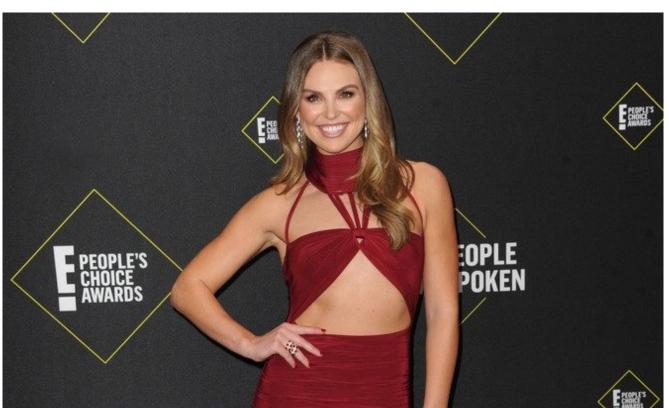
### Celebrity News: 'Bachelorette' Alums Tyler Cameron & Hannah Brown Discuss How Trauma Brought Them Together As Friends





By Carly Silva

In the <u>latest celebrity news</u>, *Bachelorette* alums Tyler Cameron and Hannah Brown finally got candid in a YouTube video about the status of their relationship. The two <u>reality TV stars</u> have been the subject of much speculation since the two quarantined together in March. According to *EOnline.com*, Brown posted a YouTube video where the pair explained that they spent time together as friends because they were both healing from family trauma at the time.

In celebrity news, there's been a lot of speculation about Tyler and Hannah being more than friends during quarantine. What are some ways to keep rumors from affecting your relationship?

#### Cupid's Advice:

When rumors start circling about your relationship, they can add a lot of pressure, and sometimes are hard to ignore. If you are looking for some ways to keep rumors from affecting your relationship, Cupid has some advice for you:

1. Ignore them: The best thing to do when rumors are circling is to ignore them, especially if they are not true. If you are able to, try to tune out the rumors and don't even pay any attention to them.

**Related Link:** <u>Celebrity News: Too Hot to Handle Star Francesca</u> Farago Sets Record Straight on Romance Rumors with Former Bachelorette Star Jef Holm</u>

2. Think about confronting them: If ignoring the rumors is too difficult for you and your partner, you can also consider confronting them. Block accounts on social media, turn off comments on your Instagram posts, or you can directly ask people to stop. Confrontation is one way to do actively do something to make the rumors stop.

Related Link: <u>Celebrity Couple News: Former Bachelor Ben</u> <u>Higgins Is Engaged to Girlfriend Jess Clarke</u> **3. Focus on your relationship:** If rumors are starting to affect your relationship, try having an open conversation with your partner so that the two of you can focus on what really matters. If you are both happy, then there is no reason to worry about gossip and rumors. Spend your time focusing on each other and pay no mind to the rumors.

What are some more ways to keep rumors from affecting your relationship? Start a conversation in the comments down below!

Celebrity News: 'Bachelorette' Alum Tyler Cameron Says He and Hannah Brown Have 'Struggled' to Figure Out Relationship





By Carly Silva

In the <u>latest celebrity news</u>, *Bachelorette* alum Tyler Cameron opened up about his relationship with celebrity ex Hannah Brown. According to *UsMagazine.com*, the two <u>reality TV stars</u> have struggled to figure out their relationship after Brown ended things with Cameron on the season 15 finale. Since the end of the show, the pair have since been hanging out and even spent a few weeks quarantining together in the spring.

In celebrity news, Tyler Cameron got candid about having a hard time figuring out what he and Hannah Brown's relationship is post-Bachelorette. What do you do if you're having trouble defining your

### relationship with your new partner?

#### Cupid's Advice:

Sometimes it can be tricky to tell where a relationship is going at the beginning stages. If you're having trouble defining your relationship with your new partner, Cupid has some advice for you:

1. Express your desires: If you and your new partner are struggling to define your relationship, it's important to be vocal about what you want and need from each other. Having an open and honest conversation will help the two of you stay on the same page.

**Related Link:** <u>Celebrity News: Too Hot to Handle Star Francesca</u> Farago Sets Record Straight on Romance Rumors with Former Bachelorette Star Jef Holm</u>

2. Don't be afraid to take it slow: If you are struggling to define your relationship, it's totally okay to keep going slow. Taking some more time to define your relationship may mean spending some more time together and waiting a little longer to decide where the relationship is going.

**Related Link:** <u>Celebrity Couple News: Former BacheloretteRachel</u> <u>Lindsay Celebrates 1 Year Anniversary with Bryan Abasolo</u>

**3. Go with your gut:** The most important part of defining a relationship is to simply do what feels right. If you're not ready for a definition, or if you're not concerned with sticking a label on your relationship, keep doing what feels the most natural and comfortable for you. Do what makes you happy and worry about defining the relationship later.

What are some other things you can do if you're having trouble defining your relationship with a new partner? Start a conversation in the comments down below! Celebrity Exes: 'Bachelor' Peter Weber Was 'Just as Frustrated' As Other Women After Hannah B.'s Return





By Ellie Rice

In the latest <u>celebrity news</u>, *The Bachelor* star Peter Weber is giving love another shot! As the 24th season of the beloved franchise takes flight, viewers are introduced to an array of gorgeous women all vying for Weber's heart. But it wouldn't be the wildly entertaining show that it is without a little controversy, especially from Weber's <u>celebrity ex</u> and reality star herself, Hannah Brown. According to UsMagazine.com, her emotional reappearance this season has left *The* Bachelor feeling frustrated and confused.

These celebrity exes didn't exactly have an idyllic reunion on *The Bachelor* recently. What are some factors to consider before getting back together with an ex?

#### Cupid's Advice:

Getting back together with an ex is a tough decision to make, and you want to make sure you're doing it for the right reasons. Cupid has some factors to consider:

1. Remember why it ended in the first place: Look back at your relationship and think about what went wrong and if those problems can be fixed. Starting from the beginning will allow you to analyze the pros and cons for the future. If the issues that plagued your relationship are hard to come back from, think about whether a second chance is really worth it.

**Related Link:** <u>Celebrity Exes: Anna Faris & Kat Von D Bond Over</u> <u>Cheating Exes</u>

2. Ask yourself the big questions: Has this person really changed? And if they haven't, am I prepared to deal with that? Reconciliation can be a positive and wonderful thing, but not at the expense of your mental health. If they aren't ready to commit to you in a way that illustrates growth and understanding, then maybe they aren't the person for you.

Related Link: Expert Dating Advice: How To Have Tough Talks

#### With Your Partner

3. Take charge: Have a genuine and honest conversation with this person about what you are looking for in this relationship and respectfully allow them to do the same. Acknowledge each other's feelings and desires transparently and realistically. If the two of you aren't on the same page, then maybe it's time to move forward.

What are some tips you have for reconciling with an ex? Start a conversation in the comments below!

### Celebrity News: 'DWTS' Winner and Former 'Bachelorette' Hannah Brown May Be on Peter Weber's 'Bachelor' Season.





By Ahjané Forbes

In <u>celebrity news</u>, Peter Weber asks Hannah Brown to join him on the upcoming season of *The Bachelor*. Brown surprises Weber on the preview of the show coming back to profess her love to him. The two were almost a <u>celebrity couple</u> on The *Bachelorette*, but Brown chose another guy. According to *People.com*, *The Dancing With The Stars* alum told Weber, "Because I know there's still something there. And I would do anything for a relationship." We'll have to see how this <u>celebrity relationship</u> plays out!

