

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!

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!

Celebrity News: Amy Schumer Slams 'Bachelor' Host Chris Harrison for Calling Jubilee 'Complicated'



By Myesha Cobb

Things got heated on Twitter recently between comedienne Amy Schumer and host of *The Bachelor* Chris Harrison, according to UsMagazine.com. This [celebrity news](#) caught some off guard, as Amy Schumer went after the host for calling Jubilee Sharpe “complicated.” The comedienne took to Twitter, saying, “There is nothing wrong with ‘complicated’ women Chris Harrison. You treated it like something she should fight. A women shouldn’t try to.” Afterward, Harrison fired back via Twitter and said, “Stop yelling at me, I’m 82% sure I said and supported all these points as well.” The two said that they would be down to talk about it over some wine as Schumer replied, “I’m drinking all the wine!”

This celebrity news stirs the drama pot a bit, but it does make sense! What are some ways to know your partner knows the “real” you?

Cupid’s Advice:

Obviously, Jubilee Sharpe just wanted to let Ben Higgins get to know “the real her,” despite her “complicated” life. There is absolutely nothing wrong with allowing your partner to get to know you so that you can have honesty and trust in your relationship. Here are some some pieces of [relationship advice](#) for ways to know that your partner knows the “real” you:

1. Take your partner to your hometown: Taking your partner to visit where you grew up is one way you will be able to see if they know the “real” you. Once you’re there, ask your partner some questions that only he/she would know about your hometown life. That way, you’ll get to see if your partner knows you on a deeper level.

Related Link: [Celebrity News: Hometown Throw Down on 'The Bachelor'](#)

2. Meet the family: If your partner knows you the way they think they do, meeting your family and knowing all of them by name and relation is another way that your partner will come to know “real you.” If you’ve told your partner everything about your family and they remember it, then you know that you’ve picked a good one. After all, family is an extension of you!

Related Link: [Celebrity News: Meet the Families on 'The Bachelor'](#)

3. Take a quiz: Yes, it’s so high school, but make up a quiz about yourself and have your partner take it. That way, you’ll be able to see if you’ve let your partner fully know the “real” you or not based on their answers.

What are some other ways to know your partner knows the “real” you? Share your thoughts below.

Chris Harrison: Things Were “Awkward and Weird” Between ‘The Bachelorette’ Andi Dorfman & Josh Murray





By Maggie Manfredi

This man knows a celebrity break-up when he sees one! According to [UsMagazine.com](https://www.usmagazine.com), Chris Harrison, the newly single host of *The Bachelor* and *The Bachelorette* series, knew something was up with former *The Bachelorette* star Andi Dorfman and fiancé Josh Murray before they split. Harrison said, “I knew things were a little off. They were being a little awkward and weird. But you know, they’re from Georgia. You know those people.” The celebrity exes announced their break-up just after they attended *The Bachelor* season 19 premiere together.

Celebrity exes Josh Murray and *The Bachelorette* star Andi Dorfman gave nothing away the day before their celebrity break-up announcement.

How do you remain civil with an ex in the midst of turmoil?

Cupid's Advice:

Keeping the drama to a minimum is tough when you're in the midst of a break-up and feeling tense. Cupid has some tips on how to stay calm:

1. Stay off social media: The last thing you want to do during a break-up is cause even more tension and turmoil, which is exactly what spreading your feelings all over social media will do. Keep your thoughts to yourself. If you need an outlet, try writing down your thoughts in a personal diary or writing a letter to your ex (without the intention of sending it).

Related Link: ['The Bachelor' Host Chris Harrison Says He "Had No Clue" Andi Dorfman & Josh Murray Would Break Up](#)

2. Respect your ex's privacy: A relationship means intimacy, admiration, and love. Even when the other elements fade, make sure that you continue to show respect, like these celebrity exes did. Don't share your former partner's secrets or betray the trust bestowed upon you during your relationship.

Related Link: ['Bachelorette' Season 10 Couple Andi Dorfman and Josh Murray Call It Quits](#)

3. Talk about it: If things get bad and messy post-relationship, sit down and talk about it. Otherwise, your feelings will only fester, and you'll lose perspective on the situation. Maturity is an important factor in having a relationship, so continue that trait even after your break-up.

What your tips on how to avoid civil war with an ex? Share your comments below.

