

'The Bachelor' Contestant Nicki Says She's Still Not Over Ben Flajnik



Nicki Sterling

saddled back to Texas after falling in love and spending the night in the fantasy suite with *The Bachelor's* Ben Flajnik. The former contestant told [People](#) she was blindsided when she didn't get a rose, but believed it boiled down to him having stronger feelings for the other two women. "Hearing him refer to me as the "dark horse" lets me know he enjoyed my company in the beginning, but didn't have a strong connection until the end. I probably had stronger feelings for him sooner than he had for me," Sterling said. While she admits that she's still in process of getting over everything [from the show], Sterling is at a good point in her life and is in no rush to start dating again. "It's hard to fall for somebody that doesn't fall back. The idea of dating hasn't crossed my mind since I left Switzerland," Sterling said. "I'm going to

take a while to put myself out there 100 percent like on the show. I'm confident it will happen. I'm just not in any hurry."

What are some ways to move on after heartbreak?

Cupid's Advice:

It's hard to move on after splitting with your lover, but it's not impossible. Here are some ways to help repair your damaged heart:

1. Spend time with your family and friends: One of the many benefits of having [family](#) and close friends is they're always there for you when you need them. Instead of being by your lonesome, desperately waiting for that phone call from your ex, have fun with your circle.

2. Pick up a hobby: Find things that you enjoy doing to get your mind off of your tainted love. Join a yoga or fitness class to relax. Plus, it'll give you the opportunity to meet new people.

3. Focus on yourself: It's so easy to lose sight of the plans you made for yourself, especially when you're going through a breakup. However, now is the time to reevaluate yourself, go after your goals and put yourself in the spotlight.

How did you move on after heartbreak? Share your comments below.