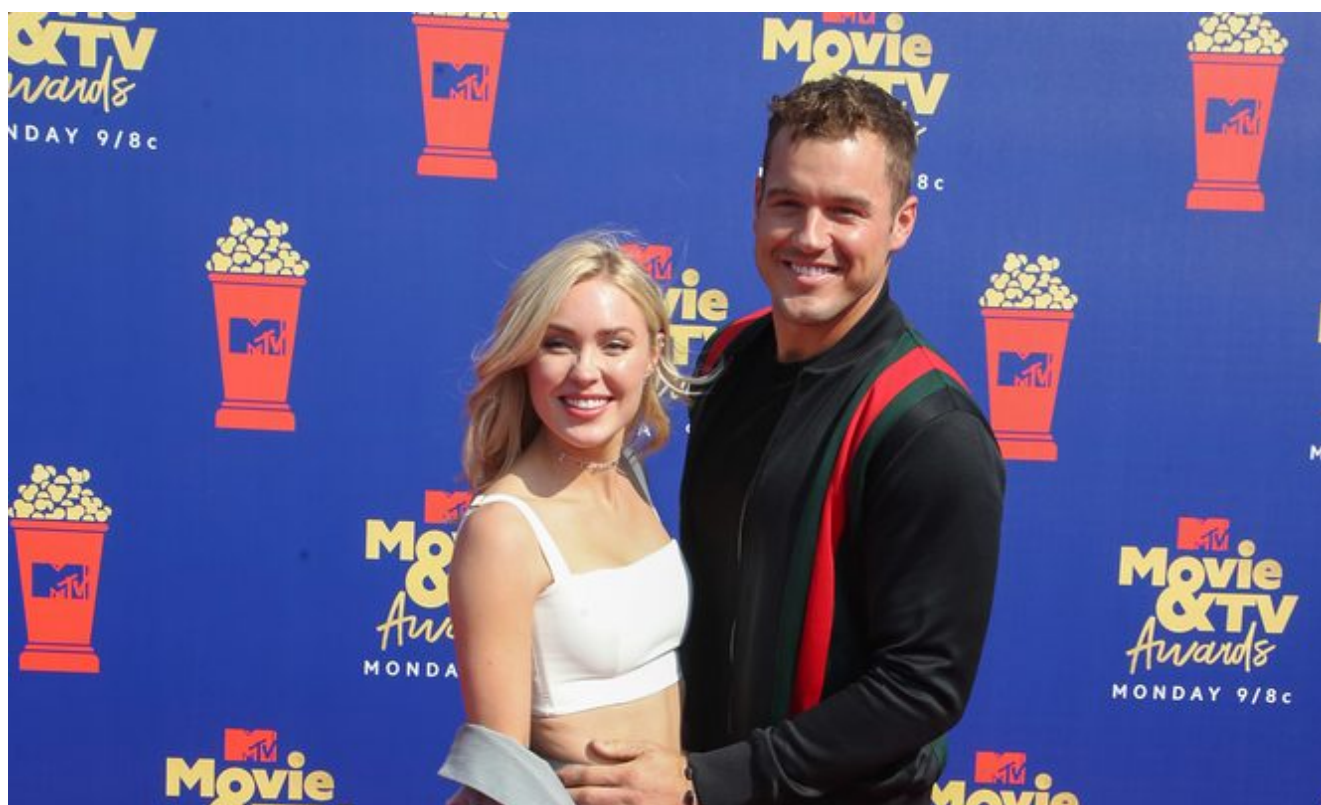


# Celebrity News: Former 'Bachelor' Colton Underwood Says Cassie Randolph Dropped Restraining Order



By Carly Silva

In the [latest celebrity news](#), Colton Underwood addressed his status with ex Cassie Randolph after their messy break-up earlier this year. In September, Randolph filed a restraining order against Underwood, citing domestic violence prevention in the request, and accusing the [reality TV star](#) of stalking and harassment. According to *UsMagazine.com*, Underwood confirmed that Randolph has dropped the restraining order, and the two have since reached a private agreement.

# In celebrity news, things have been anything but civil between Colton and Cassie, but it seems they've come to a civil agreement. What do you do if you feel unsafe around your ex after a break-up?

