

# Celebrity Interview: 'Famously Single' Dating Coach Dr. Darcy Sterling on Relationships, Communication & Her Own Marriage



Written By [Melissa Lee](#). Interview by [Lori Bizzoco](#).

Relationship expert and dating coach Dr. Darcy Sterling is no stranger to training individuals on their communication skills. As the mentor on E!'s *Famously Single* and the co-owner of a group practice, Dr. Darcy has spent the past 21 years counseling those on their relationship skills. *Famously*

*Single* is only a sneak peek into the type of work Dr. Darcy does on a daily basis as a dating coach. As a clinical social worker, Dr. Darcy strives to help individuals open up and communicate in order to receive the most fulfilling romantic relationships possible. In our recent [celebrity interview](#), Dr. Darcy revealed some of the drama that went down on this season, key relationship issues, and how her show has helped her own marriage.

## **Dr. Darcy Spills Some Drama on Season 2 of *Famously Single* in Celebrity Interview**

Since the show essentially revolves around relationships, it's not a surprise that several co-stars ended up dating both during and after filming. Former *Jersey Shore* star Ronnie Ortiz-Magro and *DASH Dolls* alum Malika Haqq did not shy away from sharing details on their relationship on social media, but broke up shortly after filming ended. "I think they needed to learn how to have a fight. They had different communication styles, they needed to learn how to resolve conflict, and they needed to learn how to communicate effectively," Dr. Darcy says. She even confessed that her and wife Stephanie Koncicki offered to coach them after the show had ended, but Ronnie wasn't interested.

**Related Link:** [Celebrity Interview: "The Cycle" Co-Host Aliya-Jasmine Sovani on Work, Life, Love and Balancing It All](#)

*Bachelorette* contestant Chad Johnson soon ended up revealing his love with model Zoe Baron. When asked whether or not Dr. Darcy thinks Chad has learned much from the show, she informed us that the couple had very recently broken up! "They broke up two nights ago, so you tell me," she says.

And when it comes down to Calum Best, who was also on the show

last season, Dr. Darcy explained that it was much easier to get deep down and solve his relationship conflicts. “The amazing thing with Calum is that I got to go so much deeper with him because I already had a relationship established with him, so I didn’t have to earn trust or build a foundation of a relationship,” Dr. Darcy says. “I’m a little rough on Calum this season.”

## **The Advice Dr. Darcy Gives Is As Real As It Gets**

As a licensed psychologist, Dr. Darcy also has her own group practice in addition to an advice column. At times, it can be up for debate whether or not the advice she gives is the same she’d give to her private clients – but she quickly shuts that down. “You have to start with the basic skills – communication skills, conflict skills, how to have a fight. Those are the biggest issues.”

She explains that regardless of whether she’s counseling in private or in the public eye on television, it is of great importance that individuals are working on their communication and conflict resolution. “We need them with all of our relationships. I need them with my friends, family, even my clients.”

**Related Link:** [Celebrity Break-Up: ‘Famously Single’ Stars Ronnie Magro & Malika Haqq Have Split](#)

Dr. Darcy further emphasized the fact that feelings get hurt in relationships, and it’s somehow inevitable. “We need to know how to have a fight, and how to communicate when someone’s hurt our feelings because in relationships, we hurt each other’s feelings,” she says. “Everyone does it.”

# ***Famously Single* Improved Her Marriage**

Dr. Darcy married her partner, Stephanie, in 2009. She mentioned that Stephanie also does relationship counseling, but coaches couples together, whereas Dr. Darcy prefers one-on-one. “We teach relationship skills all the time. We’re incredibly mindful of practicing what we preach, and it’s really enhanced our relationship,” Dr. Darcy disclosed.

The two even have an online course together called “Relationship Skills Bootcamp.” The workshop is designed to teach participants to improve skills within their relationship, similarly to the way their face-to-face counseling is.

