

Celebrity Break-Up: Victoria Fuller Says She & Chris Soules Split Due to Geography



By Nicole Maher

In the latest [celebrity news](#), *Bachelor* Nation stars Victoria Fuller and Chris Soules called off their relationship due to geographical reasons. According to *UsMagazine.com*, Fuller was not ready to move to Iowa and join Soules on his farm. The two had been traveling to see each other since April of this year, but were ultimately unable to reach a decision on where to settle down together. While the pair agreed to a [celebrity break-up](#), they have reportedly been staying in contact with each other.

In celebrity break-up news, Victoria and Chris split due to location. What do you do if you're in a long distance relationship and can't agree on a place to live together eventually?

Cupid's Advice:

Distance can be one of the most difficult factors of a relationship to navigate. Whether someone is a long car ride away or only accessible by plane, the challenge of seeing each other can have a toll on the relationship. If you are looking for ways to overcome the challenges of distance as a couple, Cupid has some advice for you:

1. Meet in the middle: One of the main reasons people do not want to uproot their life and move is because they are familiar with their current surroundings. It can be difficult to convince a person to leave their family and friends and move to a completely new place where they only know one person. But if both partners are willing to meet someplace in the middle, it would allow both of them to remain closer to home and to each other.

Related link: [New Celebrity Couple: Is Victoria Fuller Quarantining with Former 'Bachelor' Chris Soules in Iowa?](#)

2. Continue to travel: If the impending distance does not need to be resolved right away, then continue your current travel methods. Circumstances and priorities may change after a period of time, and the two of you may eventually reach a point of agreement on where to finally settle down together.

Related link: [Celebrity News: 'Too Hot to Handle' Star](#)

[Francesca Farago Sets Record Straight on Romance Rumors with Former 'Bachelorette' Star Jef Holm](#)

3. Be honest with yourself: If you and your partner have had multiple conversations about the distance and there has been no compromise on either side, it might be time to consider the alternative of breaking-up. Breaking-up does not mean that the relationship failed, it simply means that the two people involved are progressing in different directions. In this case it may be two different geographical locations.

What are some other ways to conquer a long-distance relationship? Start a conversation in the comments below!

New Celebrity Couple: Is Victoria Fuller Quarantining with Former 'Bachelor' Chris Soules in Iowa?





By Ellie Rice

In the latest celebrity news, *Bachelor* Nation's Victoria Fuller is rumored to be quarantined with her new man, former *Bachelor* Chris Soules in his hometown in Iowa. According to *UsMagazine.com*, the speculation intensified when the pair posted similar photos of a plowed field to their Instagram accounts on April 21. We love to see new relationships blossom during this uncertain time!

***Bachelor* fans are really trying to figure out what's happening with Chris Soules and Victoria Fuller. What are some reasons to keep your relationship under wraps at first?**

Cupid's Advice:

Navigating the rocky waters of the dating scene can definitely

be challenging and once you've found someone, you won't want to let go! If you're debating whether or not to go public with your new relationship, Cupid has some advice for you:

1. Listen to your partner: There are two people in your relationship and you always have to remember that. Even though you may have strong feelings towards a certain subject, your partner's opinions should be taken into account as well. Allow them to share their thoughts on publicizing your relationship or keeping it under wraps so the two of you are on the same page. If you are still exploring each other and your emotions, that's definitely a reason to keep it private.

Related Link: [Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19](#)

2. Think about the family: Take a new relationship slowly and move at your own pace. If you're not ready to share your relationship with your family, that is okay! Maybe they weren't too fond of your ex and that's left you wary of introducing them to someone new. Or they can be a bit overprotective and might scare off a new partner. Whatever the case may be, remember this is your life and you make the decisions.

Related Link: [Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Exsistent"](#)

3. Not ready for the friends: Aside from family, your friends are probably the most important people in your life. Introducing them to someone new is a big step step for everyone! At the end of the day, all they want is for you to be happy and feeling loved, but sometimes gaining their approval is quite the feat. Avoiding judgement or potentially disapproving friends are definitely reasons to keep your relationship a secret for a while.

Would you keep your relationship a secret from your loved

ones? Start a conversation in the comments below.

Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Existent"



Interview by [Lori Bizzoco](#). Written by Katelyn Di Salvo.

It sounds like [Chris Soules](#) found his true love...in farming! The star of [The Bachelor](#) season 19 truly stepped out of his comfort zone during his stint on reality TV, going from being a farm boy to a celebrity overnight. On the finale episode, he proposed to Whitney Bischoff, but just seven months later, the famous couple announced their celebrity break-up. Now, he seems to be finding solace in his farm.

Former *Bachelor* Talks Farm Life in Our Exclusive Celebrity Interview

In our [exclusive celebrity interview](#), Soules shares that, prior to his time on reality TV, he had never left Iowa for more than 10 days. Suddenly, he was gone for two months to film *The Bachelorette*, another two months for *The Bachelor*, and *another* two months for *Dancing with the Stars*. After his third stint on television, he took a step away from Hollywood – and he couldn't be happier. "It's been good to get back home and do what I love," he says. "Going on all these reality shows and being some what disconnected from the farm was pretty unusual for me."

Related Link: [Former 'Bachelor' Chris Soules Spends Time with Family in Iowa Post Celebrity Break-Up](#)

The former *Bachelor* describes being a pig farmer as an "intense labor of love," explaining how, as a farmer, you never truly have a day off because the animals and crops always need care. We only hope that he can give a lucky lady that level of devotion someday!

Recently, Soules was a judge on the National Pork Board, and he introduced us to the winner of this year's First Annual America's Pig Farmer of the Year Award, Keith Schoettmer. Schoettmer reveals his approach to farming, saying, "It starts with our responsibility of the farm, which we take very

seriously. We properly care for these pigs everyday, and while we're doing that, we're not losing sight of the people we work with and the consumers."

Reality TV Star Opens Up About His Relationships and Love Life

Soules has been on a roller coaster ride for the past year when it comes to his love life. The celeb went from trying to win the heart of [Andi Dorfman](#) on *The Bachelorette* to having his pick of 30 women on *The Bachelor* to being engaged to Bischoff...to being single again. With that said, relationships and love are the last thing on his mind right now. "My dating life is relatively non-existent... After dating 30 some-odd women and being engaged and going through that whole process, it's been nice to just kind of get back to normal," he explains. "Eventually, I'll get back in the dating rink." He adds that he and his [celebrity ex](#) still keep in touch and are "good friends."

