

# Exclusive Celebrity Interview: Josh Kelly From Lifetime's 'UnREAL' Reveals the Truth About Reality TV



Interview by [Rebecca White](#). Written by Meranda Yslas.

Without a doubt, there's something fascinating about reality TV that makes us tune in and catch the latest episode each week. Lifetime's newest scripted series *UnREAL* exposes the manipulation that goes on behind-the-scenes to keep the drama alive on a popular dating show. In our [exclusive celebrity interview](#), actor Josh Kelly not only reveals the truth about reality TV but also opens up about relationships and love.

# Exclusive Celebrity Interview with *UnREAL*'s Josh Kelly

Contestants on shows like *The Bachelor* or *The Bachelorette* sometime act in ways that make our jaws drop in disbelief. Although we say we would never do half the things we see on television, we shouldn't be so quick to judge: Kelly explains that people often undergo a psychological change when placed in front of a camera. "It was pretty fascinating because, before I auditioned for the show, I was taking a psychology class. I had become friends with a reality TV person, and she told me all these things, and I was flabbergasted," he says. "So I rewrote my thesis paper to show how reality TV shows would be illegal if they were done in psychological experiments. All you have to do is throw cameras at people, and they pretty much do anything. I was really happy when the show came around because it was exactly what I was talking about."

Although having cameras present makes people act a little differently, a big part of why reality TV shows are full of so much drama is the manipulation by the producers and directors. *UnREAL* showcases just how much deceit is put into making a show a hit. It may seem a bit overboard, but the 33-year-old actor insists that it's true. "*UnREAL* is exaggerated to tell the storyline with the characters, but as far as what goes on, from what I've heard, it's not exaggerated at all," the actor says. "If anything, it's almost held back and toned down."

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Jeremy, Kelly's character, is the cameraman and a past lover of one of the producers, Rachel, played by Shiri Appleby. Although the two have a complicated past, fans can't help but hope they end up back together. "If you want to be with someone and it's not working out, then you have to ask yourself if you should be with them," he says. "I guess that's

the question for most exes. With Jeremy and Rachel, I don't know. I think they both want it to work out, but they've both done some bad stuff."

Without giving too much away, he does hint that more is going to happen between the exes. "It gets crazier and crazier," the *One Life to Live* star adds. "Jeremy and Rachel try to deal with their issues."

While Jeremy may be struggling with a lingering old relationship and love, Kelly knows how to deal with an ex. His relationship advice is to be honest with your former flame *and* with your new partner. "Don't try to hide anything, and don't try to keep either side a secret," he says.

He also shares a piece of love advice for current couples: "If you're really in love, try and love the person more than you think they love you. As long as they're doing that as well, then you guys are good."

## Finding Love on Reality TV

Even though it's clear that what happens on reality TV isn't always authentic, that doesn't mean dating shows can't be successful. Still, regardless of cameras, "finding love is the hardest thing to do," Kelly believes. He also points out that shows like *Married at First Sight* have helped people find their soul mate. "Doug Hehner and Jamie Otis – they're still making it. They're one of the reality show couples that my girlfriend and I have become friends with, and they're very happy," he shares.

**Related Link:** ['Married at First Sight' Couple Jamie Otis and Doug Hehner Share Love Advice: "A Strong Foundation is Key"](#)

A big departure from his role on *UnREAL*, with parts in films like *Transformers: Revenge of the Fallen* and *Jarhead 2: Field of Fire*, Kelly is no stranger to being in war-style

movies. Ironically, he has a military background and admits that being a past soldier and then playing one on set can be a bit aggravating. "A lot of people have a preconceived notion of who soldiers are and why they act like they do," he says. "They think of them as mechanical and not human. On television, they're often supposed to be like robots."

"It can be very constricting if you're an actor and you're trying to play the character, and the writers and producers are like, 'Well, you know, soldiers don't really get nervous,'" he elaborates. "We do. I can promise you that." Although at times frustrating, "it's also really fun to get back in the uniform and play."