**Related Link:** [Celebrity Interview: Former ‘Bachelorette’ Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom](#)

It turns out that hosting *Famously Single* has actually been a huge positive influence on her marriage. “We’re much better to each other, we’re more careful, we’re on our toes with each other,” she says. “How many people say getting a television show actually enhanced the relationship?”

*Tune into Famously Single on Sundays on E! to see what relationship advice Dr. Darcy is giving this week!*

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## **Celebrity Interview: Dr. Darcy Sterling Reveals Chad**

# Johnson and Zoe Baron Split



By [Mallory McDonald](#)

Dr. Darcy Sterling, television personality and star of E! Network's hit show *Famously Single* hosted a Season Two viewing party at CRAVEN restaurant in New York City last night. Lori Bizzoco, the founder and executive editor of Cupidspulse.com, got an [exclusive interview](#) with Dr. Darcy onsite. When asked if the work former [Bachelorette](#) contestant Chad Johnson did on the show, led to the success of his relationship with model Zoe Baron, Dr. Darcy shocked us with the news that the [celebrity couple](#) broke up two days ago!

**Related Link:** [Celebrity Couple News: 'Bachelorette' Villain Chad Johnson Is Dating Zoe Baron](#)

Tune into to E! on Sunday nights at 10/9c to watch Dr. Darcy work with Chad Johnson on *Famously Single*!!

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## Celebrity Break-Up: 'Famously Single' Stars Ronnie Magro & Malika Haqq Have Split



By [Delaney Gilbride](#)

In [latest celebrity news](#), it looks like Ronnie Magro and Malika Haqq are famously single yet again. According to [LifeandStyleMag.com](#), Jersey Shore's Ronnie Magro, 31, and

Khloé Kardashian's BFF Malika Haqq, 33, have called it quits after only a few short weeks of dating. The [celebrity couple](#) met during the filming of the second season of *Famously Single* and supposedly became instant friends after meeting on set. Following the recent [celebrity break-up](#), the two deleted all evidence of their short-lived relationship from their Instagram pages. The couple introduced their relationship to the world with an Instagram of the two kissing before a beautiful sunset, but it looks like we won't be seeing that again any time soon.

## **Add this split to the 2017 list of celebrity break-ups! What are some ways to know the issues in your relationship are too big to solve?**

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

Like Ronnie and Malika, we all know how hard it is trying to make a failing relationship work. However, sometimes you need to know when enough is enough. Cupid's here to help with some [relationship advice](#):

**1. Your partner doesn't make time for you:** A huge part of being in a relationship involves actually being together. They say distance makes the heart grow fonder, but if your significant other is constantly bailing on you it's a problem. If your partner isn't showing the initiative to see you, your relationship is headed towards failure.

**Related Link:** [Celebrity Break-Up: Paris Jackson & BF Michael Snoddy Call It Quits](#)

**2. When talking about the future starts arguments:** If the thought of your future together constantly brings up negativity, your relationship is probably on the fritz.

Growing together as a couple should be exciting, not scary. If your partner doesn't see a future with you, you shouldn't want to see a future with them either.

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

**3. You're walking on egg shells:** If you have to constantly tip-toe around your significant other with the fear that you may say or do something wrong to upset them, end it! You should always feel comfortable enough to be yourself around your partner. If that isn't the way your relationship has been going, your relationship is going nowhere fast.

**Have you recently gotten out of a failed relationship? Comment below with some indicators that your relationship was too far gone to fix.**

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## **Celebrity Couple Predictions: Pauly D, Leonardo DiCaprio and Chloe Grace Moretz**







By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention, two of which are celebrity relationships that have been in the works for some time now, such as with Pauly D and Aubrey O'Day and Chloe Grace Moretz and Brooklyn Beckham. But one of the newest Hollywood couples is Leonardo Dicaprio and Nina Agdal. Who's stepping out in Hollywood this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

## **Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last**

**Pauly D and Aubrey O'Day:** Pauly D and Aubrey O'Day are definitely an interesting pair. It's a rollercoaster kind of love. The latest celebrity news is that Pauly is abstaining

from sex with O'Day to slow things down. At this point, it might be a very good move so they can figure out where their relationship is going. This famous couple works because they are both a hot mess when it comes to relationships. Either they will continue to break up and get back together or they will have a secret wedding then divorce quickly. Eventually, O'Day will decide that she can do better because she can. Pauly can't give her the kind of love that she craves. Let's just say, it's a learning experience for both of them. The best partner option for O'Day is actually an older gentleman who is stable with a nice bank account. I ain't sayin' she's a gold digger, but she likes to be pampered. What lady doesn't?

