I love Denver and do consider it home, but I am not necessarily stuck in Denver. I am open to the discussion but right now Denver is the number one place for me to call home (and ideally I would be in Denver a long time).

9. As the owner of two businesses, have you always been passionate about entrepreneurship? What was the inspiration behind Generous Coffee Company and Ash-Kara?

I've always been passionate about entrepreneurship, especially if there is a purpose behind the business. That's what inspired me about Generous Coffee. The profits are used to fund sustainable, life-changing work around the world. As for Ash-Kara, it was more of me fulfilling my childhood dream! The

idea that I can be a part of so many different things that may last beyond my time here on earth is exciting to me. I want to leave a legacy.

10. Is there anything else that you'd like to leave us with or anything else that you are working on that you'd like us to cover?

Currently, my life is fairly consumed in Generous International, Humanity and Hope International, Ash Kara, The "Almost Famous Podcast" with iHeart radio, and The Wedding Party. I do not know what is next, but right now these are the items in this world that bring passion, purpose, and excitement to my life!

Ben Higgins will be hosting *The Wedding Party* this upcoming September in Denver, CO. You can keep with Ben on [Instagram](#), [Twitter](#), as well as his [website](#).

Celebrity Couple News: Ben Higgins Reveals He Kissed New Girlfriend The First Time He Saw Her





By [Lauren Burczyk](#)

In [celebrity news](#), [Ben Higgins](#) admitted to kissing his new girlfriend when they first met. According *UsMagazine.com*, the reality TV star, 30, said he “walked outside and just laid it on her.” Higgins’ girlfriend, Jessica Clarke, 23, said the former Bachelor kissed her “as soon as he saw her.” *The Bachelor: Winter Games* alum introduced Clarke to his fans via Instagram earlier this month. On February 20th, Higgins wrote, “She is someone special, and I look forward to where life is going to take us. Stay tuned for the journey.”

In celebrity couple news, Ben Higgins didn't waste any time showing his affection for his now-girlfriend. What are some ways to make sure your crush knows you like

him/her?

Cupid's Advice:

There's no comparing the feeling you get when your crush enters the room, but how do you let him or her know how you feel about them? Here are some ways to let your crush know you're interested:

1. Be thoughtful: More often than not, actions speak louder than words. Try being thoughtful by picking him up a special treat from his favorite coffee shop or by compiling a playlist of songs that tell her how you feel.

Related Link: [Celebrity Exes: 'The Bachelor' Star Lauren Bushnell Says She Hasn't Spoken to Ex Ben Higgins Recently](#)

2. Spend time together: There's no better way to show your crush you're interested than by spending quality time with them. Try to spend time with your crush every opportunity that you get just so he or she takes the hint.

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3. Let your body do the talking: Body language is a great way to show that you're interested. Try leaning in every time your crush talks to you, or maintaining close eye contact.

Can you think of some other ways to make sure your crush knows that you're interested? Comment below.

New Celebrity Couple: Lauren Bushnell Called Chris Lane's Ex-GF to Tell Her They Were Dating



By [Ivana Jarmon](#)

In [celebrity news](#), Lauren Bushnell recently reached out to boyfriend Chris Lane's ex Lauren "LB" Barr. A source tells *UsMagazine.com*, "Chris was dating LB right before Bushnell. Bushnell called LB a couple of days ago to tell her that they were together." Both women vied for Ben Higgins' affections in 2016 on *The Bachelor*. *UsMagazine.com* confirmed the dating news on November 14. The [celebrity couple](#) sparked romance rumors after attending the BMI Country Music Award in Nashville on

November13.

This new celebrity couple is all about open and honest communication when it comes to their exes. What are some reasons to let your ex know that you're dating someone new??

Cupid's Advice:

Is it okay to tell your ex that you're dating someone new? Cupid has some reasons why you should let your ex know:

1. Respect: Simply having respect for one another's feelings is a good reason to let your ex know that you're dating someone. You don't want to surprise or hurt them.

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2. First to know: Letting your ex know first may lessen the blow when the public finds out. There's nothing worse than finding out your ex is dating someone new from a friend or acquaintance weeks after it happens.

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3. They can come up with a talking point: Being surprised by the fact that your ex is dating someone new doesn't allow you to come up with a planned reaction or talking point. If you know before the general public does, you can come to terms with it and keep the shock off of your face when it's discussed.

What are some reasons to let your ex know that you're dating someone else? Share your thoughts below.

Celebrity Exes: 'The Bachelor' Star Lauren Bushnell Says She Hasn't Spoken to Ex Ben Higgins Recently



By Rhodesia Williams

In [celebrity news](#), *The Bachelor* star Ben Higgins, 30, and fiancé Lauren Bushnell, 30, ended their engagement last May, and they haven't talked much since. Bushnell spoke to *UsMagazine.com* while attending a FabFitFun event in West Hollywood. When asked about the [celebrity break-up](#), Bushnell responded saying the split was difficult since the two "are in the same circle and same world." That being said, she admitted that she has only spoken to him to congratulate him on the launch of his new coffee company, Generous.