'The Bachelor' Host Chris Harrison Says He "Had No Clue" Andi Dorfman & Josh Murray Would Break Up



By [Rebecca White](#)

Recently, the latest celebrity news and gossip centered on the sudden celebrity break-up of *The Bachelorette* couple Andi Dorfman and Josh Murray. According to [UsMagazine.com](#), Chris Harrison, the host of *The Bachelor*, said he had no idea that the celebrity couple was about to split. When Harrison saw the

soon-to-be celebrity exes, he asked about their wedding plans in an interview. "By no means did I know they were broken up and did that interview, because honestly, having been through a crappy breakup, I would've protected it more and stayed away from wedding talk and I wouldn't have put them on the spot," Harrison told *TV Guide*. Although Harrison usually knows the drama between *The Bachelor* contestants, he seemed out of the loop on this one!

Life isn't filled with as much drama as you see on 'The Bachelor,' but what are some ways to keep it out of your relationship?

Cupid's Advice:

There are some relationships and love affairs where drama seems to take over and is almost unavoidable. Here are steps that you can take to minimize the amount of drama that you let into each conversation or fight.

1. Recognize when you might be creating drama: By recognizing that you might be creating some of the theatrics in your relationship, you allow yourself to scale back and understand that maybe everything doesn't need to be so over the top. Try to analyze why you might be creating drama in your own love life, and aim to find different solutions for the attention and adventure you might be seeking.

Related link: [The Worst 'Bachelor' and 'Bachelorette' breakups](#)

2. Change your perspective: It is also important to realize that maybe some of the issues are just happening in your head. Have a conversation with your partner in order to see where these problems are coming from and how they interpret the situation.

Related Link: [‘Bachelorette’ Couple Emily Maynard and Jef Holm Break Up](#)

3. Don’t feed other people’s drama: When your partner starts to create unnecessary drama, don’t fight back just yet. Let them cool down and have a breather. After they settle down, you two can discuss the true problem without getting into a fight. While our lives may not be as dramatic as celebrity exes, Dorfman and Murray, we can still minimize drama whenever possible!

How do you keep drama from being central to your relationship? Share your thoughts below.

**Chris Harrison Jokingly Slaps
Chris Soules in New
‘Bachelor’ Promo**





By [Jessica DeRubbo](#)

The promos for the upcoming season of 'The Bachelor' Season 19 are upon us! In a recently released promotional trailer featuring Chris Soules' quest for relationships and love, host Chris Harrison is seen jokingly slapping Soules in the form of a reality check when his women contestants begin arriving in the first episode. "I am the luckiest man alive," Soules said, according to [UsMagazine.com](#). "I really do believe I can find that special someone."

Finding relationships and love can seem like a dream. What are some ways to give your friends a reality check when it comes to their dating lives?

Cupid's Advice:

There's no doubt about it: sometimes you and your friends need

a reality check in your relationships and love lives. Cupid has some ways to dole them out:

1. Be straightforward: Sometimes the best thing you can do is tell it like it is. If you see a friend idolizing their partner or doing things they wouldn't normally do in a relationship, call them out on it. If they are a close friend and trust you, that's all it should take.

2. Stage an intervention: In extreme cases, it might be necessary to get a group of their loved ones together to stage an intervention. For instance, if you know your friend is in an emotionally abusive relationship, you may want to take this approach. Get together and let your friend know you all care, but that something needs to be done. He/she may pay more attention if there's more than one person.

3. Gradually work up to it: Dropping hints here and there in a subtle way may be the way to go if what you're pointing out is something fairly minor.

What are some ways to give your friend a relationship reality check? Share your ideas below.

'Bachelor In Paradise' Star Michelle Money Says, "I am the Luckiest Girl in the Whole World!"



By Ann Luther

The *Bachelor in Paradise* finale did not disappoint. Host Chris Harrison promised us drama, and as always, he delivered. In the end, it came down to three couples: adorable Sarah Herron and Robert Graham, solid Lacy Faddoul and Marcus Grodd, and wild cards Michelle Money and Cody Sattler. Then, Harrison rolled in with overnight date cards for the love birds, giving them time to work it out (and *work it out*) before the final day in paradise.

Related Link: [‘Bachelor in Paradise’ Star Michelle Money on Relationships, Love and Cody Sattler](#)

After the dates, Herron and Graham broke up and headed home. Of course, Faddoul and Grodd emerged from their room as engrossed as ever. And by a *huge* surprise, Money, who entered the date as unsure as one can be, and Sattler, both glowing, sauntered into the hut “satisfied” and “sore.” Money

even gushed, “I have a boyfriend!”



