

Celebrity Break-Up: 'Flip or Flop' Star Christina El Moussa Officially Files for Divorce from Tarek



By [Marissa Donovan](#)

Famous HGTV series couple has officially split. Christina El Moussa filed for divorce from former husband and co-star Tarek El Moussa. The *Flip or Flop* real estate agents broke the news to fans last December that they were calling it quits after seven years of their [celebrity marriage](#). According to [UsMagazine.com](#), the two are staying civil and will still work together on the [Reality TV](#) show.

It looks like this estranged couple is officially having a [celebrity break-up](#). What are some ways to salvage your relationship?

Cupid's Advice:

This couple decided to end their relationship after many years together, but some couple may feel that they can still reclaim their love for each other. Here are some ways you can salvage your relationship:

1. Notice the little details: Noticing the little details while being together is important. Mention how you like their new wardrobe or express how much you appreciate when they take out the trash. It may seem silly, but you and your partner will connect over compliments.

Related Link: [HGTV Realtor Steven Aaron Talks 'Selling LA' and Love: "You Can't Be Everything To One Person All The Time"](#)

2. Take a vacation: Sometimes getaways are needed to save a crumbling marriage. Plan a vacation that you and your partner can escape the stress of your daily lives.

Related Link: [Celebrity Video Interview: Love Advice From HGTV Host Kelly Edwards](#)

3. Seek a couples therapist: Reach out to an expert when it comes to helping others try to save marriages. A couple therapist can give you and your partner tools to help you problem-solve and help you decide if you want to save your marriage.

What do you think of this celebrity break-up? Let us know in the comments!

Celebrity Break-Up: 'Vanderpump Rules' Star Stassi Shroeder Gets Dumped By Boyfriend on 4-Year Anniversary



By [Marissa Donovan](#)

Stassi Shroeder had her heart broken big time! The [Reality TV](#) star shared on her [Twitter](#) that, after her four year

relationship with boyfriend Patrick Meagher, he dumped her on their anniversary. According to [UsMagazine.com](https://www.usmagazine.com), the two had a rocky long-distance relationship. The *Vanderpump Rules* star booked a trip to Mexico to celebrate their anniversary, but once Meagher called their relationship off, Shroeder brought her best friend instead. Hopefully she can find a future partner to treat her better!

This [celebrity break-up](#) isn't necessarily surprising, but it's still sad. What are some ways to know your relationship is on its way out?

Cupid's Advice:

Sometime break-ups can be predictable depending on what has happened in your relationship. Here are some signs you and your partner could be ending your time together soon:

1. Long distance effects you both: Distance doesn't always make the heart grow fonder in relationships. For some couples, being apart for long periods of time can strain your relationship and allow for you and your partner to grow apart. If this seems to be a problem, you can expect to be breaking up soon.

Related Link: [Celebrity Divorce: 'Vanderpump Rules' Star Sheana Shay Finalizes Divorce from Mike Shay](#)

2. It's always on and off: Couples who keep making up and breaking up will eventually get tired of their old routine. Instead of getting back together or trying to stay together while being unhappy, it might be best to break it off permanently.

Related Link: [Celebrity Wedding: 'Vanderpump Rules' Stars Katie Maloney & Tom Schwartz Are Married](#)

3. Wanting to see other people: Knowing that one of you is interested in seeing other people should be enough to cut ties in your relationship. If you sense that you or your partner plans on ending the relationship for a new relationship, then your intuition is most likely right.

What positive advice would you give Stassi Schroeder after her brutal break up? Let us know in the comments!

Celebrity Couple News: 'Bachelor in Paradise' Star Amanda Stanton Opens Up About Dating Robby Hayes





By [Marissa Donovan](#)

Are [Bachelor in Paradise](#) stars Amanda Stanton and Robby Hayes more than a [Reality TV](#) show fling? It seems like there's something happening between the [celebrity couple](#)! According to [UsMagazine.com](#), Stanton was asked if she left the show engaged, and she shared that she couldn't say. She did share that her co-star is very sweet and that he has not met her two daughters yet. We can't wait to see what happens between these two!

This celebrity couple news is definitely forecasting for the new season of *Bachelor in Paradise*. What are some ways to know when it's time to introduce your kids to

your partner?

Cupid's Advice:

Introducing your kids to your partner may be the next step in your relationship. Here are some signs to prove that you're ready:

1. Your friends already know him: If your friends already know them and approve, then it's probably time for your kids to meet your special someone. You can even invite your friends to help you introduce your partner to your kids for extra support.