These celebrity exes split up amicably, but they aren't necessarily on speaking terms. What are some benefits to a clean break after a split?

Cupid's Advice:

There's something to be said for a clean break after a break-up. Cupid has some reasons to consider:

1. Piece of mind: Although you may miss your ex, a clean break often helps to heal faster. Those miserable, "should've, could've, would've" thoughts won't hound you for as long, and you can start to move on. No headaches are always a plus.

Related Link: [Relationship Advice: How to Heal a Broken Heart](#)

2. Breathe: Whether it was a mutual split or not, you can now relax and breathe. You will have more "me" time. Spend this time "catching your breath" and give your mind, heart, and body a rest.

Related Link: [Relationship Advice: How to Stay True to Yourself](#)

3. Rearrange: Now that you are newly single and will have more time on your hands, mix things up! Sign up for that yoga class you've thought about, but didn't have time for. You can now rearrange things in your life, and the best part is, you can start whenever you're ready!

What are some other benefits of a clean break up? Share your thoughts below.

Celebrity News: Lauren Bushnell Has A New Boyfriend



By [Marissa Donovan](#)

Lauren Bushnell is not spending the rest of the summer single! According to [People.com](#), [The Bachelor](#) alum is dating longtime friend Devin Antin. The two have known each other before Bushnell began on the dating show, but have been strictly friends up until now. Since they had a history of friendship, they quickly started dating. It is safe to say Bushnell has moved on from her split from [Ben Higgins](#)!

This [reality Tv](#) star has decided to date her long time friend! How can you transform a friendship into a relationship?

Cupid's Advice:

Sometimes turning a relationship into a friendship can become natural, but sometimes taking that next step can be nerve-racking. Here are some tips on how to transform a friendship into a relationship:

1. Spend more alone time together: Spending more alone time together is a good way to connect on a personal level and possibly see a side to your friend you've never seen before! Time alone together can also allow you to be more open about your feelings.

Related Link: [Celebrity News: Former 'Bachelor' Ben Higgins Discusses Why He Sent Becca Tilley Home Before Hometown Dates](#)

2. See if their interested in anyone at the moment: Check to see if a relationship is reasonable with your friend by asking if they're currently seeing someone. You should also ask if they have someone in mind. Asking these questions can clear any unsure feelings!

Related Link: [Celebrity Break-Up: 'Bachelor' Ben Higgins Sheds](#)

[Light on 'Tough' Split from Lauren Bushnell](#)

3. Ask them what they think of your current friendship: Since you and your friend already have a relationship, purpose the idea of taking the relationship to the next level by dating. This may make things awkward at first, but at least you'll finally end your curiosity by getting the real answer!

Have you turned a friendship into a relationship. Tell us your love story in the comments!

Celebrity News: Former 'Bachelor' Ben Higgins Discusses Why He Sent Becca Tilley Home Before Hometown Dates





By [Marissa Donovan](#)

[The Bachelor](#) star Ben Higgins has finally addressed why he sent Becca Tilley home before the hometown dates happened. According to [UsMagazine.com](#), Higgins recapped the event on his *Almost Famous* podcast from his perspective by expressing that he already knew Lauren Bushnell was very special to him. He also added that he didn't want to upset Tilley's family since he saw what happened to Nick Viall during his second home date. Tilley and Higgins are now friends who joke about her exit from the show.

This [celebrity news](#) has us feeling a little awkward for Becca. What are some benefits to keeping your past relationships in the past?

Cupid's Advice:

Rehashing past fallouts with exes can be uncomfortable! Here

are some benefits for keeping old drama and exes in the past:

1. You can have better relationships: Revisiting old feelings should be used as a learn lesson. Now you know what to expect from that person and you can move on to someone that you can have more compatibility with.

Related Link: [Celebrity Break-Up: Ben Higgins Is Still Upset Over Split From Lauren Bushnell](#)

2. New relationships will be unpredictable: Don't get stuck in the mindset that your new relationships will be the same as the last one. Your new relationship might have similarities to your last one, but the person you are with will give you a different experience on what it means to be in a relationship.

Related Link: [Celebrity News: 'Bachelor' Stars Nick Viall & Vanessa Grimaldi Attend 2017 MTV Movie Awards](#)

3. You will have sense of humor: Like Ben and Becca, you can make jokes out of the pain instead on dwelling on how you felt during the moment. Since the relationship is over, you don't have to worry about getting hurt again by that person and now you can look back and laugh!

Do you think Ben Higgins should have picked Becca Tilley after all? We would love to hear what you think in the comments!

