

'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.”

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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.

**‘Married at First Sight’
Relationship Expert Dr.
Joseph Cilona Says, “Each Day
Is A New Learning Experience”**





By [Rebecca White](#)

The cart comes way before the horse on the reality TV show, *Married at First Sight*. This series takes a social experiment to the extreme: Six people agree to be matched by experts and get legally married before ever meeting, seeing a picture, or having a conversation with their future spouse. Four experts – a sexologist, a spiritualist, a psychologist, and a sociologist – complete scientific experiments and extensive research to pair up each couple. The show then documents their wedding days, their honeymoons, and the next six weeks of their marriages. After six weeks, each couple must decide whether to get divorced or stay together. In our [exclusive celebrity interview](#) with psychologist Dr. Joseph Cilona, he shares his expert relationship advice and reveals the methods used to determine compatibility on the psychological level.

***Married at First Sight* Expert Shares Best Love Advice**

Dr. Cilona's love advice will help any relationship as it

progress from just dating to fully committed. “It’s important for each partner to really discover their needs and wants,” Dr. Cilona shares. “Recognize that each day is a new learning experience to get to know your partner and get closer to each other.”

Related Link: [Jennifer Lopez Isn’t Giving Up on Marriage](#)

However, for the couples on *Married at First Sight*, things may be a little different. The first step in making this social experiment successful is putting in some hard work. “Their relationships and love will obviously be different from a traditional marriage, as they didn’t meet until they said ‘I do,’” Dr. Cilona explains. “They need to be willing to put in the effort to learn from and grow with one another, communicate, and try to understand each other.”

The relationship expert adds, “We’re eager to see how these partnerships play out as they continue to get to know each other and build a marriage going from strangers to true spouses.”

Dr. Joseph Cilona Opens Up About Reality TV Show

Dr. Cilona confesses that he had no interest in participating in the series when he first heard about the concept. “I thought it was utterly absurd and politely declined to even discuss the possibility of being a part of a show like *Married at First Sight*,” he tells us in our exclusive celebrity interview. “I was eventually convinced to review the original Danish TV series. I was enthralled by it – it was poignant, touching, respectful, and very well executed. I really felt that it had depth and value.”

During the research phase, the four experts on *Married at First Sight* evaluate each individual and set them up with the

most compatible person. If all four experts don't unanimously agree, then a match isn't made. "As the psychologist, I am primarily looking for ways that two individuals might be compatible, complementary, or both," Dr. Cilona reveals. "My assessments examine over two hundred different facets of personality. The questionnaire explores things like deal breakers, personal history, needs, values, physical preferences, relationship dynamics, and more. It's a very thorough, intense, and detailed process."

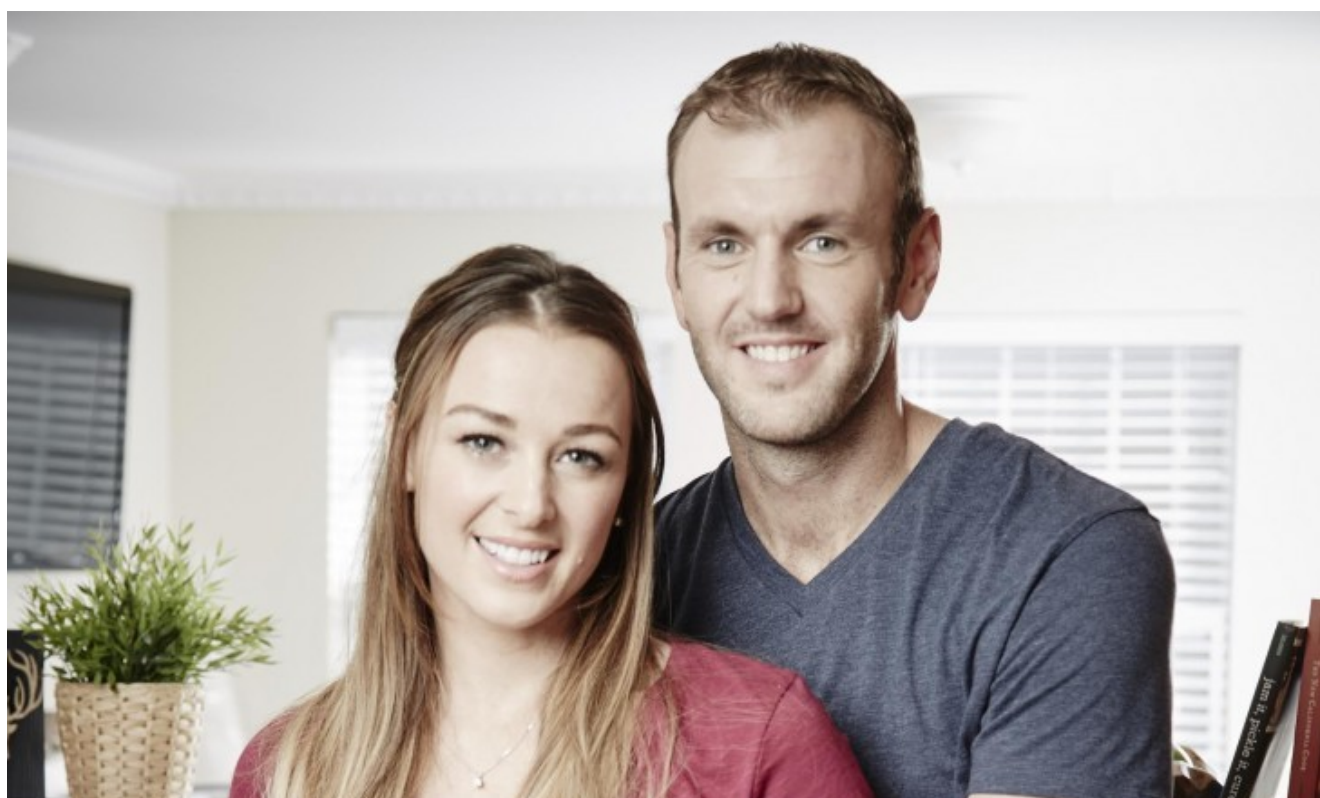
Related Link: [How to Know When It's Time to Get Hitched](#)

While this type of matchmaking seems extreme and uncommon, Dr. Cilona is confident in the process but admits that it might not be for everyone. "The data yielded by my assessments of the finalists for season two was over 3,800 pages," he says. "I had information on each individual that averaged about 150 pages each. It took me almost 400 hours to go through that research to come up with my recommendations for matches."

It's no surprise that the experts love watching the magic unfold between the matched couples; it's exciting to see their hard work come to life. "It's important to remember that our job is to use scientific tools to try and find individuals who have the highest potential for romance. Just because a potential exists doesn't mean it can (or will) ultimately be realized," Dr. Cilona divulges. "This is what makes the show and science behind it so exciting: to watch how these couples work together, really get to know each other, and hopefully make their marriage last."

You can tune in to FYI or A&E at 9/8c on Tuesdays for season two of Married at First Sight! Keep up with Dr. Cilona on Twitter @DrCilona.

'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, 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.