Related Link: [Celebrity Break-Up? 'Bachelor in Paradise' Stars Amanda Stanton & Robby Hayes Are Still Dating Despite Rumors](#)

2. He's naturally liked around everyone: Acceptance of your partner by others is a factor to consider when letting them meet your kids. Although not everyone has to be their biggest fan, it can set the stage for whether your kids will like them as well.

Related Link: [New Celebrity Couple? 'Bachelor in Paradise' Stars Amanda Stanton & Robby Hayes Spark Romance Rumors](#)

3. He's excited to meet your family: If your partner seems excited to meet those close to you, then obviously meeting your children is the right way to go. Make plans for your kids and your partner to meet soon.

Do you think Amanda Stanton is engaged? Let us know in the comments!

Celebrity News: 'Bachelorette' Alum Dean Unglert Discusses Why Rachel Lindsay Doesn't Want Peter Kraus to Be 'The Bachelor'



By [Marissa Donovan](#)

Dean Unglert believe he knows Rachel Lindsay's intentions when it comes to not wanting him to be the next to find love on *The Bachelor*. According to [UsMagazine.com](#), [The Bachelorette](#) star believes that Lindsay still has some feelings for Peter Kraus and does not want to see him with other girls on TV. Time will

tell if the [Reality TV](#) star runner-up will have his own shot at love.

This [celebrity news](#) certainly sheds some light on a dramatic situation. What are some ways to get over your ex enough that you want them to move on with someone else?

Cupid Advice:

Getting over someone in general is challenging. You may feel like you should stay close in case there is a chance you could get back together, but that may end up making your love life complicated:

1. Cut ties temporarily: Keep your distance from your ex, whether that means not looking at their social media updates or not going out of your way to speak to them. You can still be civil with your ex, but for your own state of mind, give yourself space.

Related Link: [Celebrity News: 'Bachelorette' Castoff Dean Unglert Still Isn't Speaking to Father After Emotional Reunion](#)

2. Talk to other people you're interested in: Start talking to other people to distract yourself from focusing on your ex. Be careful not to treat anyone as a rebound from your ex, but socialize with those who make you happy!

Related Link: [Celebrity News: 'Bachelorette' Rachel Lindsay Picks Her Man in Finale](#)

3. Give it time: Allow yourself time before jumping into dating again. Your ex could be dating again, but that doesn't mean you have to! People often make the mistake of dating

while they still have strong feelings for their ex. As much as some of us would like to quickly get over someone and move on to the next person, let yourself heal first.

Do you think Rachel should have picked Peter? Let us know in the comments!

Celebrity Baby News: Carly Waddell and Evan Bass Are Expecting



By [Marissa Donovan](#)

[Bachelor in Paradise](#) stars just released some exciting news! Just recently, Carly Waddell and Evan Bass got married, but now the couple are expecting their first child as new [celebrity parents](#)! According to [UsMagazine.com](#), their due date is predicted for February 2018.

This [celebrity baby news](#) is exciting for this happy [reality TV](#) show couple! How can you plan for an upcoming baby shower as a couple?

Cupid's Advice:

Traditionally, a close friend may plan your baby shower for you, but maybe you want to shake things up by having you and your partner plan the celebration. Here's how you and your partner can celebrate your upcoming baby shower:

1. Pick a playful theme based on your nursery: Based on what you both think would be cute for a nursery, plan your baby shower theme around the theme. If you have a under the sea theme, then find or create decorations that would be cute for your party!

Related Link: [Celebrity Wedding: 'Bachelor in Paradise' Stars Evan Bass & Carly Waddell Are Married](#)

2. Make a registry list together: Go on website or visit a store that has items that you would like for your baby. You and your partner can pick based on the theme and what's affordable for your baby shower guests.

Related Link: [Celebrity Baby: Ali Fedotowsky Says She's Ready](#)

[to Be Pregnant Again](#)

3. Pick a venue: As a couple, decide where you would like to celebrate your baby shower. Your location could be at your house or at a restaurant near by. Make sure your location has availability for the date and time you decide to have your shower!

Would you plan a baby shower with your partner? Let us know in the comments!

Celebrity News: 'Bachelorette' Castoff Dean Unglert Still Isn't Speaking to Father After Emotional Reunion





By [Marissa Donovan](#)

The hometown dates episode was a bit difficult for Dean Unglert to deal with. [The Bachelorette](#) contestant confronted his father on their distant relationship and the loss of his mother. According to an interview with [EOnline.com](#), the [reality TV](#) star wished his hometown date did not revolve around his conflict with his father. Unglert is currently giving himself space from his father until they are ready to rebuild their relationship as father and son.

In this [celebrity news](#), family ties aren't always drama-free. What are some ways to help your partner get on good terms with their family?