**Related Link:** ['Jersey Shore' Star Pauly D Welcomes Baby Daughter with Ex](#)

**Leonardo DiCaprio and Nina Agdal:** It's no surprise that DiCaprio has found another model to cozy up to. This time, it's *Sports Illustrated* model, Nina Agdal. They have recently been spotted frolicking around Greece together. Right now it's looking like a regular Leo, love 'em and leave 'em relationship. In several photos, he already looks bored with Agdal. She is beautiful and all, but don't expect to see Agdal at many events with Leo. Basically, the best thing about their relationship for her is more attention for her career. She should bask in the photo opportunities and trips while she can. Unless she has some tricks up her sleeve, their celebrity relationship will be a short one. DiCaprio likes his freedom which is why he continues to select the women that he does. When he does find his match, he is going to pull a George Clooney move by putting a ring on it quickly and walking down the aisle.

**Related Link:** [Celebrity Couple News: Leonardo DiCaprio & Nina Agdal Get Cozy on Malibu Beach](#)

**Chloe Grace Moretz and Brooklyn Beckham:** Slowly but surely Moretz and Beckham are becoming the cutest Hollywood couple.

They have been dating since May of this year and Moretz's mom has posted on social media that she approves of their relationship. Moretz recently spoke at the Democratic National Convention, while Beckham made the smooth boyfriend move of showing up as a surprise. Then Beckham's mom, Victoria Beckham, praised the speech on Instagram! It looks like a major love-fest is going on. Beckham is clearly smitten. He is consistently declaring this love and support for Moretz on social media. If they weren't so young, I would say to be on the lookout for wedding invitations. It's nice to see young love without the drama. They compliment each other in the best possible way. I can see them walking down the aisle in the future.

**Related Link:** [Celebrity Couple Chloe Grace Moretz & Brooklyn Beckham Make Red Carpet Debut](#)

*For more information on Shoshi click [here](#).*

**What celebrity couples do you want to see predictions for next? Tell us in the comments below!**

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**Celebrity Interview:  
'Famously Single' Star Dr.  
Darcy Reveals Her Favorite  
Cast Members & Those Who  
Surprised Her Most**



By [Rebecca White](#)

Over a year ago, Dr. Darcy Sterling received an email inviting her to audition for a new reality TV series, *Famously Single*, which focuses on helping eight single celebrities work through their relationship problems. Having made her television debut on E! in 2011, the network was familiar with her, so she flew out, auditioned, and the rest is history. Her experience as a licensed clinical social worker and relationship expert facilitates her work to help individuals and couples who want more out of life. She hosts workshops focused on psychology and runs a Q&A blog. In our exclusive [celebrity interview](#), Dr. Darcy dishes on the *Famously Single* cast members, from who was her favorite to who surprised her the most, and shares her best [relationship advice](#).

# Dr. Darcy Dishes On *Famously Single* Cast In This Celebrity Interview

In the latest [celebrity news](#), before filming the show began, Dr. Darcy reveals that she was most concerned about working with *Jersey Shore* star Pauly D. “Based on what I knew of him, which was very little, he’s a big prankster always making wise cracks. I thought he was going to be the difficult, oppositional child in the classroom,” the social worker shares. “He actually turned out to be one of my favorites! Not that a mom really has favorites, but he was a delight to work with. He came in so earnest and really showed up with an openness to the process that made it so easy to work with him.” However, now that she’s finished filming the show, Dr. Darcy says that Somaya Reece surprised her the most. On the show, Reece shared her story of domestic abuse and became a poster child for resilience. “How she bounced back from that was mind-boggling,” Dr. Darcy says. “It speaks to human resilience and she is such an inspiration.”