## Cupid's Advice:

Sometimes break-ups can get seriously intense. If you feel unsafe around your ex after a break-up, Cupid has some advice for you:

**1. Let them know:** The first step you can take when you feel unsafe around your ex is to let them know. They may not realize they are making you feel that way. If you aren't comfortable speaking to them, you can have a mutual friend or a family member reach out for you and let them know how it is making you feel unsafe.

**Related Link:** [Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split](#)

**2. Cut off communication:** If you feel that circumstances with your ex have become even more intense, or if you are extremely uncomfortable around your ex, cutting off communication may be a good idea. Be sure not to communicate through social media, as it can only add fuel to the fire.

**Related Link:** [Celebrity Break-Ups: Former Bachelor Colton Underwood Cassie Randolph Restraining Order Court Hearing Set for October](#)

**3. Take action:** If you believe that your ex may even be dangerous, it may be necessary for you to take legal action.

Filing a restraining order or police report, or even just letting your family and friends know, can help to protect you. Take whatever safety measures you need to take to ensure that you feel safe and comfortable after your break-up.

What are some other things you can do if you feel unsafe around your ex after a break-up? Start a conversation in the comments down below!

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## **Celebrity Break-Ups: Former 'Bachelor' Colton Underwood & Cassie Randolph Restraining Order Court Hearing Set for October**





By Carly Silva

In the [latest celebrity news](#), former *Bachelor* Colton Underwood will appear in court in October with ex Cassie Randolph after she was granted a restraining order against the [Reality TV star](#). The two ex-lovers went public about their split in May, and have had a messy fallout since. According to *UsMagazine.com*, Randolph claimed that Underwood has been “stalking and harassing” her, causing her to take legal action.

**In celebrity break-up news, Colton and Cassie seem to be going through the worst possible break-up scenario. What do you do if you're trying to cease contact with your**

# ex, but he or she won't take "no" for an answer?

## **Cupid's Advice:**

It can be really hard for some people to let go when going through a breakup. If you're trying to stop contact with your ex, but they won't take "no" for an answer, Cupid has some advice for you:

**1. Talk to them first:** Sometimes it can be awkward to tell your ex to stop contacting you, but you want to make sure they definitely receive the message. Ask for some privacy, and make sure it's extremely clear that you don't want them to reach out anymore.

**Related Link:** [Celebrity News: Jada Pinkett Smith and Will Smith's Public Split Discussion Was Best Move for Them](#)

**2. Try blocking them:** If your ex still isn't taking "no" for an answer, it may be time to block them. You can block their number and their social media accounts to try to get back some privacy.