Cupid's Advice:

Having your partner and family be on good terms is very

important. Here are some tips on how you can help them connect:

1. Have a meal at a restaurants together: Bonding over food can be one of the easiest ways to have your partner and family connect. Choose a certain style of food that everyone can agree on a look for restaurants in your area!

Related Link: Celebrity News: [Tempers Flare Between Lee & Kenny on 'The Bachelorette'](#)

2. Look through family photo albums: Looking through old family photos or silly baby photos of your family members can start a dialogue. Your partner and your family can even add to the photo album by taking pictures together.

Related Link: Celebrity Couple News: ['Bachelorette' Star Rachel Lindsay Reveals She's Already Engaged](#)

3. Go camping together: Enjoy these warm summer nights by taking a camping trip as a family. Your family and partner can bond over setting up a tent and creating a camp fire!

Which guy do you think Rachel Lindsay will send home next? Let us know in the comments!

Celebrity News: Lauren Bushnell Has A New Boyfriend





By [Marissa Donovan](#)

Lauren Bushnell is not spending the rest of the summer single! According to [People.com](#), [The Bachelor](#) alum is dating longtime friend Devin Antin. The two have known each other before Bushnell began on the dating show, but have been strictly friends up until now. Since they had a history of friendship, they quickly started dating. It is safe to say Bushnell has moved on from her split from [Ben Higgins](#)!

This [reality Tv](#) star has decided to date her long time friend! How can you transform a friendship into a relationship?

Cupid's Advice:

Sometimes turning a relationship into a friendship can become natural, but sometimes taking that next step can be nerve-

racking. Here are some tips on how to transform a friendship into a relationship:

1. Spend more alone time together: Spending more alone time together is a good way to connect on a personal level and possibly see a side to your friend you've never seen before! Time alone together can also allow you to be more open about your feelings.

Related Link: [Celebrity News: Former 'Bachelor' Ben Higgins Discusses Why He Sent Becca Tilley Home Before Hometown Dates](#)

2. See if their interested in anyone at the moment: Check to see if a relationship is reasonable with your friend by asking if they're currently seeing someone. You should also ask if they have someone in mind. Asking these questions can clear any unsure feelings!

Related Link: [Celebrity Break-Up: 'Bachelor' Ben Higgins Sheds Light on 'Tough' Split from Lauren Bushnell](#)

3. Ask them what they think of your current friendship: Since you and your friend already have a relationship, purpose the idea of taking the relationship to the next level by dating. This may make things awkward at first, but at least you'll finally end your curiosity by getting the real answer!

Have you turned a friendship into a relationship. Tell us your love story in the comments!

Celebrity News: Maci Bookout

Reflects on 'Toxic' Relationship with Ryan Edwards in New Memoir



By [Marissa Donovan](#)

Maci Bookout's new memoir *I Wasn't Born Bulletproof...*, looks back on the struggles she had while dating ex Ryan Edwards. Despite their ups and downs, the *Teen Mom OG* star was invested in making it work for the sake of her teen pregnancy. The two continued dating, until they realized splitting up would be best for their son Bentley. Bookout expressed that it was the "most painful breakup" she's had. According to [People.com](#), the [celebrity exes](#) are both currently in long-term relationships with other people.

In [celebrity news](#), this [reality TV](#) star shared her experience in a toxic relationship. What are some ways to know your relationship is toxic?

Cupid's Advice:

Coping through a bad relationship is emotionally draining for you and your partner. Sometimes it's hard to tell you're in one because people normalize unhealthy relationship behavior. Here are some red flags to look out for:

1. Thinking back instead of looking forward: This red flag applies to happy memories and grudges. If you think about the past more often than being excited about the future, then you need to reconsider why you want to continue the relationship.

Related Link: [Maci Bookout & Ryan Edwards in a Parenting Battle](#)

2. Tiptoeing around small conflicts: Ignoring or lying about a problem for the sake of keeping the peace is more harmful than confronting the issue. This behavior always leads to a huge fight, which is something that must occur often if this happens while you're together.

Related Link: ['Teen Mom 2' Star Leah Messer Finalizes Celebrity Divorce No. 2](#)

3. There's self-doubt within the relationship: Lacking confidence in yourself because to how your partner treats you can be harmful to your overall health. If you or your partner is developing bad habits or feeling helpless, end your relationship.

Will you be reading Maci Bookout's new book? Let us know in the comments!

Celebrity News: 'Bachelor in Paradise' to Resume Filming After Warner Bros. Finds No Misconduct



By [Marissa Donovan](#)

In [celebrity news](#), ABC's [Bachelor in Paradise](#) will now

continue production. Since news was released about allegations of sexual misconduct between Corinne Olympios and DeMario Jackson, Warner Bros. has been watching footage from the night of the incident to find proof to support the claim. The tape does not show evidence supporting the claim and the production company will not be airing the footage. According to [UsMagazine.com](https://www.usmagazine.com), the show will apply changes to the [reality TV](#) program's policies for the safety of current and future participants.