In celebrity news, Hannah Brown is definitely making the reality TV rounds lately. What are some ways to take the initiative with your crush?

Cupid's Advice:

Talking to your crush can be hard. You don't know if you will say the wrong thing or you'll look silly in front of them. Trying your best to fit in and look good while doing it is hard enough. Getting your crush's attention without them noticing can be a task. There are some ways that you can initiate conversation smoothly. Cupid has some advice on how to approach your crush:

1. Watch your crush from a distance: Now, I don't mean stalking them on Instagram or in person, but take notice of how they move throughout the day. If you're looking for a partner who takes pride in their work and how they carry themselves, look to see if your crush has those qualities.Try to find any red flags if possible. See if there are any alarms that go off.

**Related Link:** Dating Advice: 7 Ways to Subtly Flirt with Your Love Interest

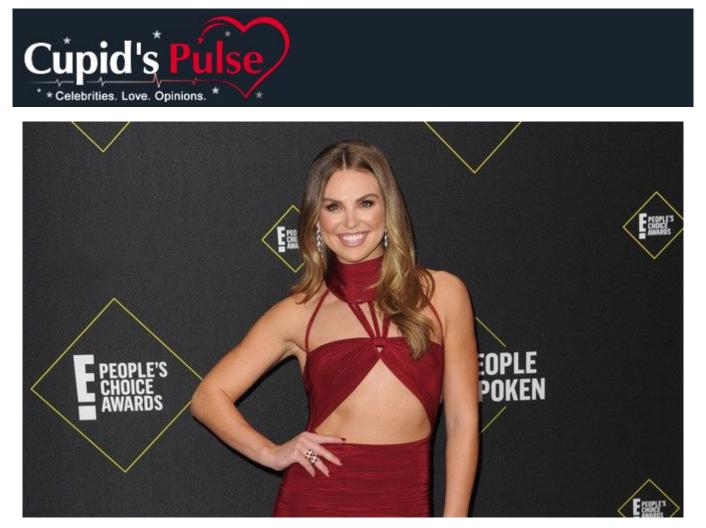
2. Talk to them first: We all wait for our crush to approach us, but what about going up to them first? You don't have to necessarily tell them that you're interested. Just have a simple conversation. If you both are in the same friend group, try to get to know them on a more personal level. Look to see if the vibe is there.

**Related Link:** <u>Relationship Expert Talks Striking Up Party</u> <u>Conversation</u>

**3.** Ask them to go out with you: This doesn't have to be a date, but try to hang out more with the person overall. Start with something small. Meet them at a local bar or at the movie theater. Try to go to a place that they have mentioned before in a previous conversation. Relax while you're with them.They, too, might be attracted to you.

What are some ways that you approached your crush? Share your experiences in the comments below!

### Celebrity News: 'DWTS' Alan Bersten Calls Hannah Brown a 'Female Version' of Him



#### By Meghan Khameraj

In <u>celebrity news</u>, *DWTS* pro Alan Bersten calls *Bachelorette* alum a "female version" of himself, according to *UsMagazine.com*. Bersten also revealed, "Honestly, I've said it before. I just want Hannah to win…it's incredible for a pro to get a mirror ball, but it's all about Hannah's journey, and she's grown so much. Even though we're a team, I want her to win. I guess if I'm a part of that I'll take the mirror ball!" This potential <u>famous couple</u> has sparked <u>celebrity</u> <u>relationship</u> rumors since the season began in September. The rumors got even more intense after Brown brought Bersten as her date to the Country Music Awards. The pair, however, have denied that they are anything more than friends.

### In celebrity news, Alan says his DWTS partner is a female version of him. What are some benefits of dating someone similar to yourself?

#### Cupid's Advice:

While Brown and Bersten are adamant that they are just friends, there are still many benefits of dating someone who is similar to yourself. Cupid has some relationship advice to help you determine the benefits of dating someone who is similar to you:

1. You like (and dislike) the same things: Every relationship, whether romantic or platonic, is based on the foundation that you have something in common. However, when you're dating someone who is similar to yourself you go beyond just a few common interests. You both tend to like and dislike the same things which can make decision-making much easier.

**Related Link: Travel Tips:** <u>Celebrity News: Tristan Thompson</u> <u>'Isn't Giving Up' On a Future with Khloe Kardashian</u>

2. You can be yourself around them: There are few things worse than having to pretend that you're someone you're not. Luckily, if you and your partner are similar then there is no need to hide who you truly are. Being in a relationship with someone who is just like yourself allows you to be more free and open. **Related Link:** <u>Celebrity News: Queen Elizabeth Is</u> <u>'Disappointed' Prince Harry & Duchess Meghan Won't Be at</u> <u>Christmas Festivities</u>

**3. You finish each other's...:** Sandwiches! Just kidding, sentences! More times than not, you two will be on the same page so when an issue arises you and your partner are more likely to solve the issue than argue about how to solve the issue. Besides making disagreements less frequent, being on the same page as your partner allows you to make wonderful and spontaneous memories.

What are some other benefits of dating someone similar to you? Let us know in the comments below!

### New Celebrity Couple? 'Bachelorette' Hannah Brown Hits the CMA Awards Red Carpet with 'DWTS' Partner Alan Bersten





By Ahjané Forbes

In <u>celebrity news</u>, Hannah Brown and Alan Bernstein might have chemistry off of the dance floor as well. The two sparked <u>celebrity couple</u> news at the Country Music Awards, which they attended hand-in-hand. According to a *UsMagazine.com*, weeks ago Brown told them exclusively, "We are dance partners, and we have the best time together, and we have a friendship that is great." Brown also added that she has her eye on the mirror ball, and she didn't admit to a <u>celebrity relationship</u>.

There are rumors that Hannah Brown is part of a new celebrity couple with her *DWTS* partner! What are some ways working hard with someone can lead to love?

Cupid's Advice:

It's okay to not know where your relationship is heading at the beginning stages. You could be really good friends, or you may develop feelings for each other. Cupid can help you with establishing if this might be love:

1. Connect with them: When you get to spend more time with someone, your connection grows deeper. The more time you spend with them, the better you get to know them. Finding out things like what their favorite food is and what movies they like to watch is a great way to bond with each other.

Related Link: Date Idea: Don't Let Fall Cool Your Dates Down

2. Start to hang out more: You and this person might just be friends, but if you start to hang out with him or her without anyone else around, it's a step toward something more. If he's picking up your favorite coffee for you or buying tickets to a play you wanted to see, it's proof he's looking to be around you more. If you feel like you're starting to get them to know them on a more personal level, then maybe this relationship is turning romantic.

Related Link: Date Idea: One, Two, Walk in My Shoes

**3. Work well with them:** When you bond with someone over hard work, your connection gets stronger. You're learning to work as a team to get something done, and that sense of accomplishment at the end of the day pulls you closer.

What are some other ways working hard together can you bring you closer as a couple? Tell us your experience in the comments below!

### Celebrity News: Jed Wyatt Vacations with New Woman After Hannah Brown Split





By Meghan Khameraj

In <u>celebrity news</u>, Bachelorette winner Jed Wyatt has been spotted with a new woman post break-up from Hannah Brown. According to UsMagazine.com, the <u>famous couple</u> split after news broke that Wyatt had a girlfriend back home during the show. Since the split, Wyatt has been seen with personal trainer, Ellen Decker. This <u>celebrity relationship</u> is new and exciting, though last month Wyatt revealed, "I can't really think about a relationship right now." The pair vacationed to Miami, further confirming their relationship through Instagram stories. In celebrity news, Jed Wyatt is moving on from heartbreak after his split from *Bachelorette* Hannah Brown. What are some ways to know you're ready to move on after a split?