**Related Link:** [Celebrity Break-Up: Jaime King's Ex Kyle Newman Says She Emptied Bank Account in Divorce Battle](#)

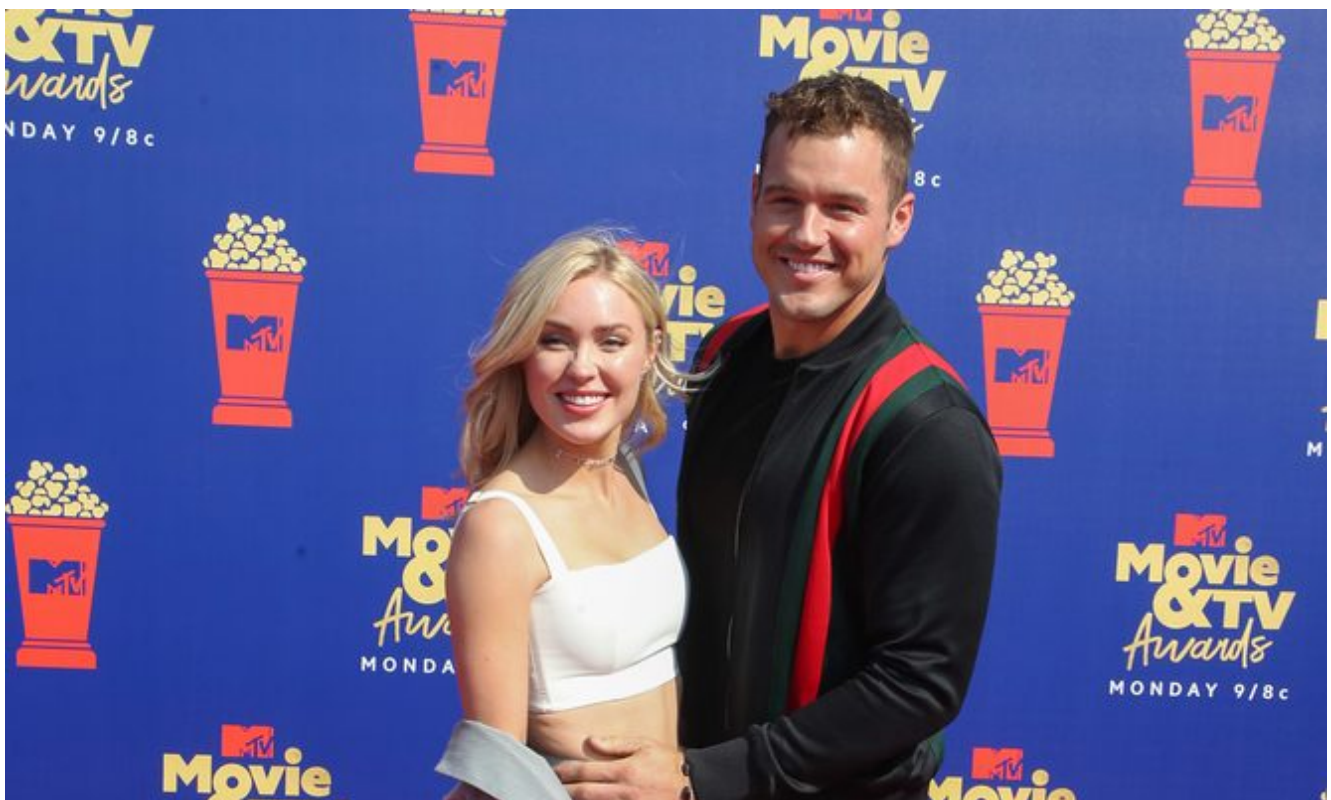
**3. Take it even further if you need to:** If your ex is incessant and you have tried everything, it's okay to take it a step further if needed. Contacting the police or filing a restraining order is drastic, but it may be necessary if your ex still won't leave you alone.

**What do you do if you're trying to cease contact with your ex, but he or she won't take "no" for an answer? Start a conversation in the comments down below!**



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# Celebrity News: Cassie Randolph Is Granted Restraining Order Against 'Bachelor' Colton Underwood



By Carly Silva

In the [latest celebrity news](#), Cassie Randolph was officially granted a restraining order against ex-boyfriend and former *Bachelor*, Colton Underwood. Randolph filed for the order last Friday, September 11th, on the grounds that Underwood has been harassing her since their [celebrity break-up](#). According to

*UsMagazine.com*, Randolph claimed that Underwood has been stalking her, relentlessly sending her text messages, and even placed a tracking device on her vehicle.

**In celebrity news, Cassie Randolph has a restraining order against Colton Underwood, and text messages were released showing some intense feelings between the two. What do you do if you feel your ex has become unstable and/or dangerous?**

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

Sometimes break-ups can get heated, especially when intense feelings are involved. If you're starting to think your ex has become unstable and/or dangerous, Cupid has some advice for you:

**1. Stop contacting them completely:** If your ex is starting to make you feel unsafe in any way, it's important to stop contacting them completely. Don't answer their calls or texts, and definitely don't make plans to see them in person. You can even unfollow or block them on social media accounts to ensure that they can't reach you.

**Related Link:** [Relationship Advice: How Do You Deal With A Badmouthing Ex?](#)

**2. Tell someone about it:** Sometimes when people get into dangerous relationships, it can be scary or embarrassing to tell your friends and family, but it is essential. Having support from other people will help keep you safer, so your friends and family should definitely be aware of what is going

on.

**Related Link:** [Celebrity Break-Up: Mary-Kate Olsen Officially Files for Divorce from Olivier Sarkozy](#)

**3. Don't be afraid to do call the authorities.** Although it can be hard to take things to the next level, it may be necessary if you are really starting to worry for your safety. Filing a police report or a restraining order can help give you peace of mind.