Cody Sattler and Michelle Money share a moment on set after the final rose ceremony. Photo courtesy of Michelle Money’s Instagram

After Money and Sattler exchanged roses, a very nervous Grodd took his girl down to the beach and proposed! Faddoul said yes, and they formally accepted each other’s last roses. With intrigue and endings that happy, it’s no wonder *BIP* has already been green-lighted for a sophomore season.

Intertwined in all the twists and turns of the episode was the internal struggle within Money to accept the love that Sattler was offering not only her but her young daughter too. The personal trainer was so sweet and patient with her as she hesitated throughout most of their time together. The Utah hairstylist said in interviews that he wasn’t the type of guy she usually pursued. She also expressed feelings of being overwhelmed by how quickly his feelings progressed and how strongly he came on. It really wasn’t until her last moments on camera that she decided to go all in.

Now that the season is over, everyone can see that she is

elated with her man. Money's Twitter and Instagram accounts are flooded with pictures of the two of them along with her daughter. She captioned one sweet photo with, "Sooooo in love with @cody_sattler and so happy I can finally talk about it!! This man has changed my life!! I am a better woman because of him!!! I am the luckiest girl in the whole world!!" As she told UsMagazine.com, "I've never met anyone as amazing as Cody. I never thought someone like him existed. It's been such a beautiful surprise."



Michelle Money and Cody Sattler pose with Money's daughter, Brielle. Photo courtesy of Michelle Money's Instagram.

This got us thinking. In real life, we often end up with a partner who we never saw in our lives. We all have our types – the fellows we're drawn to and keep falling in and out of relationships with until one day, we meet someone different. It's always the "this one is so different" that ends up turning into "he's The One." So how do you know when to ditch your type and just go for it with the divergent dude? Here are three things to consider:

Related Link: ['Bachelor in Paradise' Contestant Chris Bukowski Talks Friendship with Michelle Money and Split from Elise](#)

Mosca

1. You're so over it: When the guy that is so up your alley lets you down just like all the others that came before him, it's time to mix it up. There is no need to keep torturing yourself with men just because they match your typical criteria. There are so many guys out there waiting for you!

2. You're in a slump: If you haven't been seeing anyone special for a while, it might be because you've boxed yourself in. When you look outside those boundaries, things will start to change, for better or worse. The point is: They're changing. You're getting out there and learning things about yourself that you may have forgotten because you unknowingly cut yourself off from all of those other fish in the sea.

3. He's right there: Just like Money realized, someone could be right in front of your face, begging you to see them. Maybe you friend-zoned him ages ago; maybe he even gets under your skin a little bit; or maybe you met him yesterday and automatically wrote him off. Whatever the excuse, tell that voice in your head to pipe down and leap into his arms. Most likely, he will catch you and never put you down.

Follow Michelle Money on Twitter @MoneyMichelle. The second season of Bachelor In Paradise will premiere during summer 2015 on ABC.

What 'The Bachelor's' Sean Lowe Needs to Do to Find Love



By Amy Osmond Cook

It was 10:00 p.m. when I dragged myself home and up the stairs of our SoCal suburban tract home. The kids were in bed, and I was ready to relax. From our bedroom, I heard my husband Jeff's voice on the phone raised in alarm. "Can you believe it? That is terrible!" Adrenaline rushed through my body as my mind raced through the possible calamities that could have befallen him. As I walked into the bedroom, Jeff hung up the phone to greet me.

"What's the matter, Jeff?" I cried.

"Oh, nothing," he replied. "My dad and I were just talking about the *Bachelor* episode tonight."

Related Link: ['Bachelor' Star AshLee Knew Sean Would Send Tierra Home](#)

My husband, Jeff, is a *Bachelor* fan. Fanatic. We watch every episode, every season. At first, I protested, but now, I have been sucked into the reality show vortex from whence there is no return and am the one popping the popcorn. This season's bachelor, Sean Lowe, is one of my favorites. He seems like an honest guy trying everything he can to find his soul mate—and how can you fault that? Unfortunately, the bachelors don't have a very good track record when it comes to choosing that special someone. So, now that we're down to the top three contestants, here's what I would tell Sean if I were sitting in Chris Harrison's seat.

#1. Choose the one that flies under the radar. While the drama queens (ahem, Tierra) might be more fun or interesting, they're going to get on your nerves over time. So, Sean, if you're looking for a lifelong partner, choose the girl who is comfortable in her own skin and doesn't need to go out of her way to get attention.

#2. Choose the one who makes you laugh. Dating is full of desire and passion. But it's inevitable that, over time, physical attraction wanes. In a recent study commissioned by Medicis Aesthetics, it was found that physical attraction mattered more in the first seven years of a relationship than in later years. After that, predictors of long-term relationship satisfaction shifted more toward personality traits. So if you really do want a lasting relationship, choose the one you enjoy being with the most.