**Related Link:** [Celebrity Interview: ‘RHOD’ Star Stephanie Hollman Says Her Life Is All About Her Family](#)

The main premise of the reality TV series is to teach relationship skills to celebrities who are infamous for being single. But since filming ended, the celebrities who have the best chance of finding love after this experience are those who were able to learn about themselves. “Those celebs that walked away learning about themselves, taking personal responsibility, recognizing that they’ve made mistakes in the past that having nothing to do with being famous are the ones who have the best chance at finding love,” the therapist says. While being famous supersedes relationship problems, notoriety doesn’t create problems that didn’t pre-exist. With Dr. Darcy leading the group therapy sessions, these celebs can’t use fame as the reason for their relationship issues. “The fact

that they're famous is not justification for why they're single," the psychologist shares. After discussing their issues and teaching them relationship skills, the celebrities have had a chance to practice these skills through interacting with each other and mock dates.

**Related Link:** [Celebrity Interview: 'RHOD' Star Cary Deuber Says Co-Star LeeAnne is "Loud and Obnoxious"](#)

The [celebrity couple](#) who made the biggest splash in the headlines was Brandi Glanville and Calum Best, who began dating on the show. Although their courtship has ended, Dr. Darcy says both celebrities have learned a lot about themselves from the experience. "Brandi is much more aware of certain things she's done and Calum has thrown himself into yoga, which is major progress for him," she adds. "The show wasn't meant to create long-term sustainable change, though. It was intended to provoke a level of awareness in everyone and ignite a desire in each individual to go on their own journey and do their own work." After working with the celebs, the therapist says that Glanville does tend to pick the wrong people for her, but that there is a reason she's attracted to certain types of people. "Brandi has done a lot of work on herself and her work's not done," she says. After all is said and done, Dr. Darcy said filming *Famously Single* was an amazing and challenging experience, saying, "I would love a second season."

## **Reality TV Therapist Shares Best Relationship Advice**

From filming a hit reality TV show to managing time with her clients, Dr. Darcy has a busy schedule. However, she knows that her relationship needs to be her top priority. "You cannot give everything you have away at work," she says. "You have to come home with a little reserved. It's unacceptable to come home on empty." The reality TV therapist says that

relationships require work every single day and that it's a fallacy that relationships "shouldn't feel like work." If you're struggling to manage your relationship and busy lifestyle, think back to what created your relationship. Think back to the beginning when you courted, seduced, supported, encouraged, and admired your partner. After the honeymoon phase, relationships are about self-discipline. "You have to incorporate it into your everyday life," Dr. Darcy says. "This is the person you want to show up most for, not the least." In her own relationship with her wife Stephanie, it is all about self-care. The duo makes sure they are highly involved with hobbies, such as yoga, dance, meditation, and CrossFit. "Steph and I try to walk the walk," she shares. "There have been times when we haven't engaged in the level of self-care we need to and our clients reflect that. They don't absorb the information if we don't walk the walk."

**Related Link:** [Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, "Take Actions That Are Consistent With Your Commitments"](#)

The most important skill to maintaining a healthy relationship is communication. "You have to be willing to listen to your partner, even when you're tired and feel like they're picking on you," Dr. Darcy says. It is crucial that you actively listen, remain quiet, and control the impulse to be defensive. You have to mirror back and paraphrase what they said so they know you listened to them and you know you understood. Most of the time, your partner just wants to be heard. "If you can deliver that to your partner, you have a basis of a great relationship," she says. Once you learn the basic relationship skills, all of your relationships will improve because you will use these same skills with your family and friends. "I really hope people are motivated to learn about relationship skills because the quality of our lives is predicated on the quality of our relationships," Dr. Darcy reveals. "It's the most important thing in our lives and nobody teaches us." At

the end of the day, the best love advice from Dr. Darcy is the metaphor: “Use the good china every night.” Relationships are about showing up for your partner the same way you would for a stranger or company that you’re trying to impress. Make every day a date and bring romance into everything you do.