What do you do if you feel your ex has become unstable and/or dangerous? Start a conversation in the comments below!

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## **Celebrity Break-Up: Cassie Randolph Slams 'Bachelor' Editing After Talking Split from Colton Underwood**







By Diana Iscenko

In the latest [celebrity news](#), Cassie Randolph speaks out against how *The Bachelor: The Greatest Seasons – Ever!* portrayed her in a recent interview. The interview focused on Randolph's recent split from [Bachelor](#) Colton Underwood, despite Randolph's reluctance to talk about it. The [reality TV](#) star posted on her Instagram story, explaining how much was cut from her interview: "There's so much more to me than just my past relationship, and I think that's why I'm annoyed."

**In celebrity break-up news, Cassie Randolph isn't happy with the way her split was in the spotlight on a recent episode of The Bachelor GOAT. What are some ways to keep**

# the after-effects of your split from getting you down?

## Cupid's Advice:

No matter how your relationship ended, it's completely normal to be upset. That doesn't mean you should let your grief consume you! If you're having trouble keeping your head up post-break-up, Cupid has some advice for you:

**1. Lean on your friends:** It's easy to see your friends less during a relationship, but it's important to stay connected. Use this time to catch up with them. Set aside time to talk to them, whether that's in person or over the phone.

**Related Link:** [Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph](#)

**2. Focus on your interests:** Throw yourself back into your hobbies. Focusing on something you enjoy will help you focus on something besides your break-up. It's also a great opportunity to try something new!

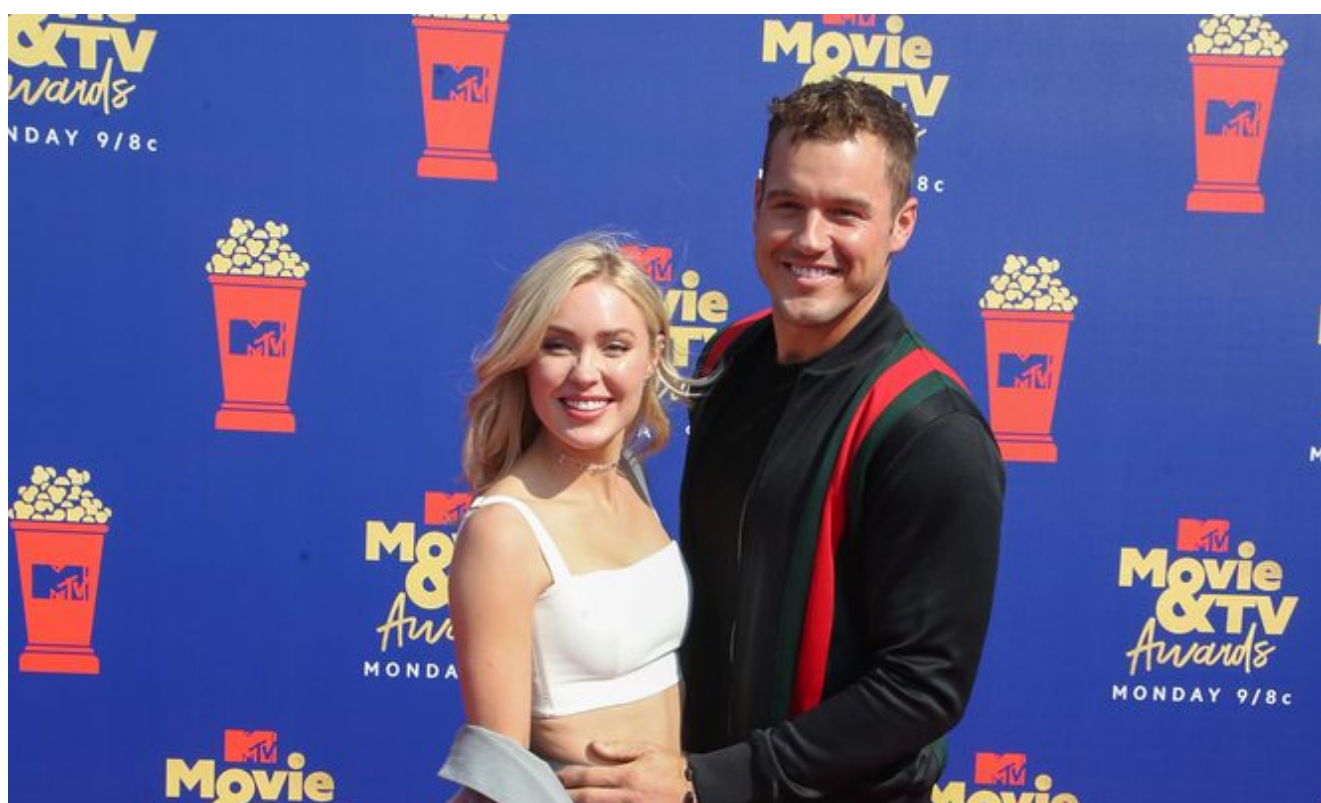
**Related Link:** [Celebrity News: Arie Luyendyk Jr. Says 'Bachelor' Concept 'Barely Works' for Finding Love](#)