With that thought in mind, his latest project is a short film entitled *Prisoner of War*, which was directed by a friend and fellow Army Ranger, Matthew Sanders. "It's probably the most intense role I've ever played," the actor admits. The storyline involves soldier suicide and post-traumatic stress disorder, which he feels are "really important" topics.

Whether his character is a soldier in battlefield or a cameraman for a reality TV show, Kelly thanks his military background for influencing his acting. "It has helped me in many, many ways," he shares. "I learned a lot about hard work, and I'm really happy for it."

*For more from Josh, follow him on Twitter @JustJokingJK and [www.facebook.com/joshkellyofficial](http://www.facebook.com/joshkellyofficial). Tune in for UnREAL on Lifetime on Mondays at 10/9c!*

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# 'Married at First Sight' Couple Jamie Otis and Doug Hehner Share Love Advice: "A Strong Foundation is Key"



By Jenna Bagcal

We've all heard the phrase "love at first sight," but the [reality TV](#) show *Married at First Sight* takes this concept to a whole new level. During the first season of the show, viewers saw Jamie Otis and Doug Hehner say "I do" on their wedding day – which was also the first time that they met each other. The "social experiment" takes six singles and matches them up with their perfect partner with help from a team of experts, including a sexologist, a spiritualist, a

psychologist, and a sociologist. In this exclusive celebrity interview, the married celebrity couple discusses their experiences on reality TV and give us the inside scoop on their first year of marriage.

## **Married Celebrity Couple Discuss Their Experience on *Married at First Sight***

The *Married at First Sight* alums recently celebrated their one-year anniversary by renewing their vows in St. Thomas, where they honeymooned, for *Doug and Jamie's Wedding Special* on FYI. Still, they remember their first wedding as if it were yesterday. "I was so scared before I got *Married At First Sight*," says Otis. "I've never been the one to believe in love at first sight, but I was hoping to have chemistry and butterflies – which, looking back now, I realize is so unrealistic. He was a complete stranger! I was hoping to find my soul mate – and honestly, I believe I have."

**Related Link:** [‘Bachelor’ Alum Jamie Otis Marries Doug Hehner on New Reality Show](#)

Hehner adds, "I usually go into everything with an open mind, no expectations, and a positive energy. I was hoping to find my soul mate too."

Before they embarked on the marriage social experiment, they had to share their big plans with their loved ones. "When I first introduced the idea to my parents, they kind of brushed it off as another one of 'Doug's Ideas and Adventures' that would eventually play itself out. When I told my friends about it, they all had the same reaction," Hehner explains. "However, no matter how random or bizarre I get, my family and friends have always been super supportive, and they really do trust my judgment enough to just be there for me, no matter

what.”

Otis says that it was getting the approval of her siblings that mattered most to her. “They said I was crazy, but they’d support me if I believed in it,” she reveals. “And then they instantly loved Doug – so much so that they encouraged me to give him a chance when I began to doubt it. I was shocked to hear them encouraging me!”

Otis is no stranger to the world of reality TV: Fans may recognize her from *The Bachelor* season 16 with Ben Flajnik and *Bachelor Pad* season 3, where she had a short-lived relationship with Chris Bukowski. “If you saw *The Bachelor* and *Bachelor Pad*, then you know I am pretty miserable at dating,” she says with a laugh. “After *Bachelor Pad*, I had no intention of ever being vulnerable on TV again.” But despite her negative dating experiences on these shows, she was willing to give reality TV dating another try after she received a phone call that changed her mind: “When *The Love Experiment* called me (that was the original name of the show) and told me there were four experts who would help me along, it definitely caught my attention.”

**Related Link:** [‘The Bachelorette’ Contestant Chris Bukowski Wants His “Fairytale Ending”](#)

Hehner, who describes himself as “a leap of faith type of guy,” elaborates, “After meeting the experts and trusting that they were taking this experiment as seriously as if they were arranging a marriage for their own child, I had peace of mind knowing that, if they did match me with someone, it was going to be someone that I dreamed about. That is why I was very specific and honest about what I wanted in a mate!”