*Famously Single* airs on Tuesday’s at 10 p.m. on E!

You can keep up with Dr. Darcy on her [website](#) or [Twitter](#).

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## **Celebrity Interview: E!’s ‘Famously Single’ Dating Coach Laurel House Says “Every Episode Has Drama!”**







Interviewed and Written by [Cortney Moore](#).

Last month, *E!* debuted its newest reality TV show, *Famously Single*, which features one of Cupid's own, Laurel House. As an experienced relationship expert, House has had the opportunity to work closely with celebrities to fix their love lives, so it was only natural that *E!* selected her as one of the dating coaches to bolster their celebrity cast. In our exclusive [celebrity interview](#), House opens up about her experience on the show and the [relationship advice](#) she offered the celebrity cast members.

## **Celebrity Interview: Laurel House Talks *E!*'s Newest Star-Studded Reality TV Show 'Famously Single'**

*Famously Single* explores the dating lives of eight celebrities: Brandi Glanville, Aubrey O'Day, Pauly D, Jessica White, Willis McGahee, Somaya Reece, Calum Best and Josh Murray. With House's expertise and guidance, each celebrity is

able to examine their behavior and past experiences in order to understand why their relationships have failed. But why do celebrities often experience failed relationships in the first place? House says, "The reality is that just because they're celebrities, doesn't mean that they're really all that different when it comes to entertaining difficulties and insecurities." She went on, saying, "Anyone can relate to the dating problem the celebrities are struggling with." In her expert opinion, celebrities are relatable because their insecurities stem from fear. Their careers require them to have both public and private personas, which sometimes conflict and are damaging if revealed.

**Related Link:** [Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, "Take Actions That Are Consistent With Your Commitments"](#)

Prior to meeting the cast, House expected the celebrities to be "high maintenance or catty," but was pleasantly surprised when she was able to work with them. "They were all truly amazing human beings, with the most gigantic hearts," she says. She also expressed how delighted she was to see these stars open up and reveal their more vulnerable sides. Two celebrities who stood out in her mind when discussing authenticity and kindness were Pauly D and Calum Best, both of whom are known for their wild party sides. "There is so much more than that," she reveals, referencing who they truly are. As far as which cast member inspired her, House says it was Somaya Reece who opened her eyes. She adds, "She's been through a tremendous amount of pain and difficulty in her life, and she's overcome it more than anyone I've ever seen." House believes the challenges in Reece's life made her fragile, which is similar to the stories of many celebrities. "There is some fragility with these celebrities. Yes, they're very strong and put up strong exteriors, but that's for public consumption. They *do* have a very fragile and soft side, and that's the beauty of them."

Though House was able to get most of the celebrities to open up, her experience as their dating coach was not all smooth sailing. A number of the celebrity cast members gave her a difficult time at some point or another while filming. Two such celebrities were Willis McGahee and Josh Murray, both of whom she met in episode 2 during the cast's outing to a club. "I was personally very surprised by Willis's request to join him in the bathroom," House admitted when asked about the incident. Although she was surprised by his invitation, she wants audiences to understand that a situation like this isn't uncommon for a professional athlete. "In the sports industry, women are throwing themselves at you," she explains. "So while it was surprising to me, it's not a surprise that it happened. And it's not reflective of Willis as a human being because he's a really good man; it's just that he has been shown that this is the norm throughout his life as a football player." Murray's standoffish behavior towards her, on the other hand, was very disheartening. "Instead of taking the connection that we had and turning that into a conversation, he took the connection and immediately thought that I was conniving," House says about their interaction at the club. Despite Murray's harsh treatment, she understood where he was coming from. "He's the newest celebrity in the house and he's not used to all this additional attention," House says. She went on to explain that many celebs are defensive because they're unsure of people's ulterior motives.