#3. Choose the one who can put up with your pranks. Sean, we all know you as the bachelor who pulls pranks. You pranked Emily when you were a contestant on *The Bachelorette*, who didn't see the humor in it and kicked you off the show the same week. You also pranked the contestants this season, placing them in uncomfortable situations to test their ability to roll with the punches. Because this is apparently an enduring personality trait, you need to choose someone who can prank you back with equal zest—or at least appreciate your

sense of humor. Whether it's pranking, singing in the shower or biting fingernails, we all have idiosyncrasies that may be annoying to some. We just need to find partners who can love us for our uniqueness, not in spite of it.

Jeff and I will be watching what is sure to be "the most dramatic rose ceremony in *Bachelor* history" with popcorn in hand. And I'll be interested to see whether Sean chooses the secure, confident, enjoyable woman that he needs to build a lasting relationship. If only I had Chris Harrison's job...

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have six children. For more information about Amy, please visit amyosmondcook.com.

Host Chris Harrison Says New 'Bachelor' Sean Lowe Is 'So Sincere'





By Jennifer Ross

As ABC's new *Bachelor*, Sean Lowe is currently shooting their 17th Season, host Chris Harrison reports to UsMagazine.com, "Sean's doing great." Last seen on TV just three months ago when Emily Maynard dumped Lowe on the *Bachelorette*, this southern man seems to have moved on and recovered quickly. As to whether Lowe's, 28, love choices will be worth watching, Harrison states, "I think people are really going to like him because he's so sincere. He really is looking for that someone and that makes it fun for everyone... when you get to know the guy, he's very well read, very intelligent, a very smart guy." With the show three-quarters of the way finished in filming, it sounds like this season's *Bachelor* will be a must see for all.

What are some ways to tell the person you're dating is sincere?

Cupid's Advice:

Dating has its challenges and the process in choosing the

right person can be endlessly frustrating. However, it doesn't have to be this difficult. While you may not be able to measure their sincerity on the first date, there are ways to see if they are genuinely interested in you. For clues, here are a few things to focus on when meeting up for your next date:

1. First impressions: From the moment you meet up with your potential partner, ask yourself, is he/she dressed well? Also, does he/she have social manners? Not dressing well is a sign that he/she is not interested in your opinion. Lacking social manners, such as talking too much about themselves rather than getting to know you, is a sign that they are self-absorbed. Both issues state you need to look elsewhere for love.

2. Open or closed: When conversing, ask questions about his/her family or personal life. Whether your date is open or closed about the topic says a lot. When your potential mate's personal life and family is a closed subject, he/she is hiding something. Secrets so soon into the relationship only cause obstacles that set you two up for failure.

3. Listening skills: Also as important, does your date listen to you speak when discussing your personal life? If he/she focuses more on the environment and/or your physical features rather than your story of losing your favorite dog as a child, you are more than likely wasting your time. Not being able to find interest in listening to you shows that they genuinely are not interested in you.

What signs does your partner show that says he/she is sincere? Tell us below.

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



By Marni Kinrys, The Ultimate Wing Girl

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

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

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

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

Do: Try to connect on points of commonality, like First Impression rose winner Chris did. But if you try too hard to find common grounds it will feel fake. At first, I was not sure how genuine Doug was with his "point of connection." But all doubts dissipated when Emily read his 11-year-old son's letter. From the look on his face, you could tell it was sincere. The guy was beaming from ear to ear. Only a truly proud father would do that.

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

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

-Skateboarder (Jeff) – Check.

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

-Guitar Pick (Michael) – Check.

-Foreign Language (Alejandro) – Double Check.

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

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

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

Related: [5 Steps To Turn A Date Into A Relationship](#)

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

Do Not: Be *that* guy who sits and stewes about what other guys are doing right and wrong. Nothing screams "insecurity" more than judgment of others. If you're judging others that crucially, I can't imagine what you are doing to yourself. So calm down, rooster man.

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

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

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

Chris Harrison Says Ladies Are Excited for 'Bachelor' Ben Flajnik



During the casting of the upcoming season of *The Bachelor*, the ladies in question found out for whom they would be vying, according to [People](#). Chris Harrison, the host of the show, had nothing but positive things to say about the women's reaction to the news that Ben Flajnik would be the new *Bachelor*. "We were able to tell the girls, you know, who our bachelor was. So, they're fired up. And if they're excited, then it's going to be a good season," he said.