Related Link: ['The Bachelor' Winner Whitney Bischoff is Casually Dating After Celebrity Break-Up from Chris Soules](#)

In our exclusive celebrity interview, the reality TV star admits that his approach to dating hasn't really changed since being on *The Bachelor*. "There's not a lot of changes I'll probably make. It's still just about finding the right person, someone who appreciates the farming life and also the finer things in life," he shares. He believes that finding love this time around will be a little easier since he is "out there," confessing that there are a lot more women interested in dating him now.

Chris Soules Shares Dating Advice

for Upcoming *Bachelor* Ben Higgins

Soules recently met the newest *Bachelor* Ben Higgins and says he's a great guy. He wishes him the best of luck on the reality TV show and adds, "He deserves it. He's a stand-up guy, and he's what the show is all about, I think. He's truly trying to find somebody, so hopefully, that happens for him."

Of course, the former *Bachelor* had some dating advice to share with Higgins: "The main advice that I gave him was to make sure you take each relationship that you have with those girls very seriously and make sure they feel as comfortable as possible... In order to have a real relationship develop, those girls need to feel like they're the only ones involved in the relationship."

Related Link: [Former 'Bachelorette' Trista Sutter Defends 'Bachelor' Franchise After Chris Soules, Whitney Bischoff Split](#)

Despite his return to farming, Soules hasn't completely said goodbye to reality TV just yet. You can catch him on the latest season of *Worst Cooks in America* on The Food Network. He explains that, although he may be good with a grill, he's not so great in the kitchen!

Keep up with Chris on Twitter @SoulesChris and [www.instagram.com/souleschris/!](http://www.instagram.com/souleschris/)

'The Bachelor' Winner Whitney

Bischoff is Casually Dating After Celebrity Break-Up from Chris Soules



By [Katie Gray](#)

Most recent winner of *The Bachelor*, Whitney Bischoff, is dating again after her celebrity break-up from Chris Soules. The former celebrity couple split two months after the marriage proposal aired on the finale of the show. According to [UsMagazine.com](#), both claim that they are maintaining a healthy friendship.

This celebrity break-up was the talk of the town for quite a while. What are some ways to handle public fallout after your break-up?

Cupid's Advice:

Break-ups can be the talk of the town even if you aren't a celebrity. It's like Miranda Lambert sings, "Everybody dies famous in a small town." Whether you're living in the public eye or not, it can be difficult to navigate after a break-up. Cupid has some dating advice on how to handle the public fallout:

1. Put a smile on: Although it may be difficult to wear a smile after breaking up with someone you clearly cared for, you have to do so eventually. You're going to go places that will remind you of your ex, and you're going to run into people who will know about the split. Try to embrace it all, and remember you're strong and still have many things to be happy about.

Related Link: [Rob Kardashian's Ex Adrienne Bailon Says He's A Great Guy](#)

2. Prepare what you'll say: When you go through a split, people are going to ask you about it eventually. It's a good idea to come up with what information you want to disclose to them. This way you won't be caught off guard when it happens.

Related Link: [Blake Shelton and Gwen Stefani Flirt After Celebrity Break-Ups](#)

3. New routine: Sometimes it will be hard to go places that you once went with your ex, and to do things that you once did with them. However; you must still live your life. Come up

with a new routine that works for you.

How have you dealt with the public fallout after a break-up?
Share your stories below!

Celebrity Break-ups of 2015





Gwen Stefani and Gavin Rossdale

This musical duo surprised everyone when they announced their celebrity divorce on August 3rd. They've promised to keep things amicable and co-parent their three sons together. Photo: Albert L. Ortega / PR Photos

Former 'Bachelor' Chris Soules: Is it Over Before it Begins?





By Dr. Jane Greer

Former [The Bachelor](#) star [Chris Soules](#) and fiancée Whitney Bischoff announced they have mutually and amicably decided to call off their celebrity engagement. Chris shared that the split has been “really tough,” but they continue to be supportive friends. Despite the fact that the way in which couples meet on *The Bachelor* and *The Bachelorette* is so exciting, it seems many of the relationships and love don’t work out in the long term. Even so, the show carries intrigue for the viewers in the same way it does for the participants.

It gives everyone the chance to think about the possibilities of meeting someone new and starting over, finding Mr. or Mrs. Right, and having the sense that anything

can happen, the world is your oyster. It can seem like a dream come true.

Being a contestant on one of these reality shows is available to only a few people, but many of us have had the experience of meeting someone new in a more exciting than real life situation such as on vacation or at a big event like a wedding. When that happens, there can be an immediate connection, and the sense that you have known that person all your life. Those feelings can be fueled by chemistry and the attraction you have for one another, as well as the fanfare of the situation in which you met. In the same way that people meet on *The Bachelor* and *The Bachelorette*, it can be a key in the ignition that turns the relationship on, but then how do you keep it in motion? And why do so many of these relationships, whether they begin on the television show or in an out of the ordinary setting, end sooner rather than later?

Related Link: [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

It probably has a lot to do with the fact that these couples aren't having the opportunity to experience the other person under typical circumstances. On the show, for example, there is an intended outcome, goal, and timeline for a decision to be made which can disrupt the regular flow of getting to know each other. In the case of those couples who meet in other places, on a whirlwind vacation or swept up in the romance of the wedding they are attending, the same can be true because things might move faster than they would otherwise. It's all about the excitement and celebration – capturing relationships at the very beginning, where almost everyone starts out excited about falling in love. For many people, however, making a relationship succeed requires work that has to kick

in once you're past the first stage of making the connection. This entails being able to communicate effectively with each other, dealing with compromising, sharing goals, and finding a balance between personal lives and their life as a couple. Those are the elements that make a relationship durable and enduring.

Related Link: [Former 'Bachelor' Chris Soules Spends Time with Family in Iowa Post Celebrity Break-Up](#)

The inability to navigate their way through these important steps, paired with the idea that they are no longer in a glamorous world or on a television set, can very often diminish desire. The more frustrated, disappointed and angry you get, the faster you can lose your footing and grasp on what is keeping you together, and the more likely you are to get turned off to your partner.