Another challenge House faced while trying to mentor the celebrities were changed personas when the cameras were rolling. With Calum Best in particular, House's skills were tested in getting him to show his real self while the cameras were on. Aside from changing personalities, House reveals that the most challenging and fun celebrity to mentor was Aubrey O'Day. "She didn't just take my advice and do what I said. She wanted to discuss it and really come to wrap her head around it and understand the theory behind it and why," House explains in our celebrity interview. "The questions that she

asked showed me that she was invested in making change and analyzing herself so she could be in a real sustainable, loving and happy relationship, which she found in Pauly D.” And O’Day isn’t the only celebrity who has found love through the show. According to House, Reece has also found love with a woman where there is “mutual respect and mutual adoration,” which were essential pieces she was missing in her past relationships.

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House hopes the other, currently single, celebrity cast members will be able to find love through the [relationship advice](#) she provided for them during the show. The piece of advice she believes is crucial to their success is having real and substantive conversations. For celebrities, she says it’s important “to get away from the ‘I’m a celebrity’ conversation and get into the real conversation where the celebrity no longer feels like a celebrity, but feels like a normal person.” Aside from valuable love advice, House assured us that *Famously Single* is still a reality TV show packed with entertaining drama. “Every episode has a big surprise, every episode has drama. Truly every single day I could not wait to get into that house and see what was going on.” But despite having fun on set, cast members on the show took their roles very seriously. There was not a single person House doubted and she hopes viewers will see how pure everyone’s intentions were. “Everyone at their core is looking for love and connection. No matter what they say, that’s the desire.”

*Famously Single* airs Tuesdays on E! at 10 p.m. EST.

You can keep up with Laurel House on [Cupid’s Pulse](#) or find more information on her Twitter @DatingLaurel and [website](#).

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# Celebrity Interview: Brandi Glanville Is More Than a Housewife on 'Famously Single'



Interview by [Lori Bizzoco](#). Written by [Stephanie Sacco](#).

Brandi Glanville is more than a “real housewife” and reality TV star. She’s also a single mother looking for a good man. Known mostly for her infamous (drinking) escapades on *The Real Housewives of Beverly Hills (RHOBH)*, the mother of two has joined the cast of the new reality television series, *Famously*

*Single*. The new E! series centers around eight single celebrities living in a house together with the goal of mending their broken hearts and relationship issues once and for all. The singles are advised by relationship coaches, practice dating techniques and attend group therapy sessions throughout the season.

Glanville opened up to [CupidsPulse.com](http://CupidsPulse.com) in an exclusive [celebrity interview](#), where she gave us the scoop on her recent Instagram booty post, filled us in on her tryst with Calum Best and dished on all things marriage, love and her experience on the new reality TV show, *Famously Single*.

## **Reality TV Star Brandi Glanville reveals who the booty Instagram & Tweet were for in our celebrity interview.**

Glanville has kissed a lot of frogs in her dating life but last week she addressed her most recent (ex) flame on social media by sharing two pictures of her booty on Instagram and on Twitter, where she reclaimed her body and said it no longer belonged to him. The photo created a lot of [celebrity news](#) headlines but Glanville gave us the real scoop on who that booty shot was intended for saying, "There's always that guy that you go back and forth with and you know it's not good for you, but he's there when no one else is."

She says the relationship was on again, off-again for about a year before she decided to end it for good on social media. "We would just hook up but we would never really go out together," explained Glanville. "He's an actor and he didn't want to be seen with someone on a reality show because I guess it makes him less legitimate as an actor."

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Glanville decided to go along with the half-relationship and let it play out. But last week, on her way to his Fourth of July party, her love interest called and told her not to come because it wasn't the best idea that she be there. Her response? "I got a bottle of rosé, I went to my gay husband's house, we made Instagram videos, and I taught him how to walk on a runway, and that was my Fourth of July." Instead of letting her flames rejection consume her, she took to social media and ended it-her way!

