

Celebrity Relationship Coach Lee Wilson Talks Negative Effects Reality TV Has on Relationships

Interview:



Interview by Carly Silva. Written by Carly Silva.

Guilty pleasure reality TV shows are a great way to pass the time, especially during the COVID-19 pandemic, but according to relationship coach Lee Wilson, they may have a negative effect on our relationships. Coach Lee, who is the founder of [My Ex Back](#) and specializes in helping men and women save their dwindling relationships, sits down with us to shed some light

on the psychology behind romance-focused reality TV shows.

In our celebrity interview with relationship expert, Coach Lee Wilson, we get some insight on the potential effects that romance reality TV shows have on real-life relationships.

As a Verified Expert on [Marriage.com](https://www.marriage.com) and as someone with numerous certifications, Coach Lee talks to us about the psychology of reality TV dating shows, such as the *Bachelor* Franchise, *90-Day Fiance*, and *Love is Blind*. He points to why these shows are so popular, not only because they are versed in “stirring up drama,” but also because they provide a “romantic sport,” and viewers love to root for who will win the prize of love. But, can these shows have a negative effect on our real-life dating behavior? Coach Lee, who has over 20 years of experience as a relationship coach, believes so.

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Although he does admit that the relationships formed on these shows can sometimes lead to lasting and successful true love, he notes that many contestants are often “put in a situation to rush their feelings completely in artificial and unrealistic ways” in order to compete and ultimately win the show. He not only acknowledges that this path to love can be unhealthy, but also says that this method is “not how it is best for two people to develop a relationship.” He advises viewers to recognize the misconceptions that are promoted in the “artificial world” created in these shows, even if they

are undeniably entertaining.

While we all love to admire and root for our favorite contestants to find love on these TV shows, Coach Lee cautions that the romance portrayed in reality TV shows often promotes unrealistic expectations and can give viewers the “idea that dating is this competition with a prize, rather than having a healthy mentality” about getting to know somebody. He also mentions that these dating shows can present viewers with a false idea of how love is developed, and they can display misconceptions where people are left to assume that they can find love by “being artificial, rushing themselves and rushing the other person.” Coach Lee notes that emulating this fantasy world in real life can result in people comparing their relationships to the “magical romantic times” that are presented in reality TV shows, and that viewers comparing this “Hollywood level” romance to their real-life relationships can make them believe that something is wrong with their own relationships.

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The question is, why are the relationships cultivated on reality TV shows so unrealistically romantic? Well, according to Coach Lee, it’s because of a phenomenon called [“limerence.”](#) He defines “limerence” as a “chemical addiction or chemical dependence on dopamine, and serotonin changes in the mind,” which explains the addiction some people have to the “fireworks” of a new relationship or the “new high” that occurs when a relationship is just starting out. He says that shows, such as *The Bachelor*, “romanticize limerence and almost make it into the idea of what true love should be.” Because reality TV shows idealize this “limerence level of obsession,” Coach Lee explains that this makes viewers think that their relationships, especially older relationships where limerence has faded, should be more like the ones we see on TV, which is

“unrealistic.”

So, what about those of us who love watching these romance-focused reality TV shows? How can we continue to watch these shows now that we're aware of the toxic nature they promote? Luckily, Coach Lee also gives us some tips on how to navigate our guilty pleasure TV habits without falling victim to the unrealistic standards these shows set. He tells us that his personal trick is to “approach it with a good sense of humor, and be able to be vocal and express that this is not real life.” He recommends viewing these types of shows as pure entertainment, or even playing a fun drinking game with friends, and reminding yourself along the way that “this is a game show.”

For more expert advice from Coach Lee Wilson, you can follow him on [Instagram](#) or check out all the latest videos on his [YouTube channel](#)!

Coach Wilson has lectured at several universities, and has assisted with multiple Ph.D research projects on relationships. He is a Verified Expert on Marriage.com, and has received Family Dynamics certifications and His Needs/Her Needs Certifications. He is the founder of [My Ex Back](#), where he developed the Emergency Breakup Kit, along with the Emergency Marriage Kit.