#### Cupid's Advice:

Jed Wyatt has officially moved on from celebrity ex Hannah Brown. Wyatt is enjoying his time vacationing in Miami with Ellen Decker. Cupid has some <u>relationship advice</u> to help you know if you're ready to move on after a split:

1. You've come to terms with the break-up: There's no point in moving on if you're still hung up on your ex. To fully move on from a past relationship you must be able to accept your break-up and be indifferent when it comes to your ex.

**Related Link:** <u>Celebrity Baby News: Blake Lively & Ryan</u> <u>Reynolds Reveal Sex of Third Baby</u>

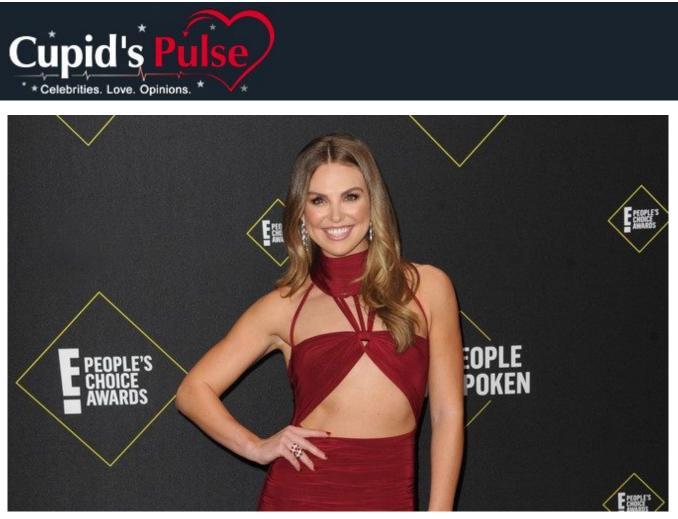
2. You're happy: It's one thing to come to terms with the end of a relationship, but in order to truly move on, you should be happy despite the relationship ending. If you're happy as a single person, then you're ready to find a new relationship.

Related Link: <u>Celebrity Couple News: Jenni 'JWoww' Farley &</u> Zack Carpinello Are Back Together After Split

**3. You're emotionally secure:** Break-ups can be heartbreaking and emotionally draining. Take time to understand your feelings before you jump into a new relationship. Once you have a firm grasp on your emotions you should be ready to handle the potential risks that come with dating.

How do you know when you're ready to move on? Let us know in the comments below!

## Celebrity News: 'Bachelorette' Hannah Brown & DWTS Partner Clear Up Romance Rumors



By Ahjané Forbes

In <u>celebrity news</u>, Hannah Brown and *Dancing with the Stars* 

partner, Alan Bersten, have been electrifying the stage, spreading their chemistry across the dance floor. According to UsMagazine.com, Brown is not looking for a <u>celebrity</u> <u>relationship</u> and recently address dating rumors with her partner, saying, "We are dance partners, and we have the best time together, and we have a friendship that is great." The reality TV star is currently is not looking for love, but wants win the Mirror Ball trophy.

In celebrity news, it looks like these two are sticking to dancing. What are some ways to know if you're ready for a new relationship?

#### Cupid's Advice:

There's no set in stone way you can know if you're ready for a relationship to happen. It's a feeling that happens naturally and with time. Don't try to rush thee process. Accept these growing pains. Cupid has some ways to know if you are ready to find a new love:

1. You are healed from the past: If you are not longer pining over your ex and have let go what happened in the past then you are healed! The idea of going within to fix and focus on yourself is the first step to moving forward. If you aren't thinking about them as much and working toward a better future for yourself then this you're reedy for a new boo!

Related Link: <u>Ask the Guys' Guy: How Much Is Too Much On Exes?</u>

2. Open to receiving new love: You can be healed from your past, but are you still closed off? Are you open to the idea of being in love with another? If so, then you are really on

the verge of obtaining that goal. Try baby steps like flirting with someone that you find attractive at a public event. See if you'll still get the those heart eyes.

**Related Link:** <u>Ask the Guy's Guy: Single Ready To Mingle, But</u> <u>How Do I Meet Guys?</u>

3. You're finally going out: We all go through that period were we don't go anywhere after we have just broken up with our lover. It's okay to sit and watch TV every once in a while, but who doesn't want to go to a party as well? Start talking and meeting new people with your friends. Makes connections with those who share similar interests. Be bold! Show the world that you are capable of being loved again by someone out there!

What are some other ways to know you're ready for a new relationship? Share your thoughts below.

Celebrity News: Peter Weber Is Named As Season 24 'Bachelor'





By Meghan Khameraj

In <u>celebrity news</u>, former *Bachelorette* contestant Peter Weber will take on the mantle as the season 24 *Bachelor*. Weber was previously on Hannah Brown's season of *The Bachelorette* and finished in third place. According to *UsMagazine.com*, Weber stated that Brown inspired him to take the role noting that "Brown's commitment to remaining '100 percent unapologetically herself' from night one until the final rose inspired him to pursue the same goal during his turn as the lead." Weber was a fan favorite during Brown's season, especially after she revealed that they had slept together four times in a windmill. Perhaps this time Weber will fall in love and we'll have a new <u>celebrity couple</u> to keep tabs on!

In celebrity news, Peter Weber is the new *Bachelor*. What are some unique ways to go about finding

### love?

#### Cupid's Advice:

Peter Weber is on the search for true love. While we may not be able to go on a publicly televised search, we can still find love. If your dating history consists of relationships that seem to fizzle after the first few dates, Cupid has some <u>dating advice</u> to help you find love in new and exciting ways:

1. Take a class: Do you like painting? Or maybe dancing or sports? An easy way to meet someone new is to take a class on something you're interested in. If you're both in the same class that means you already have one thing in common which will make it easier to break the ice.

**Related Link:** <u>Celebrity News: Miley Cyrus & Kaitlynn Carter</u> <u>Step Out for Date Night in Matching Outfits</u>

2. Go to parties: Maybe you can throw one or just go to one you were invited to. Parties are a relaxed environment where you can meet people with no immediate commitment. Parties are basically speed dating rounds but with good music and drinks.

Related Link: <u>Celebrity News: Hayden Panettiere Spotted</u> <u>Holding Hands with Boyfriend Brian's Brother After Drama</u>

**3. Post about your interests:** Social media plays probably the most crucial role when it comes to finding new love. Nearly everyone has some form of social media so posting about what you enjoy can help catch the attention of someone who shares similar interests.

What are some fun ways to meet someone new? Let us know in the comments below!

# Celebrity News: 'Bachelorette' Hannah Brown Says 'Thank You, Next' to Questions about Tyler Cameron & Gigi Hadid





By Ashley Johnson

In a <u>celebrity interview</u> with *UsMagazine.com*, Hannah Brown made it clear that she is ready to take on life as a single woman after her <u>celebrity break-up</u> with Tyler Cameron. The reality TV star says she is focused on exploring her new opportunities as a single woman and is ready to move forward from *The Bachelorette* with or without a man.

In celebrity news, Hannah isn't letting anyone draw her into talks surrounding Tyler Cameron's dating life.What are some ways to move on when you see your ex moving on?