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 Break-Up: 'Bachelor' Ben Higgins Sheds Light on 'Tough' Split from Lauren Bushnell



By [Noelle Downey](#)

Bachelor star Ben Higgins is opening up about his [celebrity break-up](#) from Lauren Bushnell. According to [EOnline.com](#), Higgins is letting it all out when it comes to the end of his

[celebrity relationship](#) on his upcoming podcast with fellow reality TV star, Ashley Iaconetti. In the first episode, Higgins claimed, “Lauren will always be one of my best friends. I learned a lot about myself; I think she learned a lot about herself. It’s tough.” Higgins went on to share that his heartbreak over [celebrity ex](#) Bushnell is still “very fresh” because he truly thought that, “[she] was the one.” However, Higgins is also the first to acknowledge that the [Hollywood relationship](#) had real problems. “Mutually Lauren and I saw that life was getting more difficult,” Higgins admitted, “I would say the joy that we felt toward our relationship at the beginning was—for some reason—slipping away.” He confessed there was “no real saving or redemption to be done” and that ultimately he felt that their split was “for the best.” Regardless, Higgins has hope for both of them, even if it’s as individuals, instead of a [celebrity couple](#) and stated, “I am a better man today because of Lauren and because of our relationship.”

This celebrity break-up proves that when a relationship becomes more work than pleasure, it’s time to let go. What are some ways to know your relationship has run its course?

Cupid’s Advice:

It can be tough to know when a relationship is really over, but here are the top three ways that you can be sure:

1. When you no longer see a future together: A good way to figure out if what you’re experiencing is a rough patch or really the end is to analyze whether or not you can still

imagine a future with your partner. Can you picture a time when realistically things get better and you as a couple move past whatever it is that's causing stress on your relationship? Or is this conflict destined to be a part of your relationship forever? Your answer can help you determine whether or not it's time to move forward or move on.

Related Link: [Celebrity Break-Up: 'Bachelor' Stars Lauren Bushnell & Ben Higgins Split](#)

2. When the love is gone: If you genuinely feel as if you've fallen out of love with your partner, then it's time to move on. If the thought of leaving provides you with more relief than you won't have to fake it any more than sadness, you can be sure that ending the relationship is the best thing for both of you. Don't try to force love or affection after a certain point. If you're not feeling it, you're just not. Let go.

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

3. When you feel trapped constantly: If your relationship has been reduced to nothing but a ball and chain around your ankle, think long and hard about whether or not you want it to continue. If you feel that the only thing your partner does is hold you back, consider the fact that you both might be able to go farther without each other. Sometimes the most loving thing you can do for another person is set them free knowing that both of you will actually be better off without one another, even if at first the split is painful.

Have you ever called it quits in a relationship? How did you know it was time? Let us know in the comments!

Celebrity Break-Up: 'Bachelor' Stars Lauren Bushnell & Ben Higgins Split



By [Noelle Downey](#)

In breaking [celebrity news](#), there's an item that may have reality TV lovers less than enthused; *The Bachelor* alums Lauren Bushnell and Ben Higgins have officially called it quits. According to [UsMagazine.com](#), the former [celebrity couple](#) celebrated their [celebrity engagement](#) during the finale of season 20 of *The Bachelor* and announced their [celebrity break-up](#) months later on May 15, 2017. "It is with heavy hearts that we announce our decision to go our separate ways," Bushnell and Higgins confessed in a statement to the press, "We feel fortunate for the time we had together, and

will remain friends with much love and respect for one another. We wish nothing but the best for each other, and ask for your support and understanding at this time.” Although the romance of their [Hollywood relationship](#) was well-documented on *The Bachelor* and on their follow-up show, *Ben & Lauren: Happily Ever After?* audiences also witnessed some tumultuous signs of trouble in the couple’s [celebrity relationship](#), especially when it was revealed that Higgins had also confessed his love to contestant Joelle Fletcher during the run of the show. Bushnell acknowledged this did not sit well with her in several celebrity interviews, sharing, “I did carry some resentment toward him. I will never understand. I will never be the Bachelor.”

This *Bachelor* couple has decided on a celebrity break-up. What are some ways to know you’ve done all you can to salvage your relationship?

Cupid’s Advice:

When it comes to working out a rocky relationship, things can get tricky, and sometimes it’s just time to call it quits. Here are Cupid’s top tips on how to know when it’s time to throw in the towel:

1. When you’ve tried talking it out... and failed: If you’ve sat down together, maybe even with a third party like a therapist, and honestly tried to work out your problems with little to no progress, that’s a serious sign that you may have reached the final hours of your relationship. Of course, working through your problems takes time and effort, but if you feel like you’ve really committed to spending time working on the problem and nothing has been changing or getting better, it may be time to take a step back and take a long, hard look at

whether or not this is a relationship you feel you should stay in.

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

2. When they’re in love with someone else: If you feel as if your partner has some serious feelings for someone other than yourself and they’re distracting them from being in a committed relationship with you, that’s a serious problem. If your partner is in love with someone else (assuming you’re in a monogamous relationship) that’s a major deterrent to the success of your relationship. It may be time to acknowledge that it’s time to let go and let you both move on to something even better than what you have right now.

Related Link: [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

3. When all that’s left is fighting: Every couple has rough patches and seasons of their life together when they argue more than others. But if it seems that you two are constantly locked in a battle for the upper hand, and can’t even spend any amount of time together without a big fight blowing up, it’s time to call it quits. Let each other go, and let yourselves find someone else who you won’t be in constant conflict with.

