

# Celebrity News: Dean Unglert Admits He Was 'Disappointed' in Caelynn Miller-Keyes Past



By Carly Silva

In the [latest celebrity news](#), *Bachelor in Paradise* alum Dean Unglert addressed his feelings about girlfriend Caelynn Miller-Keyes' past relationships. The [reality TV star](#), who addressed the topic during an episode of his *Help! I Suck at Dating* podcast, said that he at first had a difficult time hearing about Miller-Keyes previous relationships. According to *UsMagazine.com*, he eventually decided that he couldn't blame Miller-Keyes for her past experiences.

# In celebrity news, Dean Unglert admits he had a difficult time accepting Caelynn Miller-Keyes' dating history, what are some ways you can prevent your partner's past from affecting your relationship?

## Cupid's Advice

Dealing with your partner's past relationships can cause a lot of trouble in your own relationship. If you're looking for ways to keep your partner's past from affecting your relationship, Cupid has some advice for you:

**1. Don't spend too much time talking about it:** When you first start dating someone, the last thing they want to do is talk about their ex. If you focus too much on their past, or constantly bring up their exes, you will shift the focus from your current relationship to their past ones. Remember that there is a reason they are no longer with their ex, and by spending less time talking about it, you will avoid making it a problem within your relationship.

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**2. Don't get too caught up in their ex:** Another thing that can be detrimental is focusing too much on who your partner's exes are. Refrain from stalking them on social media and trying to learn more about their life. This will only make you compare yourself to them and bring up negative feelings that you could otherwise avoid. It also could potentially upset your partner if you are constantly talking about this person from their past.

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**3. Remember to trust your partner:** At the end of the day, the most important thing to remember when dealing with your partner's past is to remember that it is past, not present. Trust that your partner has changed from their past relationships and don't blame them for their actions in previous relationships. Trusting your partner will eliminate all of the stress and insecurity that comes with obsessing over their past.

What are some other ways you can prevent your partner's past from affecting your relationship? Start a conversation in the comments down below!

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**Celebrity News: 'Bachelor' Nation's Dean Unglert & Caelynn Miller Keyes Reveal Why They Wear Commitment Rings**





By Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Dean Unglert and Caelynn Miller Keyes revealed why they wear commitment rings. According to *UsMagazine.com*, Unglert and Miller Keys feel like they don't have to be married to be committed to one another. "Here's the thing, in my opinion, I don't need to title of husband to show the world that I'm committed to one person, and so the fact that I'm wearing the ring is showing just that," Unglert said.

**In celebrity news, these two lovebirds wear commitment rings to show their love for one another. What are some other ways to show your commitment to your partner?**

**Cupid's Advice:**

When you're in a relationship, it's important to show you're committed to one another in order to move further into the relationship. If you're are looking for ways to show your partner that you are committed, Cupid has some advice for you:

**1. Move in together:** Nothing says "I'm committed" more then asking your partner to move in with you. It shows that you want to be around your partner as much as possible. It's such a big step in any relationship.

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**2. Bring them around your family more often:** You never want to bring someone around your family that your not serious about. Consistently bringing your partner around your family shows your partner and your family that interested in a long term relationship.

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**3. Make a grand romantic gesture:** Sometimes you have to make things really obvious that your committed, and that causes for something big. Whether it's a getaway vacation, a surprise birthday party, or a marriage proposal (if you're ready), it's sure to tell your partner you're committed.

What are some more ways to show your commitment to your partner? Start a conversation in the comments below!

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## Celebrity Break-Up: 'Bachelor

# Winter Games' Star Lesley Murphy Breaks Silence After Split from Dean Unglert



By [Carly Horowitz](#)

In [latest celebrity news](#), *The Bachelor Winter Games* star Lesley Murphy and Dean Unglert have posted on their Instagram accounts in such a way that makes it seem as if they went through a [celebrity break-up](#) with each other. The former [celebrity couple](#) were spotted together at the Sundance Film Festival in January, and that's when we knew they were dating. Yet, Murphy wrote in an Instagram caption two days ago stating, "All we need is that same energy reciprocated, and despite how open and loving you attempt to be, people can only

meet you as deeply as they've met themselves. Don't be afraid to be the one that loved the most and give everything you had, because you've got to find people who love like you do and who are ready." She also goes on to state that she is "out with the old, in with the TRUE." This definitely seems like the two went through a break-up. To add to the speculation, Unglert also wrote on Instagram, "As I've gotten older, I've learned that although everyone DESERVES love, it's not something we're entitled to. Love takes work. Love is compromise. Love is earned. I still have a lot of work to do on myself, a lot to prove to myself, before I'm ready for something like that." To conclude, a source informed [EOnline.com](http://EOnline.com) that the pair did indeed break up recently. The aspects of distance and traveling are said to have had some effect on their relationship. The two plan to continue as friends.

**This *Bachelor* *Winter Games* celebrity break-up wasn't really unexpected, but Lesley had some things to say about it. What are some benefits to getting your side of a break-up story out to your family and friends?**

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

When you and your partner break-up, speculation can occur. If you feel comfortable, the best thing to do is get your side of the break-up out to your family and friends. Here is why:

- 1. They will know the truth:** You definitely want your closest friends and family to know the truth about why your break-up occurred. Fill them in on how you feel about it so that they

are not left in the dust to wonder how you are doing. Your ex-partner may have a different side of the story, and that is okay. Both of you guys can expose your thoughts and feelings on the matter in order to make for a healthy, transparent split.

**Related Link:** [Celebrity Couple News: 'Bachelorette' Alum Dean Unglert Is 'Incredibly Happy' Since Dating Lesley Murphy](#)

**2. They will support you:** During this time of a break-up, it is usually beneficial to have the support of your friends and family. How are they going to know to support you if you don't let them in on what is going on? Be open with them. This will help to both get your feelings out and inform the ones closest to you.

**Related Link:** [Celebrity Break-Up: 'Bachelor Winter Games' Winners Ashley Iaconetti & Kevin Wendt Split](#)

**3. They will try to understand:** Even though no one can ever feel the exact same way you do, people can at least try to understand. By doing something like posting an Instagram post detailing your feelings, it helps for your friends and family to see where you are coming from. The more they understand, the easier it is for them to continue to love and support you.

**What are some other benefits to getting your side of a break-up story out to your family and friends?**