This celebrity news has a lot of *Paradise* fans rejoicing! What are some ways to stand up for yourself in your relationship?

Cupid's Advice:

Despite what others may believe, it is always important to let your voice be heard! Here are some ways to stand up for yourself in a relationship:

1. Be firm: If something is upsetting you, let your partner know. Try to speak in a stern voice and make sure you are looking directly at your partner. It is okay to cry, but make sure you can recuperate to express your disappointment in their behavior.

Related Link: [Celebrity News: Find Out What Corinne Olympios Remembers from Night of 'Bachelor in Paradise' Incident](#)

2. Tell your truth: Be clear on what you believe. The more confidence you have with your statement, the more others will believe your side of the story.

Related Link: [Celebrity News: 'Bachelor in Paradise' Star DeMario Jackson Says He 'Didn't Do What He's Being Accused Of'](#)

3. Leave if you continue to be disrespected: Sometimes it is best to just walk away. Explain that their actions have caused you to move forward and spend time alone. They may change their actions to win you back, but make sure you give yourself enough time to consider your options.

Who are you looking forward to seeing on the show? Tell us in the comments below!

Celebrity Wedding: ‘Bachelor in Paradise’ Stars Evan Bass & Carly Waddell Are Married





By [Marissa Donovan](#)

Season 3 [Bachelor in Paradise](#) alums Carly Waddell and Evan Bass tied the knot on June 17th in Mexico. The [celebrity couple](#) initially planned to share their vows on Season 4 of *Bachelor in Paradise*, until the show was recently suspended from filming. According to [Hollywoodreporter.com](#), Bass shared that the [reality TV](#) show guided him to “personal redemption” by meeting Waddell. The two became close on the show by talking on the beach. Let’s hope other alums of *Bachelor in Paradise* can have their own happy ending!

This [celebrity wedding](#) shows that not all time in Paradise is filled with negative drama. What are some unique ways to meet “the one”?

Cupid’s Advice:

Meeting “the one” sometimes happens by chance. Here are some events you should consider attending in hopes you can bump into your future partner:

1. Attend a “paint and sip”: You do not have to call yourself an artist to enjoy a paint and sip. Go alone and ask people for tips and advice on how to create a stunning painting. You might even get advice from your future partner! Check out venues that will be hosting one soon.

Related Link: [Celebrity News: ABC Suspends ‘Bachelor in Paradise’ Production in Mexico Amid ‘Misconduct’ Allegations](#)

2. Attend a book reading: This is a great way to meet people interest in the same topics you are! A Q&A after the reading or a booking signing is the perfect opportunity to chat with others. You might be lucky enough to strike up a conversation with the right person for you! Search for bookstores in your area that host book readings.

Related Link: [‘Bachelor in Paradise’ Couple Marcus Grodd and Lacey Faddoul Tie the Knot](#)

3. Attend a beach party: Take advantage of the summer heat by going to a beach party. Invite friends along for volleyball games or just to scope out the beach. One of them might introduce you to one of the party guest! Ask friends or check venues that host beach events.

What are some out of the ordinary ways to meet someone special? Leave your ideas in the comments!

Celebrity News: Find Out What Corinne Olympios Remembers from Night of 'Bachelor in Paradise' Incident



By [Marissa Donovan](#)

In the heat of the [Bachelor in Paradise](#) incident, details on Corinne Olympios's memory of the event have been disclosed. [The Bachelor](#) alum has yet to see the footage from the night of the event. She can only remember her last drink before blacking out. According to an insider who spoke with [EOnline.com](#), female co-stars of the show knew she was very drunk due to her inability to walk. Olympios was also

reportedly never notified by *Bachelor in Paradise* producers that she would be having a scripted romance with DeMario Jackson. The source also shared that Olympios has spoken to producers since the show stopped filming and was not responsible for the complaint they filed.

This celebrity news still has us wondering what actually happened in Paradise. What do you do if your partner becomes too controlling?

Cupid's Advice:

Being in a very controlling relationship can be uncomfortable and unhealthy. Consider this [relationship advice](#) on how to handle a manipulative partner:

1. Attend a couples therapy session: Discussing your partner's behavior will not be an easy task. They may be in denial about how they have treated you, or they may defend their actions. Talking with outsiders of the relationship can help you work out issues that you both have. This will hopefully change your dynamics as a couple.