Have you ever been in a relationship that went down the tubes? What was the final straw? Let us know in the comments!

'The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins' Relationship 'Ain't Perfect'



By [Whitney Johnson](#)

Amid celebrity break-up rumors, *The Bachelor* star Lauren Bushnell posted a picture on Instagram of her hugging fiancé [Ben Higgins](#) with the caption, "We ain't perfect but we tryin." According to [EOnline.com](#), fans first noticed the [celebrity couple](#) spending less time together after their [reality TV](#) show *Ben & Lauren: Happily Ever After?* came to a close in 2016. After Bushnell took a recent birthday trip to Mexico without Higgins, the rumor mill really started churning, but still,

the reality TV duo is standing by one another.

Despite reports of a break-up, this celebrity couple is standing firm in their love for each other. How should you respond to rumors about your relationship?

Cupid's Advice:

Given their life in the spotlight, rumors are inevitable for a celebrity couple like Bushnell and Higgins. Even those of us who don't share our relationship on reality TV can still deal with gossip from time to time. So how should you address rumors about your love life? Consider this relationship advice below:

1. Work together: If your parents have heard gossip about your relationship or your BFF is worried about you, it's time to deal with the untruths. But before you do so, talk to your partner and make sure you're both on the same page. If you tackle the rumors as a team, it'll be easier to shut them down.

Related Link: [Celebrity News: 'The Bachelor' Alum Lauren Bushnell Celebrates Birthday in Mexico Without Ben Higgins](#)

2. Use social media: It's nearly impossible to pick up the phone and call all of your friends and family to make sure they know the truth. Instead, take a cue from this celebrity couple and keep it short and sweet on social media. Your loved ones will immediately be reassured about the state of your relationship.

Related Link: [Celebrity Couple: Lauren Bushnell Says When](#)

[She'll Marry Ben Higgins is the 'Million Dollar Question'](#)

3. Don't overthink it: It's easy to get caught up in the gossip and wonder if your partner is cheating or if you're better off single. At the end of the day, only *you* know the truth about your relationship. Trust your heart, and don't second guess yourself or your response to the rumors.

Cupid wants to know: What's your best tip for dealing with rumors about your relationship?

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!

Celebrity Wedding: Lauren Bushnell Says When She'll Marry Ben Higgins is the 'Million Dollar Question'



By [Mallory McDonald](#)

In the season finale of *Ben and Lauren: Happily Ever After*, former *Bachelor* [Ben Higgins](#) called off his [celebrity wedding](#) to Lauren Bushnell. Rumors of the two not making it after this decision are completely untrue. [UsMagazine.com](#) learned how Higgins feels about their relationship status, as he said, “I think at this point, Lauren and I are focusing on our relationship, which is obvious. We’re definitely together – we are happily engaged. The wedding in our mind – ‘Where’s your ring at?’ – is still on, but we are just taking some time to help plan that where it’s not stressful or overwhelming.” Bushnell shared, “Any couple feels the same pressures – you get engaged, and everyone asks when is the wedding. ... We’ve navigated it relatively well and [are] doing things on our own timeline, honestly.” The stress of the show may have definitely changed the dynamic in this [celebrity relationship!](#)

We sense a little bitterness when it comes to the planning of this celebrity wedding. What are some ways to deal with a partner who is reluctant to tie the knot?

Cupid’s Advice:

Tying the knot is a serious step in a relationship and for many, it can feel overwhelming. Use this [relationship advice](#) to help ease your partner into marriage:

1. Be understanding: It can be hard to be understanding of your partner when they are putting the breaks on a wedding and you are ready to move forward. But you have to always be supportive of your partner’s feelings.

Related Link: [Celebrity Wedding: ‘Bachelor’ Ben Higgins Reveals Proposal Tips After Calling Off Wedding](#)

2. Discuss the decision: Make sure to not let this decision fly under the rug. It is important to understand why your partner isn't ready so that there isn't any confusion.

Related Link: [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

3. Be patient: Trying to be patient when you are ready for the next step can be extremely challenging. However, the more patient you are, the easier it will be for your partner to become ready.

How did you handle your partner not being ready for marriage? Share your experiences below.

Celebrity Wedding: 'Bachelor' Ben Higgins Reveals Proposal Tips After Calling Off Wedding





By Kayla Garritano

A tip for love. Although their [celebrity wedding](#) didn't go as planned, [celebrity couple Ben Higgins](#) and Lauren Bushnell have a story to share. According to [UsMagazine.com](#), Higgins was able to share his tips for planning the perfect fairy-tale proposal. The former [Bachelor](#) star offers five tips, which are as followed:

1. Make sure that your heart is ready to commit;
2. Make sure that your partner is ready to commit; and
3. Recognize that you are committing to your partner no matter what.
4. Make the proposal romantic and fun;
5. After popping the question, celebrate!