Relationship Advice: Dating Expert Lee Wilson Advises How

Your Relationship Can Survive Lockdown



By Diana Iscenko

In the last few months, we've seen countless [celebrity couples](#) break up in the midst of the COVID-19 pandemic. Being stuck at home with your significant other has put a strain on many relationships, not just famous couples. With several states reporting a rise in new COVID-19 cases, we may be spending much more time at home again. If you're worried about how more time in lockdown may impact your relationship, Cupid has some [dating advice](#) for you.

We recently interviewed relationship expert and dating coach Lee Wilson to get his perspective on how to keep your relationship healthy during the stress of lockdown. Wilson has

20 years of relationship-recovery experience, focusing on reuniting couples after separation. He also gave a TED Talk and has lectured at several colleges, including Pepperdine University.

In our interview with dating expert Lee Wilson, he revealed his relationship advice for getting through lockdown with your relationship intact.

Many couples are struggling with spending all of their time together in lockdown. Wilson believes this is so difficult for many couples because it's such a drastic change from the amount of time spent together before the last few months. "Being locked in a house together is difficult to do, even for couples who are in good situations," Wilson said. "You're not used to spending that much time with this person. For a lot of couples, it's going to be a shock and they're going to get on each other's nerves."

This sudden increase in time spent together will hit couples who had existing issues even harder. While these disagreements may feel like they came out of nowhere, Wilson reminds those struggling that these issues likely are taking the forefront since you are spending more time with your partner. "If couples are having some trouble, that means their relationship dynamics are already off from where they should be. Now they just have more time to experience the bad relationship dynamics," Wilson said.

Couples may also disagree about health-related issues during the pandemic. If partners disagree on how to approach staying safe (i.e. going out in public again), this can also cause a

strain on any relationship. Wilson highlights that both parties can be hurt by this disagreement. "If one of them isn't ready to go out in public yet, that can be taken as rejection," Wilson said. "The other person will feel like they're having to continue in this lockdown that they don't want to continue because the other person is refusing to go out."

Not only may the one person feel resentment toward the more cautious partner, but the cautious partner may feel unsafe if the other is going in public too often. "You get into a more complex situation where you just went out and now I'm around you. You want us to be intimate, but I feel like you're putting my health in danger," Wilson said.

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So, what can you do to fix these issues and have a happier, healthier relationship? Wilson has some unconventional advice: communicate less. "What I mean by that is not that they avoid talking at all, but that just because something is on their chest doesn't mean they have to say it at that moment," Wilson said.

"A lot of times couples are baffled I would tell them that because they've been told that if you have an issue, you better bring it up and get it out," Wilson said. "A lot of times couples need the opposite to heal."

Wilson recommends that couples who are fighting a lot should try to have only positive interactions with each other for a certain amount of time. For example, if you and your partner agree to leave the negativity behind for a week, you can revisit the negative feelings when the week is up. "A lot of times, that week will pass, and they've had such a good week together that they don't feel like they want to duke it out anymore. They do better," Wilson said. While you shouldn't

ignore issues that come up in a relationship, fighting over every small problem can cause more harm than good.

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Wilson also suggests planning activities while stuck in lockdown. "One of the most wonderful parts of a relationship is the anticipation of doing things together. It's not just doing them, it's also being able to look forward to them," Wilson said.

"What's happened during the lockdown is that couples have lost that," Wilson said, "What you're doing today is probably the same thing you did yesterday." A way to prevent this stagnancy is to plan date nights and other ways to spend time together. It doesn't matter if it's something simple like a movie night; you and your partner will have a reason to look forward.

Wilson emphasizes the importance of leaning on your partner during such a stressful time: "When the world seems like it's going to hell in a handbag, having peace with someone, having the opposite of what you're seeing in the world, is a welcomed thing."

Want to keep up with Lee Wilson? You can head to his website, [MyExBackCoach.com](#).