Related Link: [Celebrity News: 'Bachelor in Paradise' Star DeMario Jackson Says He 'Didn't Do What He's Being Accused Of'](#)

2. Inform close friends on their behavior: Letting a close friends know your partner's behavior is for your own state of mind. Not only will you feel better releasing all your emotions about the relationship, but you will also have a resource in case the relationship becomes dangerous. Tell them not to tell your partner about what you have shared and make sure they are in your phone contacts.

Related Link: [Celebrity News: ABC Suspends 'Bachelor in](#)

[Paradise' Production in Mexico Amid 'Misconduct' Allegations](#)

3. End the relationship: You may feel obligated to be in the relationship due to the many happy memories and years you've spent together. It's extremely important to acknowledge the moments you have felt sad and helpless. Ending the unhealthy relationship will make you happier and healthier in the long run!

What tips do you have for dealing with a controlling partner? Leave your best advice in the comments!

Celebrity News: 'Bachelor in Paradise' Star DeMario Jackson Says He 'Didn't Do What He's Being Accused Of'





By [Marissa Donovan](#)

Despite the recent incident that caused *Bachelor in Paradise* to stop filming its upcoming season, DeMario Jackson is keeping his head held high during sexual assault claims. In [celebrity news](#), Warner Bros. have been examining an incident that reportedly happened between Jackson and Corinne Olympios. Sources from [UsMagazine.com](#) shared that the two had been excessively drinking the whole day. This led to the stars of the [reality TV](#) show to have a moment together in the pool. The rest of the cast are unknowing of the details and are not involved with the investigation.

This celebrity news regarding [Bachelor in Paradise](#) is getting more convoluted by the day. What are some ways to debunk

relationship rumors that are hurtful to you?

Cupid's Advice:

Rumors have a good way of changing what actually happened during the relationship. Check out some tips to put a stop to them:

1. Confront your ex or current partner: The first person you should go to is the person connected to the rumors. Tell them exactly what you heard being said. Hopefully this person can be mature and can put a stop to the rumor. If they are not responding to your hurt feelings, then move on to the people spreading the rumors.

Related Link: [Celebrity News: ABC Suspends 'Bachelor in Paradise' Production in Mexico Amid 'Misconduct' Allegations](#)

2. Confront the sources: Speak to the rumor spreaders. Let them know your truth and share how this rumor is currently effecting your life. People often gossip without realizing the impact it has on the person they're talking about. Sharing your side should give them clarity and reshape the rumor to what actually happened.

Related Link: [Celebrity News: Controversial 'Bachelor' Alum Corinne Olympios is Headed to 'Bachelor in Paradise'](#)

3. Speak to those who ask: Instead of making a public statement on social media, tell people who confront you. If someone cares enough to hear what you have to say, then tell them the truth. The people who don't ask want it to end just as much as you do. Debunking rumors can't always be successful, but time will eventually reveal the integrity of the liars.

How would you deal with a relationship rumor? Give us your

best [relationship advice](#) in the comments.

Celebrity News: ABC Suspends 'Bachelor in Paradise' Production in Mexico Amid 'Misconduct' Allegations



By [Marissa Donovan](#)

Looks like there's trouble for [Bachelor in Paradise](#)! The ABC reality TV show is currently in hot water over allegations of

misconduct on set. The premiere was scheduled to air on Tuesday, August 8 at 8PM ET/PT. Sources from EOnline.com revealed that the production of the show has "suspended indefinitely." Rumors have been swirling that the situation involves Corinne Olympios and Jackson DeMario. Many of [The Bachelor](#) and [The Bachelorette](#) alums have already been sent home. This situation has put the show in jeopardy of being canceled. Yikes!

In this [celebrity news](#), not everything is roses in Paradise! What are some ways to keep jealousy out of your search for love?

Cupid's Advice:

Jealousy is often what gets us into trouble while being in a relationship. Consider these steps to avoid this dating flaw:

1. See everyone as your equal: This idea is sometimes challenging due to how we perceive people. It's threatening knowing someone could leave us for someone better. Consider everyone as your equal instead of your competitor. This mind set removes jealousy from your relationship.

Related Link: [Celebrity News: ABC Announces 'Bachelor in Paradise' Season 4 Cast](#)

2. Accept and overcome your insecurities: Acknowledge your flaws and find ways to overcome feeling ashamed of them. If you do not feel comfortable in your own skin, you will hurt yourself and eventually the relationship you have. It's best to confront your insecurities before it ruins your relationship. Self love is the key to conquering jealousy.

Related Link: [Relationship Advice: Can You Cheat Jealousy?](#)

3. Be confident in who you are: Appreciate all of the amazing qualities you have as a person instead of evaluating someone else. Knowing your worth will help you avoid jealousy and will make your relationship stronger!

What are some great tips for avoiding jealousy? Leave your advice in the comments.