How do you keep yourself from getting too excited around your crush?

Cupid's Advice:

Sometimes when you really like someone, it's easy to get overly excited around them. This can often drive them away. Cupid has some advice:

1. Rationalize: This is easy said than done, but try to temper your emotions by thinking logically. More than likely, your feelings are ones of lust at the beginning, and coming on too strong may be a false reaction.

2. Focus on other things: Instead of spending your time thinking about your potential partner all day everyday, keep your mind occupied with other hobbies and interests.

3. Comfort food: Sometimes all you need to stay calm is a good solid meal filled with protein and carbohydrates, otherwise known as comfort food.

How do you keep your cool around your crush? Share your experiences below.

'The Bachelorette' Season 7, Episode 5 Preview: Bentley on Her Mind





By Jennifer Harrington

During last week's episode of *The Bachelorette*, Ashley Hebert did her best to move forward in beautiful Phuket, Thailand and leave Bentley in the past. We even saw her connections grow stronger with several guys, including Constantine, Ben F. , J.P. and Ames. However, don't think Bentley's become a distant memory for Ashley just yet! As you'll see in next week's preview, our lady in distress confides in Chris Harrison about her nagging feelings for this season's villain.

The always comforting and wise host says that due to her one-track mind, "This is not going work...this is not going to have a happy ending." Chris even asks Ashley what she wants to do, and we're left wondering if Bentley will show up in Chiang Mai, Thailand, where the gang finds themselves this week.

Considering Bentley left things open-ended, we're guessing we'll see him again soon!

Tune into ABC on **Monday, June 20 at 8PM Eastern/7PM Central** to see if the single dad appears in Asia to continue his mind games with Ashley. While you're watching, send us your questions about Bentley and anything else rose-related for our

Bachelorette expert, Jesse Csincsak!

'Bachelorette' Preview: 'Heartbreak is Worse than Any Illness'



By Jennifer Harrington

The drama surrounding self-proclaimed “front-runner” and

behind-the-scenes conniver Bentley has been building for more than two weeks on the *The Bachelorette*. As you'll see in the preview for Monday's episode, this season's bad boy may even leave the show, bragging to the camera, "I don't care about Ashley. I had the opportunity and I played everyone." We're about to witness an emotional breakdown, folks! Especially given Ashley's confession that she "completely fell in love with Bentley." Even host Chris Harrison commented about this incident on his blog, saying, "You will see the wheels completely come off this ride for Ashley – so much so we came very close to having to shut down production on our show."

Tune in on **Monday, June 6 at 8PM/7PM Central** to watch one of the most talked about *Bachelorette* episodes yet. PS: We've also heard through the grapevine that the masked man will finally be unveiled next week! While we countdown until Monday's episode, let us know which guy you think will be there to mend Ashley's broken heart. We're guessing William or Ryan P.! If you miss the show, don't worry – we will be back on Tuesday for our episode recap!

'The Bachelor' Season 15 Finale: Brad Womack's Lucky Lady and After the Final Rose



By Krissy Dolor

After two long seasons and more than fifty women, Austin native Brad Womack has finally chosen his bride-to-be: blonde bombshell Emily Maynard! But before we get to the details of their final week in South Africa (and the shocking announcement during the After the Final Rose special), let's take a look back at *The Bachelor* season 15 finale:

Before the final dates, Chantal O. and Emily must meet the family: mom Pam, brothers Wes and Chad (Brad's twin), and their wives, Prima and Dylan (who resembles Emily in the looks department – maybe it's a twin thing?). After a tearful reunion and Brad revealing a definite proposal, the interrogation began.

Chantal met the Womacks first, and said she fell in love in Costa Rica. Her upbeat personality easily won her points.

"She immediately clicked with the family." said Wes. Pam, however, was skeptical of Chantal's devotion and asked how she fell in love so quickly. "It made it easy to fall in love because Brad was that person," Chantal said. Pam couldn't argue with that, and said she saw her fitting in with Brad's world. "You're precious," said Pam.

Though Brad thought Chantal won his family over, he was clearly more excited to see Emily and was nervous about their day. "I just hope she's herself with my family," he said. The meeting started off stiff, as Brad acted as a shield between Emily and his clan. It wasn't until Wes asked about Ricki's father that the tension broke, as Emily graciously told them the story and brought everyone to tears.