Cupid's Advice:

While all celebrity relationships do not last, the relationship you have with yourself does. We are rooting for Hannah in her new journey! Cupid has some advice on how to move on from an ex like Hannah Brown and many other single celebrities:

1. Focus on yourself: Self-care is always the best way to go. When we take care of ourselves and give ourselves all the love and affection for a change, we realize just how much we needed it and realize that self love is enough. Focusing on yourself and taking the time to heal on your own can help you rediscover yourself and learn more about who you are. You can learn more about your likes, dislikes, and everything in between.

**Related Link:** <u>Celebrity News: Shia Lebeouf and FKA Twig's</u> <u>Relationship Is On Hold</u>

2. Enjoy your hobbies and friends: Just taking the time to do things you enjoy again can remind you what you really value in life. You can now focus all your time and energy on everything you have ever wanted to do, whether it be painting, going to concerts, traveling the world, or spending more time with friends. Friends are there for you when you need them the most. They can help distract you from your ex and past relationship and can be a shoulder to lean on when you just need to vent.

**Related Link:** <u>Celebrity Break-Up: Bradley Cooper Enjoys a</u> <u>Boys' Night in L.A. After Irina Shayk Split</u>

3. Take a break from social media: Focusing on yourself means you can't have any distractions. Social media is the easiest way to stay up to date with your friends, and unfortunately, your ex. With just one click you can get lost in your ex's feed. Being single means you now have time to focus on yourself, not your ex and their whereabouts. Embrace the distance from your ex... this may even mean blocking or unfollowing them on all social media for the time being.

Can you think of any other ways to move on when you see your ex moving on? Let us know in the comments below!

# Celebrity News: Tyler Cameron Addresses Future with 'Bachelorette' Hannah Brown





By Mara Miller

Tyler Cameron addressed his future with *Bachelorette* Hannah Brown after she asked him out during the show's two-part season finale, according to *UsMagazine.com* in <u>celebrity news</u>. Does this mean there's a possible celebrity couple on the horizon? On Tuesday, July 30, Brown opted to make a "bold gesture" when she suggested the pair "go for a drink" on Nick Viall's "Viall Files" podcast. Cameron responded that he would love to and he wants to take things slow.

In celebrity news, Tyler is looking to take things with Hannah "one day at a time." What are some ways to take things slowly in your relationship?

Cupid's Advice:

Amidst speculation that Tyler Cameron may be the next lead man for *The Bachelor*, things may change if he keeps things going with Hannah Brown. We hope the best for these two! Cupid has some advice on how to take things slowly like Hannah and Tyler:

1. Have self-discipline: Taking things slow means you're allowed to step back and think about your dating situation before you commit to anything. Don't rush into bed, living together, or constantly text each other because you're worried your potential partner will lose interest. Be sure to keep your head on straight before listening to your heart.

**Related Link:** <u>New Celebrity Couple? 'Bachelorette' Hannah</u> <u>Brown Gushes Over Tyler Cameron After Finale</u>

2. Be honest with each other: Honesty truly is the best policy, so be honest with your partner about why you want to take things slow. Maybe you want to get to know them better or you've been burned by an ex in the past, so you want to be ready you can go all-in before you take your relationship further.

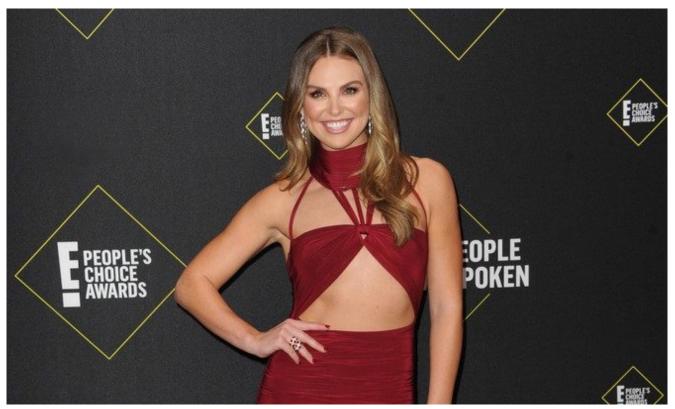
**Related Link:** <u>Celebrity News: 'Bachelorette' Hannah Brown</u> <u>Releases Intimate Details in Front of Peter's Mom!</u>

**3. Longer lasting relationship:** Taking things slowly with each other will mean your relationship has the potential to last much longer than those moving their relationship much faster. You'll have time to build a solid foundation and partnership so you can work together as a team in your relationship and that means it could last for the rest of your lives together.

Can you think of any more reasons to take it slow with your partner? Let us know in the comments below!

New Celebrity Couple? 'Bachelorette' Hannah Brown Gushes Over Tyler Cameron After Finale





By Bonnie Griffin

In the latest <u>celebrity news</u>, <u>Bachelorette</u> Hannah Brown gushed over Tyler Cameron on Jimmy Kimmel Live. According to UsMagazine.com, Brown said, "he is pretty great" referring to Cameron. After a devastating break up with Jed Wyatt, it looks like Brown might be ready to give her ex, Cameron, another shot at a relationship.

With one break-up comes a new beginning for this soon-to-be celebrity couple. What are some ways to know whether to give your ex a second chance?

Cupid's Advice:

For these <u>reality tv</u> stars, it is starting to look like they are going to be giving their romance a second chance. Sometimes time and space gives us a new perspective and makes us realize what we lost. Cupid has some advice to help you know when to give your ex a second chance:

1. You can see yourself with them as a part of your future: When you think about your ex do you picture the two of you together? Can you imagine what your life would be like as a couple in the future? These are signs you might want to give your ex a second chance. If you can honestly see them as your partner for life it is worth giving the relationship another shot.

Related Link: <u>New Celebrity Couple Shawn Mendes & Camila</u> <u>Cabello Kiss in Miami</u>

2. You're happier with them: When you spend time with your ex are you happier than you are with anyone else? And being with them makes you happier than being single. Then give them a second chance. A little time apart to realize what you loved about them may be all you needed to make your relationship a lasting love.

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#### With Camila Morrone

3. They made an effort to change: Consider why you broke up in the first place. Maybe they had a fear of commitment or they liked to party too much. If you see that they've made a solid effort and have changed those bad habits then a second chance at a relationship might be worth a shot.

What are some things that might make you consider giving your ex a second chance? Let us know your thoughts in the comments below.

# Celebrity News: 'Bachelorette' Hannah Brown Speaks Out About Jed After Finale





By Bonnie Griffin

In the latest <u>celebrity news</u>, <u>Bachelorette</u> Hannah Brown ended her engagement to Jed Wyatt. Five weeks after their engagement, Brown was heartbroken to find out that her relationship with Wyatt began with lies when she discovered he had a girlfriend when he first entered the show. According to <u>People.com</u>, Brown said finding out Wyatt hadn't been honest was "heartbreaking" and that by being dishonest "he hurt [her] worse than anybody else did."

In celebrity news, Hannah wasn't willing to settle once she found out Jed had been dishonest with her. What are some ways to know your partner is lying to you?

Cupid's Advice:

For these <u>reality tv</u> stars, happy ever after is no longer in their future. Wyatt's dishonesty broke Brown's heart and left her unable to forgive him for the hurt he caused her. It is never good when you find out that someone you love has lied to you. Cupid has some advice to help you know when your partner is lying to you:

1. They say they never lie: Anyone who tells you that they never lie is lying to you. It is common for everyone to tell little white lies from time to time. Sometimes these kind of lies are okay because they are meant to protect someone's feelings or something of that nature. Getting caught in a small lie like that wouldn't have any real consequences. We all tell these kinds of lies, so an honest partner would have no reason to insist they never lie at all.