Of course, it helps to know what you are looking for before you embark on the search for a new mate, whether through participating in a show like this or not. In other words, consider the values, temperament and energy level you are hoping to find in a new partner. Do you hope to be with someone who is a go-getter, or on more of an even keel? Are you searching for someone who is ambitious and looking to make a lot of money, or someone who is more creative and not so focused on the finances? The most important thing in all of this is figuring out how you feel when you are with the other person, and how he or she makes you feel about yourself. If all of that falls into place, it might be worth making the effort to stay together even after the band goes home or the camera people are no longer a part of your time together.

For Chris and Whitney, getting back to the ordinary elements of living and away from the show may have shed a light on a reality they no longer wanted to be a part of. At least they are making the best of it and continuing their friendship.

Former 'Bachelor' Chris Soules Spends Time with Family in Iowa Post Celebrity Break-Up



By [Courtney Omernick](#)

It looks like [Chris Soules](#) isn't wasting any time feeling blue about his [celebrity break-up](#). [E! Online.com](#) recently reported that Soules has been spotted post celebrity break-up spending time at his family's farm in Iowa. Chris Soules and Whitney Bischoff announced last month that they were no longer

involved in a celebrity relationship.

This former Bachelor is seeking comfort in family post break-up. What are some other ways to cope with a split?

Cupid's Advice:

Chris Soules and Whitney Bischoff's celebrity relationship might not have been all it was cracked up to be, but that doesn't mean that the break-up hurts any less for the both of them. Going your separate ways is never easy, and everyone copes differently. Below is some love advice Cupid has on how cope with a split:

1. Reach out your friends: You've made your friends a part of your life for a reason. More than likely, these people will listen to you and understand what you're going through. And, they'll probably try their best to get you out of the house and living life again.

Related Link: [Former 'Bachelorette' Trista Sutter Defends 'Bachelor' Franchise After Chris Soules, Whitney Bischoff Split](#)

2. Focus on yourself: Now that you have more "me" time, focus on your favorite hobbies, your health, etc. Take some time to just be you instead of wondering what the next step is.

Related Link: ['The Bachelor' Chris Soules and Fiancee Whitney Bischoff Split](#)

3. Think about what you have: Especially if you've invested a lot of time in your relationship, you can feel a bit depleted once it's over. Remind yourself that you still have amazing

people, experiences, and things in your life.

Share your love advice with our readers. What are some ways you've coped with a split? Comment below!

Former 'Bachelorette' Trista Sutter Defends 'Bachelor' Franchise After Chris Soules, Whitney Bischoff Split



By [Katie Gray](#)

Former Bachelorette star, Trista Sutter, has come to defend the series after the recent split of Chris Soules and Whitney Bischoff's was announced. According to USMagazine.com, "Sutter, 42, retweeted Fleiss' note on Friday and added her marriage to firefighter Ryan Sutter to the pile. "And I'll raise u an 11 yr marriage," the season 1 Bachelorette tweeted. "Hard work? Yes! Any marriage is! But without Bachelorette, no intro, no marriage."

***The Bachelor* franchise shows sometimes reality shows do lead to love! What are some unique methods to meet a new partner?**

Cupid's Advice:

The same old dating methods can get a little old. Cupid has some dating advice for unique methods to meet a new partner:

1. Night out: Everyone can use a night out on the town! We work hard and have hectic schedules, therefore; it is imperative that we make time for ourselves, too. A good way to meet people is by going out with friends and trying new places, because with it comes new people. Enjoy yourself and see what happens and who you meet!

Related Link: [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

2. Matchmaker: Although it would be nice to have an appointment with Patti Stanger, the famed *Millionaire Matchmaker*, it's not always possible. Don't get discouraged from going to a different matchmaker in your area. Check out new innovative dating services that keep popping up and find a matchmaker who knows how to play cupid. Regardless of if you will meet your soulmate, you will likely make new friends and

create good memories as an outcome!

Related Link: [‘The Bachelor’ Chris Soules and Fiancee Whitney Bischoff Split](#)

3. Join a club: A good way to meet new people is by joining in on activities. Start meeting with a book club and/or join a wine tasting club. Take a cooking class and/or find fun activities to do as an outing with friends and you will meet plenty of new people and gain new experiences!

What are some ways that you have met a new partner? Share your stories below!

‘The Bachelor’ Chris Soules and Fiancee Whitney Bischoff Split





By [Jessica DeRubbo](#)

This *Bachelor* couple has called it quits. Chris Soules and Whitney Bischoff officially announced their celebrity break-up after weeks of fan speculation, according to [UsMagazine.com](#). Though the reason behind the split has not yet been revealed, one can only imagine that a Chicago girl with a good job would find moving to small town Iowa a little daunting. In a joint statement, the duo said, “Whitney Bischoff and Chris Soules have mutually and amicably decided to end their engagement. They part with nothing but respect and admiration for one another and will continue to be supportive friends. They wish to thank everyone who has supported them through this journey.”

Another *Bachelor* couple bites the dust! How do you know if your relationship can stand the test of

time?

Cupid's Advice:

Not all relationships and love last forever. How do you know yours is headed in a long-term direction? Cupid has some tips:

1. Mutual interests: It may seem obvious, but it's important that you share interests and hobbies. If you have nothing in common outside of work, then how will you spend quality time together?

Related Link: [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

2. Shared values: You can only get so far in a new relationship and love without shared values. Once things get serious, it's important that you respect each others' religious choices, parental plans, and overall views on the world.

Related Link: [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

3. Meshing dreams: What you both want for the future is important, too. You need to see eye to eye on your dreams and ambitions, or else you'll inevitably hold each other back. If you aspire to own a mansion with a live-in housekeeper and your partner wants to live in a small cabin in the woods, this might not be a match.

What are some other ways to know your relationship will be long-lasting? Share your ideas below.

Celebrity Gossip: Why Is Former 'Bachelor' Star Chris Soules Wearing a Ring?