"Hearing Emily...it completely blew me out of the water," said Wes. "For her to be able to triumph over that and be the strong woman that she seems is amazing." Since both of Brad's brothers are fathers, they wanted to make sure Brad knew what he would be getting into if he chose Emily. "I would welcome the opportunity to be a father, I would," Brad said. Pam thanked Emily for trusting her son enough to let him meet Ricki, and Emily one-upped her, saying, "I am so grateful to have met your son...he's been such an angel in my life." As tears of joy streamed down Pam's face while she talked to the camera, it was easy to see who her pick would be.

Though everyone liked Chantal, they unanimously agreed that Emily was the one. "I feel like Emily really knew our worlds," said Prima, since Emily is a mother. "I certainly see chemistry here. I think Emily is the whole package," Pam told Brad. And mother knows best!

But first, the final dates. Brad took Chantal swimming with the sharks. "The fact that I'm doing this for Brad speaks volumes," she said. As a testament to "traveling the world for him" (as opposed to being on a reality show), she made Brad a map of everywhere they've been and wrote him a

sentimental letter that declared her love even more. "I know it takes a lot to write that, thanks so much," said Brad. But there just wasn't enough emotion in Brad's eyes and you could tell he wasn't in love with her.

Emily's date started smoothly enough, with a helicopter ride (yawn) and picnic (double-yawn). But her insecurity brought the mood down, despite Brad telling Emily how much he family loved her. Later that night, he said he wanted to be a "real" father to Ricki, and not just a step-father. Emily (rightfully so) questioned Brad and wanted to know what he thought that meant. He was obviously hurt and left in a sour mood. "This particular date is making me question everything," said Brad, and at that moment it was obvious who he choice would be.

The next day, Chantal was brought out first, wearing black, which set the tone of her impending breakup. After the obligatory niceties, Brad dropped the bomb: "I don't know how else to say it but I have stronger feelings for someone else." Chantal was floored, and it was clear she didn't suspect anything. While she was speechless for most of his monologue, she finally mustered, "You're an amazing person and Emily's very lucky."

Soon after, Emily arrived, and looked bride-like in a pale pink gown. After a long introduction, the moment we've been waiting for: "I'm asking you to give me your forever. I love you." Brad then got down on one knee and took out the Neil Lane ring he picked earlier that day. Emily said yes and Train's "Marry Me" played over a montage of their most romantic moments – the perfect fairytale ending!

But was it?

Turns out the couple had broken up for a bit after the show's ending. In fact, the After the Final Rose special was supposed to be Brad and Emily's wedding night – in Anguilla!

But the two reassured the stunned in-studio audience (and everyone at home) that they are still together and just need to figure out how to communicate better – seems like Brad isn't the only one with a temper! In addition, Emily had to watch Brad with the other women on the show and has struggled to figure out what reality is, even though it's been clear to everyone else that Brad only had eyes for her.

To help them out, Chris brought out Trista and Ryan, Jason and Molly, and Ali and Roberto, as these three couples have proved the tabloids and the *Bachelor*-franchise statistics wrong by finding true love. Trista, who has been married to Ryan for seven years, said it best: "We met on the show, but it's what we did after that show in real life that matters."

And after Brad and Emily watched their engagement for the first time, it was clear that they really *do* care for each other. But where was Emily's blinged-out ring? Don't worry about that, either: Brad pulled it out at the end of the night, and this time, it was sized. "You are my forever, babe. Here's your ring." Phew! Cupid wishes the engaged couple all the best!

But what about Chantal? Don't worry, romance rumors of her and a new beau are true. "He's definitely everything I've been looking for," she said. "He let me know I could love again." We wish Chantal and her new man the best of luck!

Well that's it folks! It's been a pleasure watching season 15 of ABC's *The Bachelor* with you, and I hope you've enjoyed reading the recaps as much as I've loved writing them! Until our next recaps of whichever show we choose (*The Bachelorette*, perhaps?), here are my favorites – including an introduction to the next Bachelorette (who we totally called): Ashley H.!

'The Bachelor: Women Tell All' Recap: Old Catfights Resume and Michelle's Redemption



By Krissy Dolor

Before we get the pleasure of seeing next week's final rose ceremony, we must first cross one last bridge: the infamous "Women Tell All" episode, where both the *Bachelor* in question and his dearly departed bachelorettes reflect (and awkwardly watch back) the ridiculous moments that made them famous.

While it's no surprise that old beef between Raichel and Melissa continued to stew, the night's big shocker was

Michelle's – dare we say it? redemption – which, of course, made for excellent television. So without further adieu, let's dig right in to last night's episode:

It started off with a classic Brad Womack and Chris Harrison heart-to-heart, where Brad took another look back at some of the more colorful women on this season (including Madison, who was fangless last night). While he mentioned the usual (Chantal O.'s first impression slap, his first date with Ashley H., how funeral talk with Shawntel N. made him uncomfortable), Chris wanted to know what Brad *really* thought of Michelle. "She has a lot of game," he said. "And that's coming from a guy that has zero game." True statement, Brad – but we still adore you!