## **Reality TV Stars Jamie Otis and**

# Doug Hehner Share Best Love Advice

Their first year of marriage has been full of surprises, and it only makes sense that the celebrity couple says they “still feel like they’re dating.” Hehner shares, “I think that, with any relationship, a strong foundation is key. So building a solid friendship was first on our list, and then, we needed to quickly learn how to be great roommates.”

Otis adds, “Although it’s been an emotional roller coaster, it’s also so awesome to have a teammate in life. It’s amazing to have someone you can count on.”

The reality TV stars obviously know a thing or two about maintaining a healthy and happy marriage, no matter the circumstances. “I attribute the success of our relationship to taking the time to learn about each other and also being open and honest about everything from day one,” says Hehner. “In my opinion, you should never stop dating your spouse. That’s what keeps your relationship and love for one another fresh and exciting.”

**Related Link:** [‘The Bachelor’ Winner Courtney Robertson Says Her ‘Reality TV Days Are Over’](#)

The pair believes that “it definitely takes a special kind of person to get *Married At First Sight*,” and they have some valuable love advice to share with the three couples participating in the second season of the show. “There are a lot of variables. If you don’t tell them exactly what you’re about and who you want, then they can’t do their job right,” Otis explains. “After they pair you, it’s really up to you to be open to it. It’s easy to be scared and feel weird about it because it’s the most bizarre feeling, but you have to trust the experts and trust the process.”

So what’s next for the adorable celebrity couple? They hope to one day have children but share that they have some things to



work on before that happens. “Doug has a ‘Before Becoming a Daddy’ bucket list, and I want to really focus on my relationship with my mom and learn to forgive and heal,” Otis divulges. “Also, I want to be patient for Doug. We won’t have babies until we’re *both* ready.”

*You can keep up with Jamie and Doug on Twitter @jamienotis and @DougHehner! Check out Married at First Sight: The First Year.*

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## **‘Bachelor’ Alum Jamie Otis Marries Doug Hehner on New Reality Show**





By Sanetra Richards

A new reality show is taking the saying “love is blind” to an entirely new level. As revealed by [UsMagazine.com](http://UsMagazine.com), Bachelor alum Jamie Otis recently married a complete stranger on *Married at First Sight*. The show includes a line of experts – a sexologist, a spiritualist, a psychologist, and a sociologist – who pair participants with their “ideal” romantic partners. To add to the mystery, the contestants are completely unaware of who their future spouses are until they are introduced at the altar. On Tuesday’s premiere episode, Otis was set to marry software salesman Doug Hehner. Before the nuptials, she was all for finding her soul mate from the experiment – that is, until the moment of truth arrived. “She was freaking out. And it seems like she doesn’t know what’s going on,” the 31-year-old groom said “It was a tense moment.” In the meantime, there were a number of thoughts going through the 27-year-old’s head. “I’m getting married right now to someone I don’t know,” she said in her voice over. “I’m thinking I just made the ‘worst decision of my life’. I am so scared.” Viewers will have to watch next week to see how the rest of their “blind wedding” turned out!

## What are some perks to going on a blind date?

### Cupid's Advice:

Going on blind dates may seem kind of taboo in today's world. However, with the right attitude, you may just find yourself up for the idea. Below, Cupid shares a few benefits that are attached to blind dates:

**1. You have no preconceived notions:** Typically, when you're going out with someone for the first time, you already know *something* about your date, whether it be because you've met, talked online, or simply Googled him. But in this case, you probably don't know anything about your potential partner. Go into the date with an open mind – you never know who you might meet!

**Related Link:** [Why a Blind Date Might Be Good For You](#)

**2. You can put your best foot forward:** Now is your chance to make a great first impression. The person sitting or standing across from you has no idea what you're like – they may not even know your last name! So show off your best characteristics and really impress them.

**Related Link:** [Celebrities Who Met on Blind Dates](#)

**3. It makes a good story:** There are two reactions to the people who go on **blind** dates: You either laugh at the disastrous horror stories they share, or you "aw" at the romantic endings that sometimes result. Whichever one your **blind** date ends up being (or if it's somewhere in the middle), your closest friends will be excited to hear the details.

**Have you ever been on a blind date? Share your experience below.**