Celebrity Couple News: 'Bachelorette' Villain Chad Johnson Is Dating Zoe Baron





By [Marissa Donovan](#)

[Bachelorette](#) and [Bachelor in Paradise](#) bad boy Chad Johnson is currently in a serious relationship! Johnson has been swept away by model Zoe Baron. The two connected over Baron asking Johnson for [fitness tips](#). Baron also shared with [ETOnline.com](#) that they've been dating for a few months, but have recently made it official. This [celebrity couple](#) has been taking beach photos together on each other's Instagram accounts. Let's hope this relationship will calm down Johnson's wild ways.

It's a miracle! *The Bachelorette* villain Chad Johnson secured a girlfriend. How can you tell if your new partner has a mean streak?

Cupid's Advice:

Short tempered partners may act differently around you, but you should still be on your toes for their behavior. Watch out for these warning signs:

1. Their mouth lacks a filter: It's sometimes important for people to have the last word. Your partner may lack a filter on what is not okay to say. Let them know when a statement is uncalled for and hope they understand your disgust.

Related Link: [Celebrity News: 'Bachelorette' Villain Chad Johnson Defends Bad Behavior](#)

2. They act on jealousy: Jealousy brings out the worst in anyone. If your partner is already hot headed, this could mean there's trouble ahead. Talk with your partner about their feelings and maybe you can find a healthy resolution.

Related Link: [Relationship Advice: Can You Cheat Jealously?](#)

3. They lack respect boundaries: Does your partner try to manipulate a situation out of spite or make you feel uncomfortable when they're angry? This is a good time to seek professional guidance to help your partner work out their anger. As much as you care about your partner, your safety is important as well. Once your partner can realize their actions are harmful, then there's a chance you both can be happy together!

What advice do you have for dealing with a partner with a mean streak? Leave your tips below for a reader that needs them!

Celebrity News: Controversial

'Bachelor' Alum Corinne Olympios is Headed to 'Bachelor in Paradise'



By Melissa Lee

In [celebrity news](#), Bachelor season 21 contestant Corinne Olympios has recently announced that she will be heading to the upcoming season of *Bachelor in Paradise*! According to [Entertainment Tonight](#), Olympios had been hinting at her appearance in the upcoming season of *Paradise*, even joking that she already had plans involving a fake boyfriend. Many people recall Olympios' dramatic behavior (anyone remember "make American Corinne again"?) throughout *The Bachelor*, making her a fan favorite even post [celebrity break-up](#) from

Nick Viall.

In this celebrity news, Corinne is sure to stir up some drama in Paradise! What are some ways to keep drama out of your relationship?

Cupid's Advice:

Everyone experiences relationship problems at some point, but drama is a whole other story. Cupid has some advice on how to keep the drama to a minimum:

1. Act rationally: When there is a problem arising, it may be hard not to completely freak out. Instead of demanding an immediate explanation, it can be more beneficial to communicate efficiently and understand each other's point of views. Try to act calmly and focus on having a productive conversation.

Related Link: [Celebrity News: 'Bachelor' Break-Out Star Corinne Olympios Opens Up About Nanny & Promiscuous Behavior](#)

2. Reflect on your communication: A lot of the time, conflict can arise when a person feels that they're not being understood. Remember that your partner isn't a mind reader, and that the best way to communicate is to simply explain what's bothering you.

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Olympios Parties in Miami After Nick Viall Split](#)

3. Take responsibility: Sometimes it's better to pick and choose your battles rather than fight it out every day. After hearing your partner's concerns, it may be more beneficial to

simply apologize and validate their emotions instead of denying that anything's wrong.

What are some ways you avoid drama in your relationship? Share your thoughts below.

Celebrity Break-Up: 'Bachelor' Ben Higgins Sheds Light on 'Tough' Split from Lauren Bushnell



By [Noelle Downey](#)

Bachelor star Ben Higgins is opening up about his [celebrity break-up](#) from Lauren Bushnell. According to [EOnline.com](#), Higgins is letting it all out when it comes to the end of his [celebrity relationship](#) on his upcoming podcast with fellow reality TV star, Ashley Iaconetti. In the first episode, Higgins claimed, “Lauren will always be one of my best friends. I learned a lot about myself; I think she learned a lot about herself. It’s tough.” Higgins went on to share that his heartbreak over [celebrity ex](#) Bushnell is still “very fresh” because he truly thought that, “[she] was the one.” However, Higgins is also the first to acknowledge that the [Hollywood relationship](#) had real problems. “Mutually Lauren and I saw that life was getting more difficult,” Higgins admitted, “I would say the joy that we felt toward our relationship at the beginning was—for some reason—slipping away.” He confessed there was “no real saving or redemption to be done” and that ultimately he felt that their split was “for the best.” Regardless, Higgins has hope for both of them, even if it’s as individuals, instead of a [celebrity couple](#) and stated, “I am a better man today because of Lauren and because of our relationship.”