## Reality TV Star Addresses Recent Celebrity Gossip

The most recent [celebrity gossip](#) has focused on the fact that Glanville claims she never wants to get married again and while she admits that to be true she also says that she "would love to meet someone who changes her mind." Glanville says that she is open to the possibility if it happens but "she doesn't need a paper to define the relationship." I guess never say never. On *RHOBH*, Glanville says that she wasn't seen as a mother with emotions and a woman with a romantic side, but instead as 'your drunk friend Brandi.' *Famously Single* shows a different side to the former model and allows her to be herself.

The former *RHOBH* star says that she was skeptical about doing another reality show and unsure how open she should be about the process. "I used to be very touchy feely, and I used to snuggle and now for seven years I don't do PDA, I don't snuggle," she says. Her doubts proved unnecessary because she did connect emotionally on the show with her new Bestie, Calum Best. "Luckily I met someone in the house that I ended up having feelings for," says the *Famously Single* star. "It made me feel good again. It made me feel like I'm ready for this

again and I don't have to be so tough and scare everyone off. I really just need to put myself out there and if I get hurt, I get hurt." The most important part of life is learning how to cope with change and moving on after hard times.

**Related Link:** [Celebrity Interview: Virtually in Love's Iyanya Discusses His Online Relationship](#)

*Famously Single* taught Glanville a lot about herself, although she didn't find lasting love in the end. She says Best, her equally famous and single love interest, played a huge part in helping her figure things out. "Ultimately I love him, I adore him. If he was five years older and lived here, things would be different."

Being on the show was a life changing experience for Glanville and she received plenty of great [relationship advice](#). "I realized that I have to be softer. I have to let people in and give them the chance to get to know me."

Instead of exploiting single celebrities and trying to make them look bad, the dating coaches on *Famously Single* try to help them fight through their dating past to make a better future. "I want to be a girl sometimes. I want to let that side of me down and I want to be vulnerable, but having said that I know that's how I get hurt," Glanville says. "So it's just about finding that recognition and Laurel and Darcy helped me find it."

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Glanville doesn't want to dwell on the past and she isn't interested in ever going back to the *RHOBH* show that made her famous. According to Glanville, her time on *Famously Single* was nothing like *RHOBH*. "It was completely different," she says. "They weren't trying to have us fight with each other. We were all there to work on ourselves. I fell in love with



all of them a little bit. It was nice. It was a completely different experience.”

Famously Single *airs on Tuesdays at 10 p.m. on E!*

You can read all about Brandi Glanville’s love life in her books on [Amazon](#) or follow her on [Twitter](#).

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## Relationship Expert Talks Taylor Swift, Tom Hiddleston Falling in Love Too Fast



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House gives relationship advice for how to fall in love. Check out the video above for more details!

## Relationship Expert from E!'s *Famously Single* On Why People Fall In Love Fast

Have you ever had a time when you felt that you had fallen in love too fast? Did you find yourself having a Taylor Swift and Tom Hiddleston moment? Don't worry, most people have had a moment like this and relationship expert Laurel House discusses why people fall in love quickly. Falling in love requires chemistry and has no time limit. The dating expert featured on *E!'s Famously Single* reveals the three core needs for falling in love.

**Related Link:** [Don't Just Drop Hints When You Want Commitment](#)

Safe. Sexy. Seen. These are the key ingredients for falling in love. Healthy adult relationships make you feel secure and attractive. If your new partner provides these needs, and both your hearts are open, the speed of the relationship doesn't matter. House's relationship advice for heading into the right direction, is knowing what you need in a relationship. Knowing what to look for makes your dating journey so much simpler, and can consequently make the relationship progress quicker. Watch the video above to find out how to fall in love fast and correctly!

For more relationship advice videos from House, click [here](#).

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

**Do you think it's possible to fall in love too fast? Tell us in the comments below!**