**3. Keep saying "yes":** Accept social every invitation you get. Spend as much time as you can with those who support you. It may not feel genuine at first, but spending time with friends and family will prevent you from isolating yourself.

**How do you keep your mood up after a break-up? Start a conversation in the comments below!**

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# Celebrity News: Colton Underwood & Madison Prewett Get Friendly on IG After His Split from Cassie Randolph



By Alycia Williams

In latest [celebrity news](#), fans are speculating that something is going on between former [reality TV star](#) Colton Underwood and Madison Prewett after his split from Cassie Randolph. According to *UsMagazine.com*, the two share the same Christian faith and it seems that once one of them post something on

Instagram pertaining to their faith, the other one doesn't hesitate to comment below. Fans are skeptical of the pair's interactions and are wondering if they're flirting. Since Underwood and Randolph split only two months ago, is this too soon?

## **In celebrity news, Colton was caught flirting with Madison on Instagram. What are some ways to ease into a new relationship after a split?**

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

Wanting to move on after a split is expected, but easing into this is the best way to go. If you are looking to ease into a new relationship after a split, Cupid has some advice for you:

**1. Take it slow:** Once you get into a new relationship after a recent split you want to make sure that you're taking this slow and steady. If you jump into a new relationship too quickly, you may still have feelings for your ex and not even realize it, and you don't want to bring that into your new relationship. The best thing to do is to take it slow to ensure that you're doing it for the right reasons.

**Related Link:** [Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph](#)

**2. Be open and honest:** Don't be afraid to tell your new partner that you just got out of relationship. If they care about you then they'll understand. Hiding it from your partner will just start your relationship off on the wrong foot. Be real, be honest, and be truthful.

**Related Link:** [Celebrity Break-Up: Kaitlyn Bristowe & Nick Viall React to Nick's Past Proposal on 'The Bachelor GOAT'](#)

**3. Don't compare the two:** It'll be easy to compare your ex to your new partner as everything is still so fresh. Do your best to keep the two relationships as separate as possible. Don't compare them to each other, take a new and fresh attitude to your new relationship.

**What are some more ways to ease into a new relationship after a split? Start a conversation in the comments below!**

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## **Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph**







By Alycia Williams

In latest [celebrity news](#), former [reality TV star](#) Colton Underwood joked about his split from Cassie Randolph with the help of Sean Lowe ahead of the premiere of *The Bachelor*. According to *UsMagazine.com*, Lowe took to Instagram the night before ABC is set to air condensed version of season 17 of *The Bachelor*. Underneath the photo of Lowe and his now wife Catherine Giudici, Underwood commented, “Hopefully you are still with her.” Many fans responded, complaining how it’s too soon to joke about his break-up with Randolph. Underwood then stated, “Sometimes people are just meant to be friends and that’s okay. We both have grown immensely and been through so much together so this isn’t the end of our story, it’s the start of a whole new chapter for us.”

**In celebrity break-up news, Colton Underwood is already joking about**



# his recent split from Cassie Randolph. What are some ways to use humor in the healing process after a break-up?

## **Cupid's Advice:**

Although break-ups can be difficult, laughing about it can really take the edge off. If you want to be able to use humor in the healing process after a break-up, Cupid has some advice for you:

**1. Develop a smarter sense of humor:** Using humor in tense situations can be hard to pull off. You want to be sensitive your ex's feeling but still make light of everything. Avoid mean spirited jokes. Saying something hurtful in a joke form could come of even worse than just being hurtful.