This celebrity break-up proves that when a relationship becomes more work than pleasure, it’s time to let go. What are some ways to know your relationship has run its course?

Cupid’s Advice:

It can be tough to know when a relationship is really over,

but here are the top three ways that you can be sure:

1. When you no longer see a future together: A good way to figure out if what you're experiencing is a rough patch or really the end is to analyze whether or not you can still imagine a future with your partner. Can you picture a time when realistically things get better and you as a couple move past whatever it is that's causing stress on your relationship? Or is this conflict destined to be a part of your relationship forever? Your answer can help you determine whether or not it's time to move forward or move on.

Related Link: [Celebrity Break-Up: 'Bachelor' Stars Lauren Bushnell & Ben Higgins Split](#)

2. When the love is gone: If you genuinely feel as if you've fallen out of love with your partner, then it's time to move on. If the thought of leaving provides you with more relief than you won't have to fake it any more than sadness, you can be sure that ending the relationship is the best thing for both of you. Don't try to force love or affection after a certain point. If you're not feeling it, you're just not. Let go.

Related Link: ['The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins' Relationship 'Ain't Perfect'](#)

3. When you feel trapped constantly: If your relationship has been reduced to nothing but a ball and chain around your ankle, think long and hard about whether or not you want it to continue. If you feel that the only thing your partner does is hold you back, consider the fact that you both might be able to go farther without each other. Sometimes the most loving thing you can do for another person is set them free knowing that both of you will actually be better off without one another, even if at first the split is painful.

Have you ever called it quits in a relationship? How did you know it was time? Let us know in the comments!

Celebrity Break-Up: 'Bachelor' Stars Lauren Bushnell & Ben Higgins Split



By [Noelle Downey](#)

In breaking [celebrity news](#), there's an item that may have reality TV lovers less than enthused; *The Bachelor* alums Lauren Bushnell and Ben Higgins have officially called it quits. According to [UsMagazine.com](#), the former [celebrity couple](#) celebrated their [celebrity engagement](#) during the finale of season 20 of *The Bachelor* and announced their [celebrity](#)

[break-up](#) months later on May 15, 2017. “It is with heavy hearts that we announce our decision to go our separate ways,” Bushnell and Higgins confessed in a statement to the press, “We feel fortunate for the time we had together, and will remain friends with much love and respect for one another. We wish nothing but the best for each other, and ask for your support and understanding at this time.” Although the romance of their [Hollywood relationship](#) was well-documented on *The Bachelor* and on their follow-up show, *Ben & Lauren: Happily Ever After?* audiences also witnessed some tumultuous signs of trouble in the couple’s [celebrity relationship](#), especially when it was revealed that Higgins had also confessed his love to contestant Joelle Fletcher during the run of the show. Bushnell acknowledged this did not sit well with her in several celebrity interviews, sharing, “I did carry some resentment toward him. I will never understand. I will never be the Bachelor.”

This *Bachelor* couple has decided on a celebrity break-up. What are some ways to know you’ve done all you can to salvage your relationship?

Cupid’s Advice:

When it comes to working out a rocky relationship, things can get tricky, and sometimes it’s just time to call it quits. Here are Cupid’s top tips on how to know when it’s time to throw in the towel:

- 1. When you’ve tried talking it out... and failed:** If you’ve sat down together, maybe even with a third party like a therapist, and honestly tried to work out your problems with little to no progress, that’s a serious sign that you may have reached the final hours of your relationship. Of course, working through

your problems takes time and effort, but if you feel like you've really committed to spending time working on the problem and nothing has been changing or getting better, it may be time to take a step back and take a long, hard look at whether or not this is a relationship you feel you should stay in.

Related Link: ['The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins' Relationship 'Ain't Perfect'](#)

2. When they're in love with someone else: If you feel as if your partner has some serious feelings for someone other than yourself and they're distracting them from being in a committed relationship with you, that's a serious problem. If your partner is in love with someone else (assuming you're in a monogamous relationship) that's a major deterrent to the success of your relationship. It may be time to acknowledge that it's time to let go and let you both move on to something even better than what you have right now.

Related Link: [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

3. When all that's left is fighting: Every couple has rough patches and seasons of their life together when they argue more than others. But if it seems that you two are constantly locked in a battle for the upper hand, and can't even spend any amount of time together without a big fight blowing up, it's time to call it quits. Let each other go, and let yourselves find someone else who you won't be in constant conflict with.

Have you ever been in a relationship that went down the tubes? What was the final straw? Let us know in the comments!