Next, Chris Harrison announced that yes, ABC will bring us *Bachelor Pad 2* this summer. With the "Bachelor Nation" count toppling 500, it's no surprise that this *Bachelor* spin-off will continue. Who *doesn't* want to see former contestants duke it out – again? There's nothing wrong with some good old fashioned recycling.

But the real drama began when Chris turned the show over to the ladies. The Michelle-bash started instantaneously, and she was called "two-faced" and "shady" by Stacey and Sarah P. (I'm sorry, who are you again?). She was even compared to a "creepy spider" by Jackie, who was one of my early favorites this season. Ashley H. and Madison quickly rushed to a crying Michelle's defense, who believed she went on the show for the right reasons. Michelle said she was aggressive and grabbed every chance she could with Brad was because she missed her daughter: "If it wasn't right, I wanted to go home." Touché.

Taking a break from the Michelle drama, Chris brought Melissa into the hot seat, whose tension with Raichel caused them both to make an early exit during week two. "I genuinely don't think I initiated any conflict in the house," said Melissa, as

Raichel nearly passed out in her seat, since she believes that Melissa is partly to blame for her demise. After a long and over dramatic rehashing of their dispute, Melissa apologized. Raichel's classy response? "Of course I'm sorry. I'm not sorry to her, though." Keeping it real.

But the Michelle drama was far from over. Chris viewed Michelle's actions as a defense mechanism, and said, "I found you unbelievably entertaining." She said her comments weren't meant to be malicious, and that she was trying to be sarcastic and funny: "You have to make light of a situation in an intense situation." While I have been guilty of a Michelle-bash or two, I wouldn't have gone so far as to criticize her parenting skills, which is what Stacey did, making her look like a crazy madwoman. But Meghan said it best: "Monday nights would not have been the same without you." We definitely have to agree there!

Both Ashley S. and Ashley H. (who looks great as a brunette!) tearfully watched their respective parting moments with Brad and reflected on what happened. While Ashley S. wanted closure, Ashley H. said she still had questions about her and Brad's relationship, even at the end of their run, which she regrets. But no worries! Ashley, staying true to her bubbly self, said, "Brad primed me for what is yet to come." Is this a hint of a possible role as the next *Bachelorette*?

And finally, the moment we were all waiting for – Brad's turn on stage. While Shawntel N. looked beyond miserable, Brad was positively glowing. This is the happiest I've seen him all season, and it was simultaneously unnerving and endearing to watch. He said seeing Ashley S.'s tearful goodbye broke his heart. He called Michelle "his girl forever," and said, "I'll defend you 'til I'm blue in the face." And he still feels that his carnival date with Ashley H. was the best first date he's been on in his whole life.

But I *do* believe Brad gave us a tiny hint as to who he

proposed to in South Africa. When Chris brought up the final two women's names, Brad smiled that boyish/giddy smile of his when Emily's name was said. While five out of six of the former *Bachelor Pad* contestants said Brad should pick Chantal O., Michelle said last night that Brad needs someone like Emily. But regardless of who Brad ultimately chose, it seems this woman has given him the fairytale ending he's been searching for after two seasons. "I'm telling you, I'm truly happier than I've ever been," he said. "It has nothing to do with me; it has everything to do with her." Cue collective *Awww*.

And there you have it! What did you guys think of last night's episode? Let's chat in the comments below. If you haven't already, check out our exclusive article, where we interviewed the former *Bachelor* and *Bachelorette* contestants. Also, visit us daily for more in-depth interviews with them – we'll have something *Bachelor*-related every day until the final rose ceremony!

'The Bachelorette' Star Ali Fedotowsky and Roberto Martinez to Wed in 2011





When it comes to Ali Fedotowsky and Roberto Martinez's relationship, what *Bachelorette* host Chris Harrison loves the most, "is that they're living their lives." According to *People*, Fedotowsky recently began a gig as a correspondent for the local Fox station in San Diego. Her groom-to-be has opened a new office for his insurance business as well.

Friend and former *Bachelorette* bachelor Kiptyn Locke suggested, "It's important to be away for a while and get to know each other so then when you go do those things, it's all real." With things going so well, it doesn't seem that a 2011 wedding will surprise anyone.

What should you know about your partner before getting married?