**Related Link:** [Celebrity News: Scott Disick Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie](#)

**2. Don't use humor to cover up your emotions:** Even though humor can help you heal from a break-up, if you use humor to hide or avoid your emotions than it can be unhealthy. If you're going to joke about your past relationship, make sure it's not for the wrong reasons.

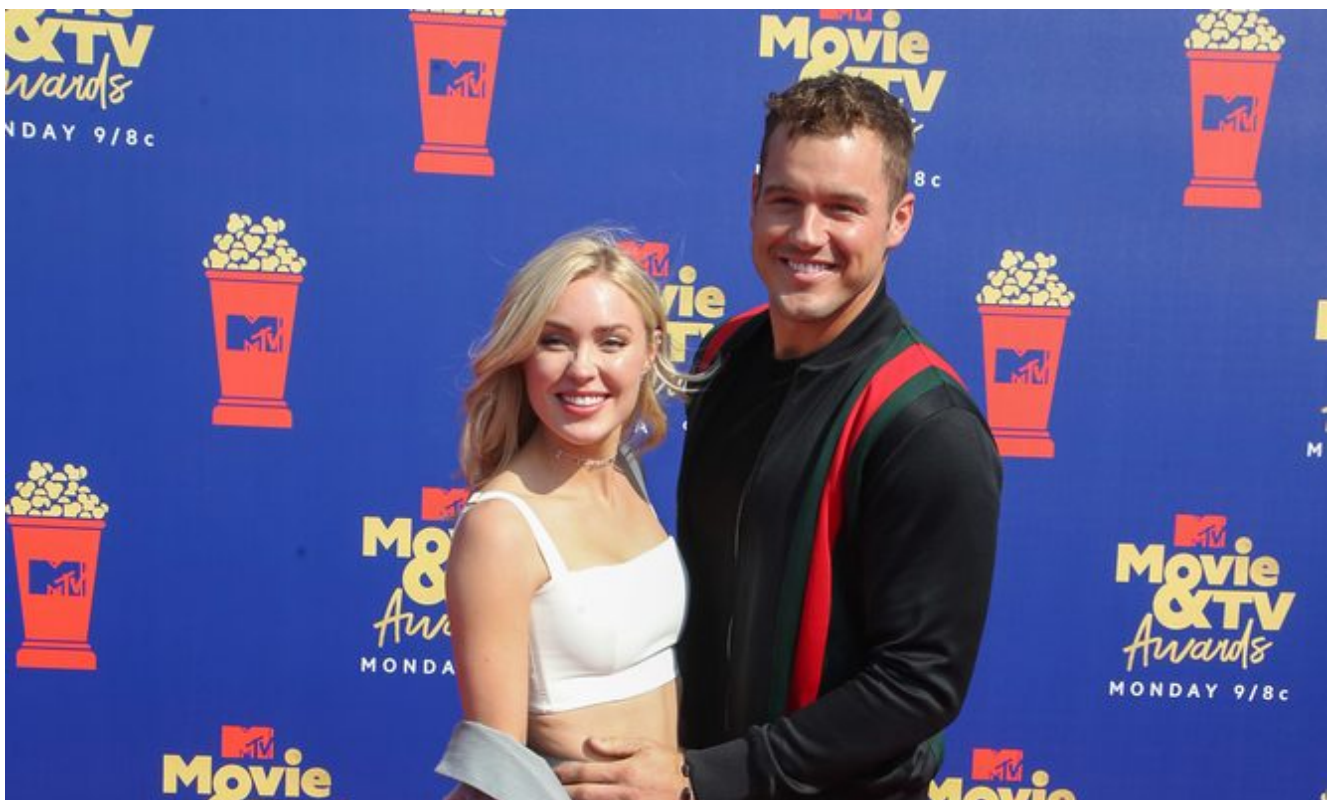
**Related Link:** [Celebrity Exes: Jessie J Shares Sweet Birthday Tribute to Channing Tatum Weeks After Split](#)

**3. Make sure you're both in on the joke:** Humor only works if both parties are in on it. If you are joking about your past relationship make sure your ex is okay with it. If not it'll just seem like you're picking on your ex and it won't make you feel any better either.