**Related Link:** <u>Celebrity News: 'Bachelorette' Hannah Brown</u> <u>Releases Intimate Details in Front of Peter's Mom!</u>

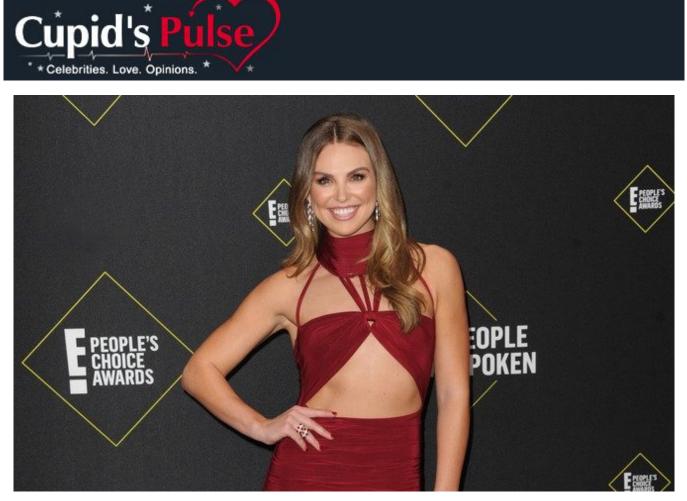
2. Lack of eye contact: One of the tell-tale signs of lying that is upheld as true by science is when someone refuses to make eye contact. If your partner is normally someone who makes eye contact with you when you're talking, and now they are avoiding that eye contact it is a good indicator they aren't being honest about something.

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**3. They accuse you of lying:** One of the oldest tricks in the books is to try to get the focus off them by pointing their finger at you. Your partner might accuse you of lying or cheating out of the blue. This blame game is often a way to try to justify their own dishonest actions.

What are some things you look for if you think your partner is being dishonest? Let us know your thoughts in the comments below.

# Celebrity News: 'Bachelorette' Hannah Brown Releases Intimate Details in Front of Peter's Mom!



#### By Katie Sotack

The infamous *Bachelorette* windmill sex scene between Hannah and Peter was one of the most talked about moments this season. But according to UsMagazine.com, Hannah fudged the details. When facing off with Luke Parker, <u>The Bachelorette</u> confessed to having sex with Peter twice at the mill, yet apparently it was four times! Hannah announced this proudly in front of the studio audience, which included Peter's family. Still, despite (or maybe because of) the scandalous details, Peter's family could not have looked prouder as the audience gave the pair a standing ovation.

In <u>celebrity news</u>, Hannah Brown didn't hold any details back while talking to Peter on a recent episode of *The Bachelorette*. What are some benefits to being open about intimacy?

#### Cupid's Advice:

In our Puritan-grown culture, it's not wildly accepted to talk about intimacy in public. However, American youth culture is shifting to see the perks in being open and honest about intimacy. Here's how talking about intimacy can benefit yourself and others:

1. Normalization: Talking about intimacy normalizes said acts of intimacy. America's sensationalized media presents idealistic versions of sex and love, which do not match up with reality. With this idealized standard we rarely see an accurate representation of our own intimacy. The girl and guy are perfect, never having bad sex or weird sex. Not to mention a lack non-heteronormative relationships depicting physical love. Talking about sex and the intimate acts surrounding it can ease the tension our culture feels around sexual 'imperfections' which fall short of idealistic standards. Related Link: <u>Celebrity News: Ben Higgins Says 'Bachelorette'</u> <u>Hannah Brown's Sex Confessions Are 'Confusing'</u>

2. Ease the guilt: There's a famous Sex In The City episode where Miranda takes a lover who's so petrified of sex being a sin, that after every time they've been physical he *must* run to shower. Yeah, this was filmed in the '90s, but times haven't changed too much. Bachelorette Hannah Brown was thoroughly slut shammed by contestant Luke P. for enjoying sex with men she'd fallen in love with. By speaking out about about her experience at the windmill while in a supportive environment she was championed for something that had once penalized her.

**Related Link:** <u>Celebrity News: 'Bachelorette' Hannah Brown</u> <u>Confronts Luke P. at 'Men Tell All'</u>

**3. Better sex:** As sexologist Lindsey Doe likes to point out sex and sexuality are never one size fits all. But that's the way our culture likes to think about it, so partner's have been conditioned to fall short of our unique needs. Being open about your likes, dislikes, and experiences will not only work like a handbook for better sex but help to foster emotional intimacy between you and your partner(s).

Do you feel comfortable talking about intimacy? Share your comments below!

# Celebrity News: 'Bachelorette' Hannah Brown

### Confronts Luke P. at 'Men Tell All'





By Katie Sotack

This season's <u>Bachelorette</u> has been full of stories about Luke Parker. Yet, on Monday, <u>Hannah Brown</u> took the <u>celebrity</u> <u>breakup</u> narrative back and stood against Luke P's red flag behavior. According to UsMagazine.com, Hannah said she was "over being slut-shamed" and apologized to Bachelor fans for keeping Parker's face on their TVs for so long. Fellow contestants joined Hannah's #LukePIsOverParty with Devin coming on stage to confront Luke's need to control women to feel better about himself. As for Luke, he mostly minced words and contradicted himself in between commercial breaks.

### celebrity news,

Bachelorette Hannah Brown faced Luke Parker after the explosive end to their relationship. What are some ways to get closure after a relationship ends?

#### Cupid's Advice:

In

At the end of the relationship, there are steps to be taken to ease the painful process. Instead of wondering "what if?" find ways to deal with your feelings and move on. Here are relationship tips to find closure:

1. Wallow: In the wake of your devastating breakup give yourself permission to wallow for an allotted time period. Take Friday off and watch your favorite movies while binging on ice cream. Or, call up your mom and talk about what happened. Allow yourself to feel all the confusing and painful emotions that come with ending a relationship so that you can make peace inside your head.

Related Link: Celebrity News: Ben Higgins Says 'Bachelorette' Hannah Brown's Sex Confessions Are 'Confusing'

2. Seek socialization: After your weekend of wallowing, call your friends and go outside. Being around outside energy will widened your perspective and help you to see the world outside of your old relationship. Whether you want to go dancing or browse the local bookstore absorb the positive vibes around you and be mindful of the now.

Related Link: Celebrity News: 'Bachelorette' Hannah Brown's Sexy Windmill Scene Revealed

3. Talk to your ex: When the time comes, speak to your ex to find closure. This step should only be taken after you've processed the bulk of your emotions and can be trusted to converse calmly without blame or aggression. Meet for coffee or somewhere else public to discuss the demise of your situation. Go in knowing that the goal is not to get your relationship back but rather to hear out the other person and grow from their experience with you.

How do you find closure? Share in the comments below!

# Celebrity News: Ben Higgins Says 'Bachelorette' Hannah Brown's Sex Confessions Are 'Confusing'





#### By <u>Katie Sotack</u>

In <u>Bachelorette</u> news, former <u>Bachelor</u> Ben Higgins is confused by Hannah Brown's sex confessions in the most recent episode of her season. On a podcast interview with <u>Bachelor</u> Nation, Higgins admitted that Brown's statements on whether having sex on the show was a wise decision seem contradictory. According to <u>UsMagazine.com</u>, this news comes right after Brown and contestant Parker participated in a raging fight on screen and social media war off screen on the issue of sex with multiple partners.