Bushnell also came into the discussion by talking about the worries of finding the perfect ring. ““If it's coming from you and you put a lot of time and effort into picking it out, I have no doubt that they're probably going to love it,” she

says, right before flashing her own ring with a smile.

Even when it comes to celebrity weddings, it's important to make your marriage proposal memorable. What are some key ways to make your proposal as special as can be?

Cupid's Advice:

Wedding proposal memories should last a lifetime. You will be able to tell all your friends and family, and even someday you're own kids, how your love story started. Cupid is here with some relationship advice to make sure your proposal is one not to forget:

1. Get your friends & family involved: Your friends and family are always there to help. You can get them in on the plan by asking for their help, have them take photos of the big reveal, or just stand back-up in case anything goes wrong. They won't turn down the offer to see a romantic and amazing moment for someone they care about.

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

2. Go public: If you love someone, you want to share it with the world. Propose in front of a big crowd. It can be a big screen proposal at a baseball game, or a huge flashmob in front of the town. Let people know you are in love and you're not afraid to show it.

Related Link: [Celebrity Wedding: 'Jersey Shore' Stare Deena Cortese Is Engaged](#)

3. Surprise: The most magical moments are when you least

expect it. You and your partner have probably talked about marriage, but your partner may not know when you're going to pop the question. Do it at the most unexpected time so your significant other won't see it coming. There will be a surprised face and happy tears.

How did you make your marriage proposal memorable? Tell us in the comments below!

'Bachelor' Celebrity Couple Ben Higgins & Lauren Bushnell 'Happier Than Ever' After Calling Off Wedding





By [Mallory McDonald](#)

One of *The Bachelor's* hottest [celebrity couples](#), [Ben Higgins](#) and Lauren Bushnell, called off their [celebrity wedding](#)! According to [UsMagazine.com](#), they called off the wedding on their reality TV show, *Ben & Lauren: Happily Ever After*. However, the two claim they are happier than ever after making this decision. "That's one of the things that's great about doing a show post-*Bachelor*. It really does highlight the confusion that life is and trying to get to know each other post-show, and trying to figure out how to get married and make everything work in everybody's best interest," Higgins told *Entertainment tonight*. "We are together, happier than ever – no plans to break up!" Higgins has no regrets of sharing his concerns and calling off the wedding, "We're in one of the best places we've ever been in our relationship – probably the best place," he told *ET*. "We're feeling less stressed. We're feeling less pressured. We're able to laugh and smile more. ... That decision at that point led us to every decision we've made to get to today."

This *Bachelor* couple isn't walking down the aisle anytime soon. What are some ways to know you're not ready for marriage?

Cupid's Advice:

Rushing into a marriage could end it before it even really begins. These are some ways to recognize you aren't ready for marriage:

1. Anxiety: Planning a wedding is always going to create some anxiety. But, if that anxiety is taking over and shadowing the happiness and joy that also comes with it, it may be time to call it off.

Related Link: [Ben Higgins Feels 'Disconnected' from Celebrity Wedding Planning](#)

2. Fear: Getting cold feet before the wedding is normal for a lot of people. However, there is a difference between cold feet and being terrified of getting married. If you are feeling uncomfortable, it is important to be honest with your partner.

Related Link: [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

3. Feeling pressured: A marriage needs to be a completely mutual decision. If you feel like you were pressured into the marriage, you may end up resenting your partner. Avoid that by taking the time and slowing things down.

Why did you decide you weren't ready for marriage? Comment below!

Former 'Bachelor' Ben Higgins Feels 'Disconnected' from Celebrity Wedding Planning



By Kayla Garritano

Will the wedding drama ever stop? In the Tuesday, November 1 episode of *Ben & Lauren: Happily Ever After?* [Ben Higgins](#) and Lauren Bushnell made another attempt at wedding planning, then quickly moved on to other things to avoid more planning. According to [UsMagazine.com](#), the little bit of planning they did included Lauren's sister, Mollie, helping the [celebrity couple](#) with their wedding registry. Ben immediately became

defensive over everything and didn't want anything that they don't need. Mollie and Lauren ignored most of Ben's negative comments and continued making the registry. As the episode continued to show them arguing and disagreeing with things such as houses and what they "don't need," Ben took a moment to admit to the camera, "I'm very disconnected from wedding planning."

This former [Bachelor](#) is feeling isolated from [celebrity wedding](#) planning. What are some ways to involve your partner in wedding plans?

Cupid's Advice:

A wedding is a joint ceremony, where you learn a lot about your partner and deal with the craziness of planning a wedding together. You want to make sure neither of you feel isolated in the planning, especially if you both want to be involved. Cupid will tell you how you can plan your wedding together:

1. Take them on the hunt: When you're testing out cakes, or trying out the food, or picking out your wedding registry, make sure your partner is there with you. Show them the journey you're going on, and let them experience what you're experiencing. Your partner should be allowed to try what it is that you're trying, and have the same opportunity to plan out the wedding that you're both a part of.