What are some other ways to use humor in the healing process after a break-up? Start a conversation in the comments below!

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# Celebrity News: Cassie Randolph Defends 'Bachelor' Colton Underwood After He's Deemed a Bad Kisser on 'BiP'



By [Katie Sotack](#)

Reality TV show [Bachelor in Paradise](#) brings all the drama.

This Monday, Colton Underwood came under attack for his less than par kissing abilities. Cassie Randolph hopped to her man's defense with a tweeted gif of the two locking lips and the caption, "Kiss me dammit you good kisser you". According to *EOnline.com*, Derek Peth posed the question to the *BiP* girls about their worst kissing experiences. Sydney Lotuaco, Caitlin Clemmens, and Tayshia Adams all agreed Underwood's skills could use some work.

## In [celebrity news](#), Cassie Randolph is standing by her man's kissing skills. What are some ways to learn how to kiss better?

### Cupid's Advice:

The date's going really well, and you can see a future with this one. They're attractive, smart, and hilarious, but then the end of the night comes. They lean in for you, and you find that they kiss with all tongue and teeth. Fear not! All that first date potential isn't wasted on your ideal partner's worst kiss. Here are some ways to improve:

**1. Take cues:** Your partner will kiss how they want to be kissed. Note the subtle movements of their lips and tongue and whether they apply a lot of pressure or a delicate touch. Take cues from their style, body language, and sounds on whether or not you could up your game.

**Related Link:** [Celebrity News: 'BiP' Star Caelynn Responds to Blake Releasing Their Texts](#)

**2. Use bodies:** A great kiss should inspire your whole body, not just your mouth. Use your physical being to your advantage by working in hands. Grip their waist, tangled their hair, cup

their face, etc. There's a million and one ways to set your partner's nerve endings on fire, the lips are only one aspect.

**Related Link:** [Celebrity Break-Up: 'Bachelorette' Alum Jordan Kimball is Using Dating App After Split from 'BIP' Love Jenna Cooper](#)

**3. Avoid repetition:** It may be tempting to stay in one place when you're nervous for a kiss, but make sure to spice it up. Move your head and hands to create an unexpected experience for your partner. Great kisses are all about surprises.

What's your go-to kiss move? Share in the comments below!

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## Celebrity Couple: Colton Underwood & Cassie Randolph Sport Romantic Jerseys at Hockey Game





By [Mara Miller](#)

In the latest [celebrity couple](#) and [celebrity dating](#) news, Colton Underwood and Cassie Randolph sported romantic jerseys at Vegas Golden Knights vs. Detroit Red Wings game at the T-Mobile Arena in Las Vegas on March 23rd. According to *People.com*, Colton and Randolph have marriage on the brain. Her jersey said “Future Mrs.” on the back and his jersey had “Underwood.” How cute!

**This celebrity couple out of *Bachelor* Nation is sharing their love loud and proud. What are some ways to show your partner you love them in public?**

**Cupid’s Advice:**

Even if you think matching jerseys at a hockey game might be

too cheesy, we've gathered some things you can do to show your partner that you love them:

**1. Touch:** Light PDA in public is okay as long as you keep things clean, like a kiss on the cheek or holding your partner's hand. Play with their hair or snuggle up together when you sit down! It clearly says you're together and you love each other.

**Related Link:** [Celebrity Couple News: Pete Davidson & Kate Beckinsale Make Out In Backseat of Car](#)

**2. Give them your full attention:** Give your partner your full attention when they need it in public. Keep multitasking, like answering text messages or checking Facebook, to a minimum.

**Related Link:** [Celebrity Couple News: 'Bachelor' Colton Underwood Praises GF Cassie Randolph](#)

**3. Share food:** Sharing food shows your comfort level with your partner. Some people may not be comfortable at all with sharing a plate because they don't want someone else's germs. If you love your partner, let them steal a few fries off your plate!

**What are some other ways you can show your partner that you love them in public? Let us know in the comments below!**