By Maggie Manfredi

Check out the ring! According to [E! Online](#), former *The Bachelor* star Chris Soules appeared to be wearing a wedding ring in his most recent Instagram photo. Soules met his current fiancé Whitney Bischoff on *The Bachelor*, and they've been happy together ever since. The caption of the reality star's photo was, "Some of our corn planted last Monday, just about to emerge. Looks good!" The picture showed a man's hand holding a small plant, but more importantly there was a wedding band on the finger. It has not yet been

confirmed if the celebrity couple has tied the knot.

Celebrity gossip doesn't rest! What are some ways to keep gossip from affecting your relationship?

Cupid's Advice:

Whitney and Chris have dealt with their fair share of gossip, but they haven't let the drama bring them down. Cupid has some tips for you to make it past the rumor mill:

1. Careful on social media: If you have some relationship and love life stuff that you want to keep private, be careful what you are disclosing on the world wide web.

Related Link: ['Bachelor' Couple Jake Pavelka & Vienna Girardi Split](#)

2. Don't take it too seriously: If people are talking, try not to make a big deal out of every little thing. Talk to each other and if things get ridiculous, calmly and as a team reach out to those potentially spreading the gossip.

Related Link: [Chris Harrison Jokingly Slaps Chris Soules in New 'Bachelor' Promo](#)

3. Be honest and faithful: At the end of the day these are the rules to live by in any monogamous relationship. Be real and be true to the one you love.

Do you think this celebrity couple did in fact tie the knot? Share your predictions below!

Will Chris Soules Be Tuning in to Watch His Celebrity Exes on 'The Bachelorette' Season 11?



By Emma L. Wells

The premiere of [The Bachelorette](#) season 11 is less than three weeks away. We know we'll be watching, but what about former *Bachelor* Chris Soules? It's understandable that he may not want to tune in to the reality TV show to watch two of his celebrity exes – [Kaitlyn Bristowe](#) and [Britt Nilsson](#) – search for a relationship and love. "Kaitlyn and Britt were obviously a part of my life, and I'm interested to see how their journey goes," Soules told [People.com](#). "Honestly, right now, I'm okay

with that part of my life being behind me.” Since *The Bachelor*, Soules certainly seems to have moved on to a happy celebrity engagement with his fiancé Whitney Biscoff. However, just because Prince Farming is busy with *Dancing with the Stars* doesn’t mean he’ll be able to avoid *The Bachelorette*. “Whitney will definitely be watching, so I’ll probably be watching,” he joked.

Former *Bachelor* Chris Soules says he still cares for his celebrity exes. What are some ways you can be friends with your ex after your relationship and love ends?

Cupid’s Advice:

When it comes to relationships and love, just because you have ended your romantic partnership doesn’t mean you don’t want to see your ex anymore. Being friends after a break-up isn’t easy, but Cupid has some tips on how you can make it work:

1. Don’t force it: You shouldn’t force a friendship on anyone, ex-lover or not. Similarly, forming a platonic relationship with your ex has to happen naturally. If romantic feelings or resentments remain, it won’t be possible. Give yourself time to grieve and move on. Once you’ve adjusted to life apart, then it may be time to offer your friendship. Don’t rush into this phase immediately following a split.

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

2. Think about your language: It’ll be easier to be friends if you don’t refer to them as your ex anymore; you’re heading in the right direction once you can introduce them simply as your

friend. You should be prepared for a bit of an awkward phase to start out. Recognize that it's an adjustment; eventually, you two will figure out how to act around each other.

Related Link: [‘The Bachelor’ Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules](#)

3. Consider your new significant other's feelings: If you are able to form a friendship with your ex, keep in mind that your new partner may not understand. Be mindful of their feelings. Additionally, if you feel yourself getting jealous of your ex's new boyfriend or girlfriend, you might be harboring some residual romantic feelings. In this case, it's probably best to take a step back from the friendship until you can work through them.

Have you remained friends with any of your exes? Tell us your story below!

Celebrity Couple Chris Soules and Whitney Bischoff Discuss Their Plans For a ‘Bachelor’ Baby





By Emma L. Wells

This celebrity couple is revealing their plans for the future, and it includes more than just the two of them. “Dancing, the move to Iowa, the wedding, and eventually a family,” *The Bachelor* winner Whitney Bischoff told *Us Weekly*. “[We] definitely [want kids], so one step at a time.” Since their celebrity engagement, she’s been by fiancé Chris Soules’ side during his run on *Dancing with the Stars*. So what’s next on Soules’ agenda? According to OkMagazine.com, he said, “We’re just looking forward to getting into our normal lives. Then, we can talk about wedding planning.” But his celebrity love is way ahead of him: In a *Good Morning America* interview, Bischoff said she was ready for a [celebrity pregnancy](#) and admitted that she had frozen her eggs so she can have “multiple kids.”

There’s no doubt in Bischoff’s mind that parenthood is in the future

for this celebrity couple. What are some ways to pick out a name for your baby?

Cupid's Advice:

There are so many big decisions that come up after you get pregnant, but picking out a name for your little bundle of joy is perhaps the one with the longest impact. Your name says so much about you, and parents should put careful thought into it before settling on one. Cupid has some tips on how to make the best baby name choice:

1. Ignore the trends: Everything goes out of style eventually. Right now, it's a fad among celebrity couples to use really unique names for their kids – think Apple Martin or North West. Instead of thinking way outside the box, consider looking into the past. Check out the social security website of popular baby names that goes back over 100 years. There are many names in the list that, although they aren't common right now, are beautiful and timeless.

Related Link: [Justin Timberlake Gives Shout Out to Pregnant Celebrity Love Jessica Biel at iHeart Radio Awards](#)

2. Honor someone: It can be a great idea to name your baby after someone you love. Not only is it a wonderful gift to give that person, but it provides a legacy your child will appreciate when they grow up. It's always special to pick a name of a family member or friend. If you can't find one that you like, then consider the name of your favorite book character or a historical figure you admire.

Related Link: [Famous Couple Brandon and Leah Jenner Announce Celebrity Pregnancy with Cute Instagram Photo](#)

3. Try it out: Before you and your partner decide on a name,

think about how your child will grow up with it. Ask yourselves these questions: Does it sound good with their last name? What will their nickname be? Is this a name that will be relatively easy for your kid to learn to spell? These questions should help you narrow down your list.

What are some other ways to find baby name inspiration? Tell us below!