Related Link: [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

2. Let them have opinions: When you have a dream wedding in mind, you don't want to let anyone else's opinions in. Well,

what if your partner has something to say about the situation? What if they prefer something different? Make sure their voice is heard, and that you consider what they say. You should learn to talk to each other about what you're thinking. If you don't, that may foreshadow some problems in the marriage.

Related Link: [Learning to Compromise: My Way or the Highway!](#)

3. Compromise: Marriage is about compromise, as is a wedding. You are taking two lives and melding them into one. You are creating a new life for yourself the minute you say "I do" to each other. Do something for each other that seems fair. Take something out of the wedding that you love in exchange for putting in something your partner loves, and they should do the same for you.

How have you brought your partner in to the wedding planning? Comment below!

Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding





By Kayla Garritano

Here comes the bride...and millions of viewers. In the Tuesday, October 18 episode of *Ben & Lauren: Happily Ever After*, the [Ben Higgins](#) and Lauren Bushnell finally stopped the drama with [celebrity ex JoJo Fletcher](#). However, *Bachelor* host Chris Harrison also gave them the opportunity (and pressure) to televise their [celebrity wedding](#). According to [UsMagazine.com](#), the [celebrity couple](#) sat down with Chris when he dropped the offer. Ben's reaction? Nervous; saying he's never been married and wasn't sure if he was ready. Lauren responded with concern asking, "If he's not ready, what does that mean?" Lauren said all she wanted to hear from Ben was that he wanted to marry her. All she received was Ben getting nervous. The two eventually reconciled and decided on a televised wedding after all!

**It looks like there will be another
televised *Bachelor* celebrity**

wedding! What are some ways to personalize your wedding festivities?

Cupid's Advice:

It's your wedding! You want to make it your own and give it a personal touch. You and your partner should be planning a night to remember. Cupid is here to help with ways you can personalize your wedding:

1. Picture perfect: What better way to personalize your wedding than by putting your face everywhere? You and your partner must have plenty of memories leading up to your big day, and there must be pictures to prove it. Lying pictures on tables or around the walls makes the party feel inviting. You're inviting your guests into your personal journey, which is a heart-warming gesture.

Related Link: [Find Out Why JoJo Fletcher & Jordan Rodgers' Celebrity Wedding is Still on Hold](#)

2. Make a theme: Is there something specific you and your significant other love? Any hobbies or interests? For example, if you both love the beach, you can design your wedding festivities to have beach-related items. Or, say you and your partner have traveled together. Where did you go? Take those memories and adventures and make a theme out of it.

Related Link: [Celebrity News: 'Bachelor' Alum Nikki Ferrell Marries Tyler Vanloo](#)

3. Customize your drinks: You can't celebrate without creating a signature drink for the night. Make it something either really unique, or something simple. Either way, it'll get your guest interested in what they're drinking. Plus, it's super cute that you created your own little cocktail for your

special night.

How have you personalized your wedding festivities? Comment below!

Will 'Bachelor' Celebrity Couple Ben Higgins & Lauren Bushnell Split Over JoJo Fletcher Drama?



By Kayla Garritano

Is it a happily ever after? The new show from [Ben Higgins](#) and Lauren Bushnell, *Ben & Lauren: Happily Ever After*, gave viewers a chance to see the couple post-[Bachelor](#). However, according to [UsMagazine.com](#), psychotherapist and relationship expert Rhonda-Richards Smith dishes about whether she thinks this couple has what it takes to move past tensions, the biggest one being his prior love for runner-up [JoJo Fletcher](#). The premiere of the show, which aired on Tuesday, October 11, started with the drama of going to Fletcher's *After The Final Rose* ceremony, where Bushnell said she is tired of having her *Bachelor* season 20 rival associated with the [celebrity couple](#).

This celebrity couple could have some obstacles to overcome when it comes to Ben's ex, JoJo. What are some ways to keep ex drama out of your current relationship?

Cupid's Advice:

Leaving an ex behind can sometimes be difficult to overcome, especially if you have a lot of history. But for the sake of a new and healthy relationship, you want to make sure the ex drama stays out. Cupid is here with some [relationship advice](#):

1. Stay away: If you're anything like Lauren Bushnell, you're going to want to stay away from the ex, even if it's for their new happiness with someone else. A friendly congratulations may be enough to help avoid any problems.

Related Link: [Celebrity News: 'Bachelor' Ben Higgins Offers Advice to Ex JoJo Fletcher & Fiance](#)

2. Realize you're happier without them: The reason why Ben

didn't choose JoJo was because he was happier with Lauren. The reason why it didn't work out with your ex is because you know you're better off without them, and will be happier with someone else. Just make sure you know that before you jump into anything serious. We don't want those past feelings lingering into a new relationship!

Related Link: [Celebrity News: How Are JoJo Fletcher & Jordan Rodgers Doing Post-'Bachelorette'?](#)

3. Confront the problem: If the problem is that serious and you think you can't move on because of past feelings, it may be best to talk the problem out with your ex upfront. It's better to admit your feelings than to deny them. Talking it out makes it easier to move on, and hopefully you'll be able to find some closure.