In <u>celebrity news</u>, Ben Higgins is confused about Hannah's seemingly conflicting sex admissions. How do you know when it's the right time to get physical with your partner? Have you ever been dating someone and wondered, "When's the right time to hookup?" What's too soon, and what will they think of me if we wait a long time? Here is relationship advice on getting intimate:

1. Are you turned on?: The number one requirement to figuring out the right time to be intimate is being aroused. If you're feeling your partner, the environment, and the contraceptive measures are at your minimum requirements at least, you might be ready to get physical. There is still some question on whether this is the right time for you emotionally, but desire is the number one box to be checked off.

**Related Link:** <u>Celebrity Engagement: Sarah Hyland and Wells</u> <u>Adams Are Engaged!</u>

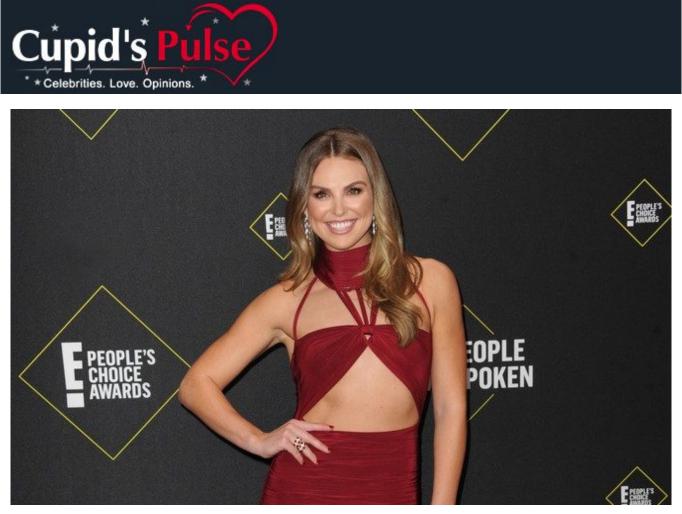
2. Don't be pressured: Just because your friend slept with their partner on the first date and your other friend waits until the 10th to get it on, doesn't mean these timelines are right for you. Only you and your sexual partner can decide on the who, what, when, where, and why of your sex life.

**Related Link:** <u>Celebrity News: Tyler C.'s Fantasy Suite Speech</u> <u>Made Him a 'Bachelorette' Fan Favorite</u>

**3. Ignore all advice:** Physical intimacy is different for everyone. Sexuality is like a snowflake – everybody's special and there's no one size fits all. Instead of feeling worried about outside context, be mindful. Consider yourself, what you want, and what you are comfortable with. Then, proceed from there.

How do you decide when's the right time to be intimate? Share in the comments below!

## Celebrity News: Tyler C.'s Fantasy Suite Speech Made Him a 'Bachelorette' Fan Favorite



By Bonnie Griffin

In the latest <u>reality tv celebrity news</u>, the hearts of <u>The</u> <u>Bachelorette's</u> viewers have been taken by Tyler C. On the most recent episode, Hannah Brown revealed to Tyler that despite their intense physical chemistry, she wanted to put sex on hold while they built a stronger emotional bond. Tyler's response, according to <u>EOnline.com</u>, was what stole fans' hearts, saying, "I would never press you or pressure you at all." Tyler clearly knows how to show a lady respect.

### In celebrity news, Tyler C. stole the hearts of Bachelor Nation. What are some ways to know your partner respects you?

Cupid's Advice:

The interaction between these reality tv stars shows us that chivalry is not dead, and respect is something everyone should expect from their partner. Cupid has some advice on ways to know your partner respects you:

1. They really listen to you: One great sign of respect is having a partner who listens to you. They don't just hear what you say but are actively engaged in listening when you talk and they carefully respond after taking time to think things through.

**Related Link:** <u>Celebrity News: 'Bachelor' Alum Colton Underwood</u> <u>Reacts to Hannah Brown's Sex Confession</u>

2. They are proud of you: When your partner respects you they are happy to be seen with you and proud of who you are as a person. They may want to take you to hang out with friends and family, and they will love sharing things about you with the people they care about because they are proud of you and proud to be with you.

**Related Link:** <u>Celebrity News: 'Bachelorette' Hannah Brown</u> <u>Admits to Intimate Relations in a Windmill</u>

3. They take you seriously: From time to time, you may offer your partner advice. A partner who respects you won't be afraid to ask for your advice, and they will carefully consider what you have to say and objectively take that advice and put it to good use. They will be thankful to have a partner who cares enough to offer advice that could lead them in a beneficial direction.

What are some ways you show your partner you respect them? Let us know your thoughts in the comments below.

# Celebrity News: 'Bachelorette' Hannah Brown's Sexy Windmill Scene Revealed





By <u>Bonnie Griffin</u>

In the latest <u>celebrity news</u>, <u>Bachelorette</u> Hannah Brown's awaited sexy windmill scene aired. Fans were surprised to learn that the guy who'd landed in the windmill with Brown was Peter Weber and not Jed Wyatt. The unique location of the windmill scene made it clear who Brown had been referring to with her earlier statements, and according to UsMagazine.com, Brown confirmed she slept with Weber twice as he bragged the next morning, "We are one now."

In celebrity news, the now-infamous windmill scene on the most recent episode of *The Bachelorette* didn't feature who everyone expected. What are some ways to spice up your love life?

#### Cupid's Advice:

For these <u>reality tv</u> stars, a windmill added some spice to their romantic tryst. Whether it is location or just trying something new, everyone likes to spice things up in the bedroom from time to time. Cupid has some advice to keep the spice in your love life:

1. Change the scene: Every romantic encounter doesn't have to happen in the bedroom. Try moving things to the living room in front of the fireplace when it is cold out. Or you could just set the scene for romance with candles and romantic music.

**Related Link:** <u>Celebrity Vacation: Joe Jonas & Sophie Turner</u> <u>Take Romantic Vacay After Second Wedding</u>

**2. Try some oils:** Life gets hectic and we end up exhausted and stressed out. Try adding a massage to your routine with your

partner. A few candles and an essential oil massage is sure to relax you both and help get you in the mood.

**Related Link:** <u>Celebrity Marriage: Find Out More About Miley</u> Cyrus' Marriage to Liam Hemsworth

**3. Do something random:** Surprises are fun, especially in the bedroom. Get your partner flowers for no reason, surprise them in the bedroom in a special outfit, or offer to cook them dinner to give them a break. Even something as simple as a nice, unexpected gesture can be just what you and your partner need to spice things up.

What are some ways you like to spice up your love life? Let us know your thoughts in the comments below.

# Celebrity News: 'Bachelor' Alum Colton Underwood Reacts to Hannah Brown's Sex Confession





#### By Bonnie Griffin

In <u>celebrity news</u>, <u>Bachelor</u> alum Colton Underwood reacted positively to Hannah Brown's admission to having sex in a windmill on the current season of <u>The Bachelorette</u>. According to <u>UsMagazine.com</u>, Underwood says the differences between the seasons of <u>The Bachelor</u> and <u>The Bachelorette</u> are "what's so cool about the Bachelor franchise, [because] everybody has their own twists to things." In Underwood's season, he was scrutinized for being a virgin, the complete opposite of the scrutiny that Brown has seen over her admission to having sex with a contestant. These celebs show us that everyone makes different choices and has different tastes when it comes to sex, but it is nice to see these two owning their choices.