Former 'Bachelor' Chris Soules Regrets Making 'DWTS' Partner Witney Carson Cry





By Emma L. Wells

It was a tough week for reality TV star Chris Soules. While preparing for his quickstep routine, the leading man on [The Bachelor](#) season 19 injured not only his calf muscle but also his partner's feelings. During a difficult rehearsal, he lost his temper with professional dancer Witney Carson. Thankfully, the dancing duo were able to hug it out and move on. According to [People.com](#), Soules said, "It was a tough week. People don't really understand how hard we work. We have a close relationship. But we were just both getting on each other's nerves. I wasn't getting it down, and she was getting frustrated with me. That happens in any partnerships in life. I don't know any partnership where two people don't have a little bit of a disagreement. It only made us stronger."

As the former star of *The Bachelor* can attest, it's easy

to get annoyed with your partner. What are some ways to handle frustration in your relationship better?

Cupid's Advice:

No matter how much you click, when you spend a lot of time with someone, you're bound to butt heads occasionally – like this *Bachelor* star and Carson did this week. It's all too easy to let little annoyances build into big problems. Cupid has some love advice on how to deal with your frustration:

1. Talk it out: Don't like the way your partner loads the dishwasher or leaves their shoes by the front door? Tell them! Simply say, "It bothers me when you..." Remember to be careful with your tone. You don't want to start a fight, but you do want to make them aware of your feelings. Your significant other is not a mind reader; they can't fix the problem if they don't know it's there.

Related Link: [Celebs Turn to DWTS to Heal Heartbreak](#)

2. Get active: When both partners are frustrated, fighting comes easily. But nagging and getting angry won't solve the problem. You need to find a way to get rid of your pent-up energy so you can have a discussion, not a battle. Try embracing your combative energy and go paint balling or go-cart racing. It may sound silly, but a playful, regulated, competition will get out your frustration and leave you in a better mood.

Related Link: [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

3. Don't let it defeat you: No one mesh's with their partner

100 percent of the time. If you and your sweetheart agreed on everything, life would probably be a little boring! Your relationship and love won't be doomed just because you get a little irritated with each other. In fact, when you work through these moments of difficulty together, your partnership only gets stronger.

How do you and your partner handle relationship frustration? Tell us below!

'The Bachelor' Star Chris Soules Is Happy Celebrity Love Whitney Bischoff and Runner-Up Becca Tilley Are Friends





By Meranda Yslas

When two women are fighting for the same guy, it doesn't always end peacefully. However, *The Bachelor* runner-up Becca Tilley and Chris Soules's celebrity love, Whitney Bischoff, have been able to do just that. According to UsMagazine.com, the two have kept their friendship and Soules is happy for them. He shared, "I'm just glad they were able to keep their friendship, because they're great girls." As for his relationship with Tilley, the former bachelor explained, "I mean, it's not like we talk or communicate on a regular basis," but "she's a great person."

No animosity can be found in this *Bachelor* relationship! What are benefits to being friends with your partner's ex?

Cupid's Advice:

Although it may feel like an unusual situation, being friends with your lover's ex can be a good thing. You two will have shared understanding that most friendships don't have. Much like in the style of Soule's celebrity love, Bischoff, here are some benefits of having a friendship with your partner's ex:

1. Common understanding: Exes know a lot about each other and know what worked for their relationship and love, and what didn't. If your beau's ex is your friend, he or she can give specific relationship advice and tips.

Related Link: ['The Bachelor' Chris Soules on First Night Jitters](#)

2. Shows confidence: Keeping a friendly relationship with a mate's ex shows that you aren't the jealous type. You will appear confident and sure of you and your partner's love.

Related Link: [Chris Harrison Jokingly Slaps Chris Soules in New 'Bachelor' Promo](#)

3. Brings you closer: At one point, your lover's ex meant a lot to them. By having a friendship with the ex, you can learn a lot about your mate and have a stronger and closer relationship and love.

Are you friends with your beau's ex? Share below!

**Chris Soules and Celebrity
Love Whitney Bischoff**

Celebrate His 'DWTS' Performance



By Emma L. Wells

Reality TV star [Chris Soules](#), who announced his celebrity engagement on the season finale of [The Bachelor](#) season 19, and his *Dancing with the Stars* partner Witney Carson received much better reviews on Monday night for their performance, and they went out to celebrate! [HollywoodLife.com](#) reported that, after judge Julianne Hough dubbed him “the comeback king,” Soules enjoyed a dinner with Carson and his celebrity love Whitney Bischoff as well as the reigning *DWTS* winner Alfonso Ribeiro and his wife, Robin Stapler.

Bischoff is there to support her celebrity love both on the dance floor and off. What can you do to show your encouragement for your partner?

Cupid's Advice:

One way to show your partner you care about them is by caring about the things that are important to them. Whether it's their career or just a hobby, taking part and showing support will make your relationship and love even stronger. Consider this love advice:

1. Be there with them: Attend events, both big and small. Even if the moment doesn't seem that significant to you, if your partner asked you to come, then it's probably important to them. Being present for lets your sweetheart show off for you – and show you off too!

Related Link: [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

2. Be enthusiastic: Everyone likes to hear that they're doing well, especially when it comes from someone they care about, so channel your inner cheerleader and root them on. This means pumping them up after a victory, like Bischoff does for her celebrity love, or helping them stay positive after a loss. Whatever the situation, make sure they know you're on their team.

Related Link: [Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip](#)

3. Be honest: While a big part of encouragement is about being positive, it doesn't have to mean glossing over important

issues. If your honey approaches you with a problem or concern, you need to be honest. You might be inclined to lie to make them feel better, but that instinct isn't helpful. Your relationship will be stronger and better off as a result of your truthfulness.

How do you show your support for your partner? Tell us below!

Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip



By Emma L. Wells

Like many *Bachelor* and *Bachelorette* couples that have come before them, famous couple [Chris Soules](#) and Whitney Bischoff are facing a spinning rumor mill following the announcement of their celebrity engagement. But this pretty pair is determined not to let the celebrity gossip ruin their happiness! Both [reality TV](#) stars have posted recent photos to Instagram to prove that their relationship and love is as strong as ever. According to [Wetpaint.com](#), this weekend, Soules shared a heartwarming photo from filming with the message, "She brings me happiness."