How have you kept ex drama out of your current relationship? Comment below!

Celebrity Couple Ben Higgins & Lauren Bushnell Celebrate Bachelor and Bachelorette Parties Together





By Kayla Garritano

From *The Bachelor* to the bachelor party! [Celebrity couple Ben Higgins](#) and Lauren Bushnell celebrated their upcoming marriage with bachelor and bachelorette parties this long weekend. According to [UsMagazine.com](#), the *Bachelor* alumnae threw a joint party with all of their friends in Las Vegas! A picture shows them poolside with all of their friends on Thursday, October 6, just hanging out and celebrating before the big day.

This celebrity couple did not want to celebrate separately! What are some ways to bring all your friends together before the big day?

Cupid's Advice:

You don't need to have a traditional "all girls" bachelorette party or an "all guys" bachelor party. Sometimes, the best way

to celebrate your last days of not being married is to celebrate together. Here are some ways to conjoin your celebration:

1. Wedding party field day: Have your wedding party get to know each other a little better by battling it out. Team Bride vs. Team Groom. This will let your party bond over fun activities all while having some friendly competition. Plus, it's kind of fun seeing your future spouse duel against you.

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

2. Vacation: Instead of a "party," why not take a trip somewhere together? It's just like a party, except you get to take a couple extra days off and relax for a little bit more. You still get to drink (responsibly, of course), and you get to enjoy each others' company, while celebrating the same thing.

Related Link: ['Bachelor' Celebrity Wedding Planner Mindy Weiss Makes Predictions for Ben Higgins & Lauren Bushnell's Nuptials](#)

3. Separate rehearsal dinner: You definitely need a rehearsal dinner the night before the wedding. The one with your parents and other family members, as well as the wedding party. But what about a dinner for just your friends? Get together with them all and enjoy a dinner. Make some last-minute wedding plans, and organize the aisle situation; who's walking with who? Just take it easy with your friends before the official events begin.

How have you brought your friends together before you tied the knot? Comment below!

'Bachelorette' Celebrity Couple JoJo Fletcher & Jordan Rodgers to Appear on 'Ben and Lauren: Happily Ever After'



By [Stephanie Sacco](#)

[The Bachelorette](#) franchise is shifting gears as it takes on Freeform with a new [reality TV](#) series. *Ben and Lauren: Happily Ever After* will follow [celebrity couple](#) Ben Higgins and Lauren Bushnell after their Bachelorette fame. According to [EOnline.com](#), [JoJo Fletcher](#) and Jordan Rodgers (who received her final rose) will be stopping by for a visit. In [celebrity news](#), it could get awkward on this double date since Higgins admitted to being in love with Fletcher at the end of his

season. Jealousy might come into play here.

This celebrity couple doesn't have an issue mingling with their exes apparently! What are some ways to move past hurt from your ex partner?

Cupid's Advice:

Exes can cause great pain that takes time to move on from. Hurting is common when dealing with a break-up and coping isn't always easy. Cupid is here to help:

1. A new relationship: The best way to get over somebody, is to get under somebody else. While this isn't always the case, sometimes it takes another person to distract you from your ex. Once you can accept the break-up and feel for somebody else, you'll be able to move on.

Related Link: [Celebrity Couple News: 'Bachelorette' JoJo Fletcher Chooses Her Man](#)

2. A new hobby: Distractions come in all forms and focusing on something new can keep you from dwelling on the past. Pick something you've always wanted to do or something you've never done before and put all your energy into that. Channeling your emotions into a painting or creating something can give you a sense of contentment.

Related Link: [Celebrity News: 'Bachelor' Ben Higgins Offers Advice to Ex JoJo Fletcher & Fiance](#)

3. A new look: Don't ever change for somebody, especially a guy, but doing your hair the way you like or wearing your favorite clothes can make you feel better. A new look can

create a new attitude where you are 100% you. Holding back for a guy can cause resentment and being you is the most important thing.

How do you move on after heartbreak? Comment below!

Celebrity News: 'Bachelor' Alum Lauren Bushnell Reveals Romantic Thing She Does for Ben Higgins



By Mallory McDonald

This [celebrity couple](#) makes having a happily ever after seem simple. According to [UsMagazine.com](#), after [Ben Higgins](#) finished his journey on *The Bachelor*, his fiancé Lauren Bushnell revealed where the couple is with planning their [celebrity wedding](#) and details about how she keeps the romance alive in their relationship. She said, “We haven’t set a date. We have been throwing around some locations, and I think we’ve narrowed it down to the area that we want to get married. We’re thinking 2017.” After the cameras were put away and jetting off to different destinations around the world ended, Bushnell knew it was important to keep the romance alive. She said they both still appreciate small romantic gestures. “I’ve been getting up extra early and making him breakfast. I can tell that he really appreciates it, so getting up early, I’ll have the coffee made, I put his mug out and I make him breakfast in the morning, and I’m not a morning person so that’s, like, a big step for me.”

This celebrity news has us swooning! What are some little things you can do for your partner that end up being a big deal?