# In celebrity news, former Bachelor Colton reacted to current Bachelorette Hannah's sex

### confession. How do you make sure you and your partner are on the same page with intimacy?

#### Cupid's Advice:

Everyone has different sexual appetites. Sometimes those differences can happen between two partners in a relationship, but that doesn't mean you can't work things out. Cupid has some advice to help you make sure you're on the same page as your partner in the bedroom:

1. Talk about it: The number one way for you and your partner to ensure you're on the same page about intimacy is to have an open discussion. Tell them what you like and listen when they tell you the same. If you're both open to talking it through, the act can be much more pleasurable for both of you in the end.

**Related Link:** <u>Celebrity News: Justin Bieber Is 'Not in a Rush'</u> to Have Kids with Hailey Baldwin

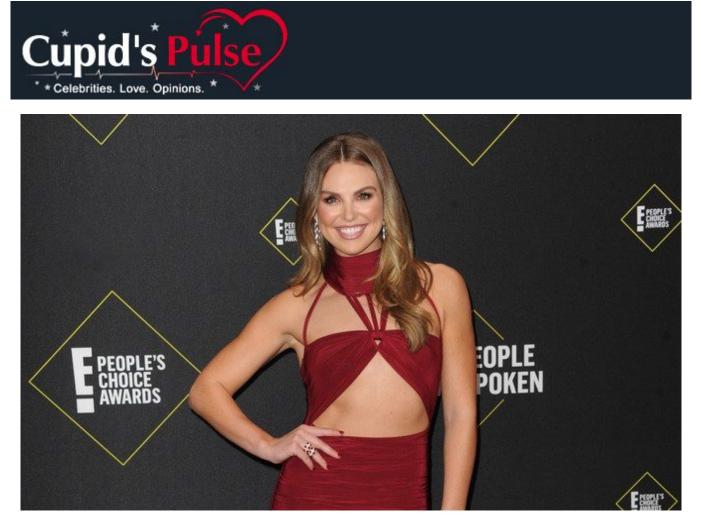
**2. Be open to trying new things:** Just because you've never tried something doesn't mean you won't like it. Be open-minded when your partner makes suggestions and you might find a new favorite way to be intimate with the person you love.

Related Link: <u>Celebrity News: Rachel Lindsay Says She's</u> <u>Surprised 'Bachelorette' Hannah Brown was 'So Bold' About Sex</u>

**3. Learn to compromise:** Be understanding. Sometimes one of you may be uncomfortable with something new in the bedroom. That's okay. Be willing to compromise, but know that it is okay to take things off the table if they make you uncomfortable.

What are some things you do to make sure you are on the same page as your partner? Let us know your thoughts in the

### Celebrity News: Rachel Lindsay Says She's Surprised 'Bachelorette' Hannah Brown was 'So Bold' About Sex



By <u>Mara Miller</u>

In the latest <u>celebrity news</u>, Rachel Lindsay said she's surprised *Bachelorette* Hannah Brown was "so bold" about sex

after she admitted she slept with a contestant in a windmill on a <u>celebrity date</u>, according to *UsMagazine.com*. "I'm gonna assume that they're alluding to what happened in the fantasy suite. I mean, I was surprised she was so bold and forthcoming with it," Lindsay told Micheal Strahan and guest co-host KeKe Palmer on ABC'S *Strahan and Sarah* on Tuesday, July 9. "But I mean, she owns it, so more power to her."

In celebrity news, Rachel Lindsay is surprised that Hannah Brown was so bold and open about having sex on *The Bachelorette*. What are some positives to being open about intimacy?

### Cupid's Advice:

There are some benefits to being open about intimacy with someone who has the potential to become your partner. Here are Cupid's tips on positives to being open about intimacy:

1. Earn respect: Whether you're being open about honesty to earn respect or because you want to gauge how much your potential partner will respect your views on intimacy, being open about your sex life can tell you a lot about someone by the way they react to the conversation. This can be the difference between finding your life partner or just another online date who will ghost you in after a few dates because you wouldn't sleep with them.

**Related Link:** <u>Celebrity News: Jed's Mom Tells Hannah He's Not</u> <u>Ready to Get Engaged On 'The Bachelorette'</u>

2. Get what you want: Being open about intimacy will ensure

your partner or potential partner know what you expect. You need to have a conversation before you're intimate with them. What do you do if birth control fails? What if they want to do something weird you *don't* want to try in bed? Are you worried about sexually transmitted infections? Would it make you feel better if you're both tested before you take the next step to play it on the safe side? The only way you will be able to communicate any of this is to be open about intimacy.

**Related Link:** <u>Celebrity News: 'Bachelorette' Hannah Brown</u> <u>Admits to Intimate Relations in a Windmill</u>

**3 Self-confidence:** Confidence is sexy. Just don't confuse it with being cocky, which can bring an opposite reaction than what you might expect when you're confident. Being open about sex will give you a sense of confidence you haven't experienced before. You know you're sexy and you know what you want from your partner. Don't dance around the subject: own it.

Are there any other positives to being open about intimacy we missed? Let us know in the comments below!

## Celebrity News: Jed's Mom Tells Hannah He's Not Ready to Get Engaged On 'The

### Bachelorette'





By Bonnie Griffin

In <u>celebrity news</u>, Jed Wyatt's family suggested on <u>The</u> <u>Bachelorette</u> he should follow his music dreams instead of focusing on his relationship with Hannah Brown. Wyatt's mother seemed to be skeptical of the couple, and according to <u>UsMagazine.com</u>, his entire family "was floored that Jed could be considering an engagement when his passion for his music was top of mind." In relationships, our parents do not always have the same dreams for us as we do, and this is one <u>celebrity couple</u> that would be starting their relationship with Wyatt's family trying to stand in their way.

### In celebrity news, Jed Wyatt's mom is skeptical of a potential engagement at the end of The Bachelorette. What do you do if your parents don't support your relationship?

### Cupid's Advice:

Relationships come with many obstacles, and unfortunately, family opposition sometimes plays a huge part. When your parents don't support your relationship there are a few ways you can get past their opposition and keep your relationship strong. Cupid has some advice to keep your relationship strong even if your parents don't support you:

1. Respect your parents: You may not agree with your parents' disapproval of your relationship, but remember they are the people who raised you. The relied on their values and beliefs to raise you and help you become the person you are. Their concern is another sign of their love. You don't have to leave your relationship because of their opinion, but try not to start an argument or be disrespectful.

**Related Link:** <u>Celebrity News: Nick Cannon Reacts to Ex Mariah</u> <u>Carey's Take on #BottleCapChallenge</u>

2. Open up to your parents: Talk to your parents. Tell them how you feel about your partner. Share with them how amazing you find your partner and help them to see the person you love through your eyes.

**Related Link:** <u>Celebrity News: 'Bachelorette' Hannah Brown</u> <u>Admits to Intimate Relations in a Windmill</u> 3. Bring your partner around your parents more: If your parents don't initially approve of your partner give them the chance to get to know them better. Bring your partner around your parents more often. Take them to family dinner or invite your parents over for dinner with you and your partner. Give them a chance to get to know your partner better and hopefully they will begin to see how much you care for them and learn to be supportive.

What are some ways you might deal with your parents not accepting your relationship? Let us know your thoughts in the comments below.

# Celebrity News: 'Bachelorette' Hannah Brown Admits to Intimate Relations in a Windmill





#### By Bonnie Griffin

In the latest <u>celebrity news</u>, <u>Bachelorette</u> Hannah Brown admitted to sleeping with a contestant in a windmill while on a date with Luke Parker in one of the promos for a future episode of the reality TV show. According to <u>UsMagazine.com</u>, Brown was not pleased with Parker's remarks in regards to her sleeping with guys on the show, saying to him, "My husband would never say what you've said to me." Brown admits to having some fun on the show, and she does not regret her decisions, but she's clearly not going to listen to negative remarks about her sex life without sticking up for herself. This is one celebrity <u>reality tv</u> star who knows how to stand up for herself.