Bischoff also took to Instagram, posting a snap of the famous couple cuddling on the couch together. When recently asked about the celebrity break-up rumors and tabloid drama, she responded, "You can't read it. You really just can't. There's so much outside noise out there."

This famous couple clearly isn't letting celebrity gossip damage their relationship and love. What are some ways to stay strong despite rumors?

Cupid's Advice:

Just because you're not a celebrity couple doesn't mean you don't have to deal with rumors and gossip. Thanks to social media, news travels fast and people talk. But you can't let other people's opinions cause problems in your private relationship. Cupid has some tips on how to rise above the gossip:

1. Turn the other cheek: Ignoring what other people are saying

about you is easier said than done. Sometimes, it can be downright impossible, and you'll start to wonder if there's any truth to what's being said. If you're feeling insecure, you need to approach your partner with your concerns in an honest and non-accusatory way.

Related Link: [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

2. There's power in numbers: There are only two opinions in your relationship that matter. It'll be easier for you and your significant other to fend off rumors when you stick together and remember that the only voices you should listen to are each other's.

Related Link: [Celebrity Couple: Chris Soules Kisses 'Bachelor' Winner Whitney Bischoff on Romantic Date Night](#)

3. Sticks and stones...: If your mother ever told you that words can't hurt, she lied. Words, especially negative ones, can carry weight and cause damage, and pretending that gossip doesn't bother you won't make things any easier. Once you recognize this truth, you need to remember that, while words can be painful, you can definitely be stronger than the people who run the rumor mill.

How have you and your beau handled negative rumors? Tell us in the comments below!

Celebrity Couple: Chris Soules Kisses 'Bachelor'

Winner Whitney Bischoff on Romantic Date Night



By Jenna Bagcal

Date nights are great opportunities for you and your significant other to forget about the stresses of the week and just focus on each other. According to [People.com](https://www.people.com), celebrity couple Chris Soules and his fiancée Whitney Bischoff from [The Bachelor](https://www.fox.com/shows/the-bachelor) season 19 did just that. They were spotted engaging in some PDA on their recent date. On Instagram, Soules captioned a photo of the cute pair with “Lovely evening with my lady. #luckyman.”

Following *The Bachelor* season 19 finale last week, this celebrity couple is excited that they can finally be seen together in public. What are three unique date ideas for a romantic night out with your partner?

Cupid's Advice:

Consider Cupid's dating advice and spice up your regular nights out to keep them from feeling monotonous. Take some inspiration from this celebrity couple, and use these three unique date ideas for a romantic night with your partner.

1. Take a romantic dinner cruise: Having dinner with your love might be on your regular repertoire of date nights, but why not take it to the next level? Attend a romantic dinner cruise and sail around the city with your partner. Order a bottle of your favorite wine, feel the sea breeze on your face, and watch the glow of the sun as it sets on the horizon.

Related Link: [Date Idea: Explore Your Relationship and Love on a Road Trip](#)

2. Go on a hot air balloon ride: Take in the sights of your city from a different perspective. Go on a hot air balloon ride with your sweetheart and slowly sail across the sky in a sea of clouds. Call in advance in case of inclement weather. Private balloon rides for two are available, so make sure to bring your camera for plenty of scenic photos of you and your partner.

Related Link: [Celebrity Engagement: Chris Soules Proposed to](#)

[Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

3. Attend a couples cooking class: Few things are as heartfelt and romantic as cooking for your significant other. So tie on your aprons and enjoy a cooking class together! There are often deals online on sites like Groupon. Take plenty of notes during the class so that you can recreate the delicious cuisines for an at-home date night with your partner.

What are some unique and fun date ideas? Share them with us in the comments!

Surprise! Sean Penn Watches 'The Bachelor' with Celebrity Love Charlize Theron and Is Team Kaitlyn





By [Katie Gray](#)

What a pleasant surprise! Actors and celebrity couple Sean Penn and Charlize Theron, watch *The Bachelor* together! Penn announced this great revelation during his appearance on Jimmy Kimmel. According to [UsMagazine.com](#), he said, “We argue about whether or not we should fast [forward],” he revealed. “I don’t really want to hear the conversations, I want to know the decisions. You can decide on this one or this one. And I want to see somebody cry. And then see somebody get ecstatic and then see them cry.” Also, apparently Sean Penn was Team Kaitlyn on the most recent season! This celebrity love is a true one for sure.

Who knew that Sean Penn watched *The Bachelor*? What are some out of character things you can do to show you care?

Cupid's Advice:

When you genuinely love someone, it's important to remind them that you care. Whether it's done verbally or through small acts of kindness, it will all be touching to your partner:

1. Romance: It's imperative to keep the romance alive in your relationship. Cook your partner his or her favorite dinner, write a love letter, offer a massage, and treat them to their favorite things. Think about what will make them happy, no matter how minor it may seem, and bring that into your relationship and love.

Related Link: [Charlize Theron Dating Sean Penn](#)

2. Adventure: Take a ride on the wild side! Plan weekend getaways and take vacations. Exploring is a great way to bond and get to know your partner even better. Try things that they enjoy and take part in activities that they like.

Related Link: [Sean Penn Files to Adopt Charlize Theron's Kid](#)

3. Sentiment: It's always the thought that counts! Feel free to get your partner things that serve as little reminders of your time spent together. Whether that is listening to a certain song that is special to you both or eating the same type of food from a particularly memorable date. Give them photographs or make a scrapbook so that you can both relish in the beautiful memories.

What are ways you have showed your partner you care? Share your stories with us below!

Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale



By Emma L. Wells

After ten weeks of searching on reality TV, Prince Farming has finally found his Princess! On the finale episode of *The Bachelor* season 19, Chris Soules, armed with a Neil Lane engagement ring, got down on one knee and proposed to Whitney Bischoff, a 29-year-old fertility nurse from Chicago. "Everything about this moment feels right," he told her. According to [ABC News](#), Bischoff seemed to be the obvious choice after the other contestant, Becca Tilley, confessed

that she wasn't ready to jump into a [celebrity engagement](#) and commit to a life in Arlington with Soules. During the "After the Final Rose" special, it was easy to see that the reality TV pair is thrilled to just be a "normal" couple.

This celebrity couple found true love on reality TV, but not all of us have that option. What are some unique ways to meet your soulmate?