Cupid’s Advice:

Remembering to show your partner love and affection in little ways can be challenging. It can seem unimportant, but can actually strengthen your relationship, here’s how to achieve this:

- 1. Pay attention:** Spend a few days really paying attention to what your significant other is doing with their day. By learning more about the smaller details of your partner’s life, it can make it easier to find little things to show your affection.

Related Link: [‘Bachelor’ Celebrity Wedding Planner Mindy Weiss Makes Predictions for Ben Higgins & Lauren Bushnell’s Nuptials](#)
2.

2. Change it up: Finding one romantic thing to do for your partner can become redundant. When something happens all the time, it loses the feel of being special and thought out. Try to switch up the little things that you do for your partner.

Related Link: [Celebrity News: ‘Bachelorette’ Winner Jordan Rodgers Says Ex’s Claims Were ‘Very Untrue’](#)

3. Make it meaningful: Receiving gifts is always nice, but that shouldn’t be your the only way you show your partner affection. Dig deep, and think of other ways to make your partner feel appreciated without giving them a material thing.

What little things do you do for your partner to make them feel secure and special in your relationship?

Celebrity News: ‘Bachelor’ Ben Higgins Offers Advice to Ex JoJo Fletcher & Fiance





By [Nicole Caico](#)

On Monday, August 1, this season of *The Bachelorette* came to a close with [JoJo Fletcher's](#) engagement to Jordan Rodgers. But the end of the season means it was time for an episode of *After the Final Rose*. The reunion, known to be a bit tense, got a bit awkward when Fletcher's ex, Bachelor [Ben Higgins](#), weighed in on the new [celebrity relationship](#). Seated next to his fiancé, Lauren Bushnell, Higgins addressed the new [celebrity couple](#). According to [UsMagazine.com](#), Higgins gave advice saying, "If you're getting criticism, you're doing something. And you're trying to make your relationship work...Just support each other, love each other, and a couple months out of it, you're going to look back and smile."

This celebrity news has us grinning a bit! What are some ways to give advice to a friend having

relationship questions?

Cupid's Advice:

Friends give friends relationship advice. Knowing you have someone to help you navigate relationship issues is one of the best parts of a friendship, but it's also a lot of pressure. You don't want to steer your friend wrong:

1. Know your friend: When giving your friend relationship advice, it is important to remember key things about them. Your job is to serve as their conscience when they're being swayed by emotions. Try to lead them to a decision they'd make on their own.

Related Link: [Celebrity News: Josh Groban & Kat Dennings Break Up After 2 Years of Dating](#)

2. Hands off: Give your friend as much advice as they will listen to, try to protect them, but remember not to smother them. Give the advice you have and then lay off for a while. You want the best for your friend but being overbearing can cause a fight between you two.

Related Link: [Celebrity News: Keshia Knight Pulliam Announces Pregnancy At Same Time Her Husband Files For Divorce](#)

3. Be honest: The number one way to help your friend with relationship questions is to answer honestly. Tell them you don't like the person their interested, or when they are getting lost in their relationship. Keep it real, it's your job.

How do you give friends relationship advice? Comment below!

Celebrity News: 'Bachelor' Alum Ben Higgins Is Running for Office in Colorado



By [Stephanie Sacco](#)

[The Bachelor](#) star Ben Higgins is officially running for office in House District 4 as a Republican in Denver. According to [UsMagazine.com](#), he already has an official campaign website. The reality star turned statesman says, "I am definitely not a politician, but I have a lot to offer through my years in the financial service industry and, more importantly, my work in charitable and humanitarian organizations." He sounds like the perfect candidate on paper. In [celebrity news](#), he'll be competing against Democratic candidate Dan Pabon. Higgins is currently engaged to Lauren Bushnell. We'll have to see if

there's a [celebrity wedding](#) in their future!

This celebrity news has us wondering how Lauren's adjusting. What are some ways to support your partner's aspirations?

Cupid's Advice:

It's not always easy to support your partner if it means he'll be away from you. You can't always support their dreams wholeheartedly, but you can try. Cupid is here to help:

1. Stand by them: No matter what their endeavor is, it's nice if you make time for them. Whether it's a speech or a rec softball game, they'll appreciate the gesture and catching your eye in the crowd. Just the idea of your support will make them happy.

Related Link: [Celebrity News: 'Bachelor' Star Ben Higgins Considers Running for Political Office](#)

2. Share with others: Mentioning in a casual conversation that there's a game or event that your partner is a part of can boost their confidence. Take your friends to support the cause even if it's dull or something you aren't necessarily interested in. Making an effort is all it takes to encourage him to pursue his dreams.

Related Link: ['Bachelor' Celebrity Wedding Planner Mindy Weiss Makes Predictions for Ben Higgins & Lauren Bushnell's Nuptials](#)

3. Ask them about it: If you can't make the event, at least ask them about it. Really listen and care to know what your partner is interested in. There's no harm in hearing about what he's been doing or at the very least being aware.

How do you support your partner's aspirations? Comment below!