Cupid's Advice:

While you might feel that you know everything there is to know about your partner, it doesn't hurt to ask a few additional questions. Cupid's got three topics to discuss before tying the knot:

1. Skeletons in the closet: Nicole Kidman had to deal with Keith Urban's addictions early on in their marriage. Having a past isn't something to be ashamed of, so ask your partner to be honest with you.

2. Finances: While commercials for freecreditscore.com might sing about extreme financial sorrows, they aren't kidding! No one enjoys talking about their financial situation, but rather than let this become an obstacle after you've walked down the aisle, get it over with now.

3. Home sweet home: If you or your partner are currently living separately, discuss where you plan to live after getting married. Jobs, family and the economy can affect possible locations your partner will consider living.

'The Bachelor' Season Premiere Recap: Brad Womack is Back!





By Krissy Dolor

This season of ABC's *The Bachelor* has officially begun, and after last night's episode we can already tell it's going to be a doozy. Brad Womack has spent the past three years soul searching, trying to get his life back on track after his infamous decision to say goodbye to both Jenni Croft and DeAnna Pappas.

"I hit rock bottom," said Brad last night. "I was a broken man."

Brad opened up about his experience in therapy, and found the root of his phobias of commitment – his father's abandonment. And because of this, he said, "I don't know if I've let someone know the real me." Realizing that he's been a closed off-person, Brad has learned that in order for him to truly fall in love is to be vulnerable. And he to wants to prove to America – and most importantly, himself – that he can be a better person.

Regardless of what America thought about Brad before tonight's episode, it's apparent that he's back on *The Bachelor* for the

right reasons. He sounded earnest whenever he spoke about trying to prove himself and teared up each time he mentioned his father. When he talked to *Bachelor* host Chris Harrison, Brad often tripped over his words, and seemed genuinely nervous to be back at the mansion again. Fidgety, playing with the back of his head, Brad looked visibly uncomfortable – and even more so when Jenni and DeAnna were brought out to meet him.

This was the moment everyone was waiting for. To see Brad sweating, adjusting the collar of his suit as he stood up to greet those women must have been gratifying for them – and everyone at home. “Now I feel even more like an idiot,” Brad muttered as they walked out. In a word, the entire situation was awkward.

“It means the world that you made – that you *both* made the attempt to come back here,” Brad told them. “I failed miserably, and I’m so profoundly sorry.”

But he got through it. And so did Jenni and DeAnna (who both look fantastic!). While Jenni was hopeful for Brad, DeAnna was skeptical of the whole thing, and these two women encompassed the thoughts that everyone must be thinking: *Is Brad really ready for this?*

And that was exactly what the 30 bachelorettes were thinking as soon as they walked out of the limo to meet him. In fact, Chantal, who was the first woman out, said, “I have something for you,” and proceeded to slap Brad across the face. “This is for every woman in America!” Brad took it well, and Chantal’s bold move actually landed her the last rose of the night (kudos!).

While a few girls admitted to Brad that they really didn’t know anything about them (and Brad exhaled a sigh of relief each time he heard that), many of the women instantly had their guard up. Lacey looked stricken to see Brad (so no

surprise that she didn't receive a rose), but many, including Ashley S., simply wanted Brad to move forward with his life. In fact, Ashley S. received the first impression rose of the night, because she told Brad that she would be his friend no matter what, and friendship is the what he's looking for in a wife. Will this be the love story that she's hoping for? I'm not sure yet ... something about Ashley S. seems contrived.

There was a little cattiness between Renee (no rose) and Alli (rose), after Renee got a little crazy-eyed and repeatedly took Brad away from the other contestants, just to have him stolen back from her (the irony!). And Madison – this one was just plain weird with her fangs and seductive eyes, and I still can't get over the fact that Brad gave her the fourth rose of the night. But for the most part, the girls were gracious – at least, for now.

Southern belle Emily and Rockette Keltie are two of my favorites. And Michelle, as a mother and one of the older women on the show, is a definite contender. Based on the 20 women he picked, Brad is going for a mix of country charm with comforting accents, mature and assertive women who know what they want, and bright-eyed and giddy girls who ooze cute. But I have a feeling Brad will pick a southern gal who is closest to his upbringing as his wife. Not sure which category Madison and those fangs fall into, but I'm hoping she gets off the *Bachelor* train soon.

And there you have it! The scenes from the rest of the season look intense, and we can't wait to see next week's episode. Remember to visit us next week for more *Bachelor* coverage. Want more? Visit PopEater, but we're warning you – possible spoiler alert!