Cupid's Advice:

Unlike the lucky celebrity couple from *The Bachelor* season 19, most of us don't have reality TV producers arranging the perfect circumstances for us to find relationships and love. If we want it, we have to go out and look for it ourselves! It's certainly not easy, but Cupid has some love advice about how to meet your soulmate:

1. Take part in group activities: You'll want to have common interests with your future partner, so why not participate in group activities that relate to your hobbies? Take an Italian cooking class or sign up to learn Spanish. Join an intramural kickball league or a hobby club. It will be easy to strike up a conversation with someone over your shared interests while interacting in this laidback setting.

Related Link: [The LOWEdown on 'The Bachelor' Celebrity Wedding of Sean Lowe & Catherine Giudici](#)

2. Ask your friends: There's a reason why so many dating websites and apps give you matches based on your Facebook friends: You're more likely to hit it off with someone who your pals already like! If you're looking for a relationship and love, ask your friends for help. They know you well and know what you want in a partner. If you're nervous about a

blind date, you can always plan a double or group date instead to ease any awkwardness.

Related Link: [Whitney from 'The Bachelor' Season 19 Says She'd Move to Arlington, Iowa for Chris Soules](#)

3. Look online: It can be hard to find the time and place to meet someone special. There's nothing wrong with searching through a reputable dating site – it's one of the reasons they were invented! It gives you the opportunity to judge potential matches at your own pace. There's also a lot less pressure if you've talked online before you meet in person.

How did you meet The One? Tell us in the comments below!

'The Bachelor' Season 19 Contestants Rehash Old Feuds During "The Women Tell All" Episode





By Emma L. Wells

The Bachelor season 19 “The Women Tell All” special brought all the women back together to reminisce about their time on the reality TV show and clear the air. They had many grievances with each other – and many more with *The Bachelor* himself, Chris Soules. Kelsey came under attack from all the contestants (yet again) for being conniving and fake. After taking the hot seat, Britt Nilsson immediately called out Carly for being a bad friend. Additionally, both Jade Roper and Kaitlyn Bristowe confronted Soules about why he rejected a relationship and love with them. He assured Roper that it was not because of her *Playboy* spread. Bristol, unfortunately, received a less clear answer. [USAToday.com](https://www.usatoday.com/story/entertainment/2021/01/11/bachelor-women-tell-all-episode-10-2021/7000000002/) reported that Soules said, “I apologize...In that moment, I did the best I could and that’s all I know.” We can’t wait to see how *The Bachelor* season 19 will end next week!

When it comes to past relationships

and love, how can you get over old disputes and move forward? The ladies from *The Bachelor* season 19 need to listen to this dating advice!

Cupid's Advice:

Holding on to old grievances isn't good for you. Why should you dwell on the past when you can move on and find happiness again? This dating advice applies to friendships as well as relationships and love:

1. Reach an understanding: Kaitlyn made the right choice to confront Soules about her hurt feelings. It's hard to move on when you don't understand what really happened. The best way to do so is to have an open conversation – preferably not on reality TV! – with the person *without* being accusatory. Let them explain their actions in their own words. You might not get a satisfying answer, but it will help you to talk it through.

Related Link: [‘The Bachelor’ Chris Soules Prepares to Bring Winner Home to Arlington](#)

2. Look inward: In most cases, while you may be hurt, you're probably not blameless. It's equally important to understand what you did wrong and could have done better. Ask your ex about your behavior or just put yourself in their shoes and examine the situation. Either action will help you ensure that the same mistakes aren't made again.

Related Link: [‘The Bachelor: Women Tell All’ Recap: Old Catfights Resume and Michelle's Redemption](#)

3. Forgive and forget: Just because you're at a place where you're ready to move on doesn't mean the other person is, so don't expect an apology or forgiveness. The best thing you can do is say your peace, move on, and hope that, someday soon, they will be able to do the same.

How have you settled past relationship and love grievances? Tell us in the comments below.

'The Bachelor' Chris Soules Prepares to Bring Winner Home to Arlington





By Maggie Manfredi

The Bachelor is on the fast track to love! According to UsMagazine.com, Chris Soules is down to his final two leading ladies after this week's dramatic episode. *The Bachelor* season 19 has culminated in this farmer being very optimistic about getting down on one knee during the finale to solidify a relationship and love. Kaitlyn was sent home by Soules and is no longer in the running to be part of a celebrity couple, but rumors are already flying that she may end up as the next *Bachelorette*. *The Bachelor* still has to choose between Whitney the fertility nurse and Becca the virgin. The three are set for an epic finish in Bali and are already well on their way to finding love. Who will be our *Bachelor's* leading lady?

We can't all date with the level of style that *The Bachelor* contestants do, but we can still make it

special. What are three ways to date in style?

Cupid's Advice:

Dating is a fun step toward finding your soul mate. Although we can't all date like Chris Soules, Cupid does have some attainable tips on how to date in style:

1. Experience new things: The best way to make dating more exciting is to try new things together. Whether it be a big move like skydiving or a smaller treat like trying a foreign food, be bold and enjoy every adventure.

Related Link: [Whitney from 'The Bachelor' Says She'd Move To Arlington, Iowa For Chris Soules](#)

2. Take advantage of free stuff: It is okay to be a dater on a budget, but that doesn't mean you have to sit at home every night and watch television. Take this dating advice to heart: Get online and look into what your city has to offer for free. You would be surprised by the amount of coffee shop concerts, museums, and festivals that take place all year long for no charge! With a little bit of research, you can have a great date on a budget.

Related Link: ['The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Stay in: Nothing completes dating like a pinch of romance. How can you make the love come alive? Start with the little things like lighting candles at dinner, sharing a blanket while watching a movie, or baking dessert together. Get creative and don't afraid to have a romantic night in; not everyone needs Bali at sunset to fall in love.

Will Chris propose to Whitney or Becca? Share your predictions below!

Whitney from 'The Bachelor' Season 19 Says She'd Move to Arlington, Iowa for Chris Soules



By Emma L. Wells

From day one, *The Bachelor* season 19 star Chris Soules has said that a relationship and love with him means moving to his (very small) hometown of Arlington, Iowa. After asking potential celebrity love Whitney if she would be able to leave her life in Chicago for him, she gave him exactly the answer

he was looking for. According to People.com, she said that, while she loves her job as a nurse, she would have “no hesitation” about moving to Arlington and “having babies” as her career. [The Bachelor season 19](#) frontrunner continued, “I firmly believe that life takes you places, and it’s not where you are; it’s who you’re with.”