In celebrity news, *Bachelorette* Hannah Brown admitted to some hanky panky in a windmill in one of the

### show's promos for a future episode. What are some ways to spice up your relationship?

#### Cupid's Advice:

Keeping a relationship interesting and intimate can get put on the back burner as life gets busier, your relationship evolves and you're no longer in the honeymoon phase. It is easy to become complacent on the romantic front when things like work and children take up so much of your time. Spicing up your relationship can be done with the smallest gestures. Cupid has some advice to keep spice things up even in a long-term relationship:

1. Make eye contact: One of the most intimate things between partners is making eye contact. If you want to keep the intimacy alive try this easy tip and make eye contact with your partner when you say, "I love you."

**Related Link:** <u>Celebrity News: Luke P. Loses His Temper with</u> <u>Garrett on 'The Bachelorette'</u>

2. Smile when you see them walk into the room: A big part of keeping things spiced up in your relationship is finding the small ways to make your partner happy; to make them feel appreciated and loved, even without words. Something as simple as a smile when they enter a room or you see them walk through the door when they come home at the end of their workday will make them feel warm and loved.

**Related Link:** <u>Celebrity News: 'Bachelorette' Front Runner</u> Jed's Ex Details Heartbreak & Being Ghosted

**3. Physical contact isn't just for the bedroom:** When you are trying to spice up your relationship everything doesn't have to be about the things that occur in the bedroom. Sometimes

the best things can take place outside of the bed. Snuggle in front of the TV, slow dance with your partner in the living room, and hold their hand when you walk down the street. These small physical gestures will put the spark back in your relationship.

What are some ways you might spice up your relationship? Let us know your thoughts in the comments below.

### Celebrity News: Luke P. Loses His Temper with Garrett on 'The Bachelorette'





#### By <u>Katie Sotack</u>

The drama never ceases on this season of <u>The Bachelorette</u>, and this week's episode was no exception. According to UsMagazine.com, Hannah Brown was forced to make a hard decision between Luke P. and Garrett after their fearsome fight. As usual, Luke had used the group date as a way to belittle the other men, and Garrett was fed up. After warning Luke that his "time was coming to an end," Garrett ended up with a lap full of bologna as Luke P. screamed in his face. The tension ran high at the rose ceremony when Luke P. and Garrett were the last two left without their red petals. Ultimately, Hannah gave a rose to Luke, who laughed as Garrett exited the set.

In <u>celebrity news</u>, Luke P. lost his cool with Garrett in the most recent episode of *The Bachelorette*,

### showing his true colors. What are some ways to handle an angry partner?

#### Cupid's Advice:

In any relationship, romantic or otherwise, anger is normal. Feelings of resentment, jealousy, or sadness can bubble up in a red hot rage. Knowing the right course of action to deal with an angry partner can be a challenge. Here are tips to calm the emotional forest fires in your partner:

1. Be patient: When your significant other is losing their cool it's important to remember this isn't about you. It can be easy to take offense to yelling or hurtful tones, but instead focus on what they're trying to say. Chances are they're truly hurt and not expressing it properly.

**Related Link:** <u>Celebrity Wedding: Get All The Details On Jax</u> <u>Taylor & Brittany Cartwright's Upcoming Nuptials</u>

2. Respond in kindness: Because anger is symptomatic of inner pain, be kind toward your hot headed lover. Let your S.O. know that their emotions are valid and they are still loved. Meeting anger with warmth may help condition the insecurity that lies beneath.

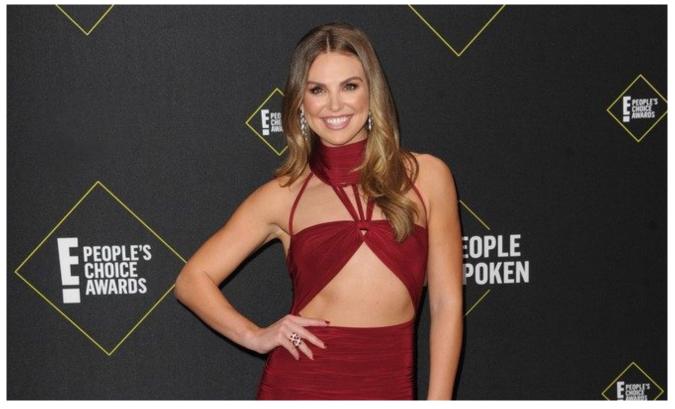
**Related Link:** <u>Celebrity Break-Up: 'Bachelorette' Jed's Ex</u> <u>Haley Cries After Learning He Allegedly Cheated</u>

3. Know when to call it quits: If your partner's always operating at the red hot level and you're left feeling hurt, it's time to end it. Anger is a normal response in small doses. However if your partner's always running off the rails and you feel more bullied than loved, it's not healthy. You can't fix someone's emotional baggage, no matter how much you love them, and if this anger is dragging you down it's time to go.

How do you deal with an angry partner? Share in the comments below!

### Celebrity News: Tyler C. Claps Back at 'Bachelor' Nation's James Taylor After He Slut Shames 'Queen' Hannah





In the latest <u>celebrity news</u>, Tyler Cameron spoke up after James Taylor, a former contestant on a previous season of <u>The</u> <u>Bachelorette</u>, spoke out against Hannah Brown. According to <u>UsMagazine.com</u>, Cameron clapped back at Taylor after he said that "[Hannah doesn't] have to dry hump em all," accusing Taylor of using this as a way to stay relevant. Cameron is one <u>reality tv</u> star willing to stand up against Taylor's attempt at slut shaming.

In celebrity news, one of the guy's still competing for *Bachelorette* Hannah Brown's heart has had enough of James Taylor's slut shaming comments. What are some ways to stand up for your partner?

Cupid's Advice:

When you're in a relationship, you want to see your partner happy. If someone is saying or doing things that hurt them, you want to stop what is causing their pain. Cupid has some advice when it comes to standing up for your partner:

1. Don't allow people to talk down to them in front of you: You may have fallen in love with your partner, but that doesn't mean your friends or family have. There may be times when someone in your circle treats your partner like they don't deserve you, or talks down to them. It is important that you step in right away. You want to set the precedent you will not allow them to treat your partner disrespectfully.

**Related Link:** <u>Celebrity Wedding News: Zoe Kravitz & Karl</u> <u>Glusman Secretly Married</u> 2. Shut down negative influencers: Not everyone will say the negative things they think in front of your partner. Some will save their opinions to share with you when your partner is not around. Do not feed their negative opinions by listening and allowing them to say whatever they want. Shut down their negative talk right away, and make them aware that you won't tolerate it in the future. You chose your partner for a reason; don't let other people's negativity influence your feelings in your relationship.

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**3. Be on their side:** There could be times when someone in your circle of friends or family says or does something to your partner that upsets them when you're not there to stop it. If your partner lets you know they've been hurt by something a family member or friend did or said to them, make sure they know you have their back. Call the friend or family member and discuss the incident and make it clear it was upsetting and unacceptable. You don't have to be mean; have a respectful conversation, but make it clear that such actions cannot continue.

What are some ways you would stand up for your partner? Let us know your thoughts in the comments below.