The Bachelor season 19 contestant Whitney is willing to move to Iowa for her celebrity love. How do you know if that’s the right decision for your relationship and love?

Cupid’s Advice:

We sometimes fall for people who aren’t perfect for us in a geographic sense. Long-distance dating can’t go on forever, and eventually, you’re left with two choices: break-up or move. Cupid has some dating advice on how to tell what move (no pun intended) is right for you:

1. Consider all the factors: Realty TV star Whitney told her celebrity love that it doesn’t matter where she is because it’s who she’s with that’s important. While there is a lot of truth to her statement, you should examine your specific situation first. Think about what you need in order to be happy; that may include your career, your friends and family, or something as seemingly small as your kickball team or local library. What would you have to give up when you move to be closer to your partner? More importantly, can you live without it?

Related Link: [QuickieChick’s Video Dating Tips: Is He “The One” or Just Another Someone?](#)

2. Look to the future: After you've made your mental list of things you can't live without, ask yourself how that list will change in the next five, ten, or twenty years. Moving might not suit your needs *this* year, but maybe that's where you see yourself long-term. In this case, the question changes from "if" to "when." Tell your significant other that you're willing to move but need a little more time before you're ready. If your relationship and love is as important to them as it is to you, then they will understand.

Related Link: [‘The Bachelor’ Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Be on the same page: Make sure you understand why your beau wants you to move; that will ensure that you two have similar expectations. Are their reasons valid? Does it make more sense for you to move to them or vice versa? It's equally important for them to understand your reasons as well. Having a discussion about how this move will change your relationship is the best place to start.

Have you ever moved for your relationship and love? Tell us about it below!

**‘The Bachelor’ Season 19
Contestants Treat a
Relationship and Love with
Chris Soules Like a Game**



By Emma L. Wells

You know what they say: Two's a party, but three's a painfully awkward and quiet crowd. Kelsey and Ashley I. weren't exactly audience favorites on [The Bachelor season 19](#), but it certainly was enjoyable to watch them face-off on a two-on-one date during last night's episode of this popular reality TV show. Rather than using their alone time with Chris Soules to grow their relationships and love, the ladies complained and gossiped about each other. According to [Fox News](#), *The Bachelor* star saw through their games and took their accusations seriously, ultimately sending both women home.

***The Bachelor* season 19 contestants Kelsey and Ashley I. played Chris**

Soules like a prize to be won during their two-on-one date. Why can playing games cause more harm than good to your relationship and love?

Cupid's Advice:

Dating can often feel like a game; after all, there's players and a field, scores and a strategy. But it can be harder to reach your goal and find a relationship and love if you get too wrapped up in the sport. Here's why you should take Cupid's dating advice and stop playing games when it comes to love:

1. It's not a competition: If you're out to win the game like these two contestants from *The Bachelor* season 19, you'll never win his heart. Ask yourself what winning would even look like to you. If you're always focused on the final outcome, you can't enjoy the here and now properly. You'll end up missing the best parts of your own relationship!

Related Link: [Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating](#)

2. You don't need a strategy: While there are some helpful tips to playing the field, the most important rule to follow is trusting your heart. Make moves based on your own emotions and don't feel like you have to play hard to get. You can't expect to have a real partnership if you're not acting like your true self. Remember that if it doesn't work out, then it's not meant to be.

Related Link: ['The Bachelor' Season 19 Contestant Britt Faces Her Fear For Chris Soules](#)

3. The stakes are real: If you're out to just play the field, you'll never find something serious, and you'll most certainly end up hurting someone along the way. When dating, the stakes are high. You should have some idea of what you want in a relationship before you dive into it, and you should be honest about your priorities as you go along.

How do keep from playing games in your relationship and love? Tell us in the comments below!

'The Bachelor' Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules





By Emma L. Wells

“The sky’s the limit...,” read Britt Nilsson’s one-on-one date card on last night’s episode of *The Bachelor* season 19. That’s when the 27-year-old waitress started to cry in panic due to her debilitating phobia of heights. Still, she pulled it together before their one-on-one date. [People.com](https://www.people.com) reported Chris Soules saying that she was “just as beautiful first thing in the morning as when she’s all dolled up for the rose ceremony. It’s pretty incredible.” Turns out, she gets all dolled up for bed too, but oh well! The reality TV lovebirds soon arrived in the New Mexico desert to find a hot air balloon waiting for them, and Nilsson’s fears quickly disappeared with Soules’ arms around her.

This *Bachelor* season 19 contestant overcame her fear to get closer to Chris Soules. What are some ways

you can beat your phobias when looking for a relationship and love?

Cupid's Advice:

Whether you fear heights, spiders, darkness, or commitment, you shouldn't let it stand in your way when you're looking for a relationship and love. It's completely possible to overcome your distress, no matter how big it may seem. Cupid has some dating advice for you:

1. Switch your focus: On *The Bachelor* season 19, Nilsson was able to get over her fear because being close to Soules was more important to her. If you're afraid of flying but have to take a trip, focus on the destination to help you get through the flight. Paying attention to your fear will only make the situation harder. That's why having a hunky farmer by your side is always a benefit!

Related Link: [The First Official Look at Chris Soules on 'The Bachelor' Season 19](#)

2. Get your facts straight: Most fears – like the fear of sharks, for instance – aren't based on actual statistics. Our imaginations make our phobias much worse than they should be. Do you really live in an area where you need to be worried about giant, poisonous spiders getting you in the dark, or is it just in your mind? Do some research to calm your nerves.

Related Link: ['The Bachelor' Chris Soules Says That Men "Don't Work Well with Subtlety"](#)

3. Face your fear: You can't just ignore it and expect it to go away. To overcome your terror, you need to take gradual steps. If you're afraid of dogs, watch a few videos of them until you're comfortable seeing them on the screen. Then,

work your way up to being in the same room with them or passing them on a sidewalk. Keep going until you can interact with a large dog in an enclosed setting. There's no need to rush!

Tell us about a time where you had to face your fears in the name of love!