Celebrity News: A Brand New Episode of 'Lucky Dog' with Host Brandon McMillan Will Warm Your Heart



By [Noelle Downey](#)

Animal lovers, it's time to rejoice! In the latest [celebrity news](#), there's a brand new and particularly sweet episode of the hit CBS show *Lucky Dog* coming out this Saturday, May 13th. It will have your heart swelling with love for an adorable dog named Frankie, not to mention for [Brandon McMillan](#), the handsome host and passionate dog trainer.

Watch *Lucky Dog* on Your Next Date Night

The show follows McMillan as he rescues dogs from shelters and pounds who have hours left before they're put down and then trains them at his famed Lucky Dog Ranch to prepare them for life with a fantastic family. It's the perfect heart-warming fare to cuddle up and watch with your dog-loving significant other for a [date night](#)! This weekend's episode, sponsored by The Outdoor Power Equipment Institute's (OPEI) TurfMutt environmental education and stewardship program, will feature a rescue dog named Frankie, a Beagle mix that's training-shy and anxious around humans after a series of negative experiences in his past. "He's basically written off all humans because of what they've done to him," the host confesses in a teaser clip from the episode.

Related Link: ['Lucky Dog' Host Brandon McMillan Says, "If I Can't Laugh Constantly with Someone, It Won't Work Out"](#)

McMillan goes above and beyond to help this damaged doggy find his way back to a trusting, loving connection with humans, while OPEI's Kris Kiser visits a potential dream home for Frankie. Unfortunately, he discovers that their yard is anything but dog-friendly, filled with packed-down dirt instead of lush turfgrass, which, Kiser advises to dog owners, is the best option for keeping a cool temperature and a dog-friendly softness in your yard. The team at Lucky Dog sets to work to make the potential owner's yard more appealing with a massive landscaping makeover. "We thought it was a good conversion opportunity," Kiser explains, "where we could give the owner a living landscape and a much better spot for her family and her adopted dog." With the help of an adorable fluffy pal named Olive, Frankie starts the long process of learning the commands and obedience training he'll need to thrive in his new home.

So why does McMillan feel so passionate about training dogs who might not otherwise get a shot at a second home? In a 2013 [celebrity interview](#) with CupidsPulse.com, the television host explained, “I read the facts, and they blow my mind. Every year in America, over 1.5 million dogs are euthanized because they can’t find homes. I wanted to find out why this was happening.”

Related Link: [‘Lucky Dog’ Host Brandon McMillan Shares Dating Advice: “Plan Your Moments For and With Each Other”](#)

Still, this passionate drive to save furry friends has taken its toll on his free time, in particular his love life. In the same 2013 interview, McMillan shared his insane schedule, saying, “I’m so consumed by the show that I go to bed at around 9 p.m. because I have to get up at 4 a.m. We start every morning around 6 a.m. because I want to make sure we work the dogs before the heat kicks in every afternoon.”

Still, that didn’t prevent him for sharing some great [dating advice](#) in our 2014 celebrity interview with him. It’s clear his busy schedule has caused him to think carefully about what he’ll do when he does have more free time to spend with a special someone. “No sitting on the couch watching trash television,” McMillan advised any couples out there. “Really plan your moments for and with each other. Saying ‘I’m too tired’ leads to trouble.”

Don’t miss this special episode of Lucky Dog, airing on Saturday, May 13th! Check your local listings for channel and time.

Celebrity Interview: 'RHOD' Star Stephanie Hollman Talks Fame, Family Life, and Spring Style



By [Delaney Gilbride](#)

After our recent [celebrity interview](#) with “wonder woman” Stephanie Hollman, we can certainly say this charitable philanthropist does it all. While *The Real Housewives of Dallas* (RHOD) has only recently finished filming its second season, the peacemaker of the show continues to juggle her work, home, and social life flawlessly. It begs the question: How is Hollman able to balance her busy life after her steady

rise to fame? Thankfully, the reality TV star gives us all of the answers we crave and more.

Stephanie Hollman Talks *The Real Housewives of Dallas* in Our Exclusive Celebrity Interview

While fame is notorious for going to people's heads, that's nowhere near the case for Hollman. As for how the philanthropist felt after the release of season one of *RHOD*, she says that "you learn who your real friends are" after you've made your claim to fame. "There's something really freeing about not being perfect and having everyone see that," Hollman continues.

Of the drama that arises during the filming of Bravo's hit show, Hollman explains that her mom's words are always in the back of her mind: "If you don't know what to do, do nothing." She urges people to think before they act in both friendships and romantic relationships – and this *especially* goes for women! When you act before you think, you have to deal with the consequences one way or another.

Related Link: [Celebrity Interview: 'RHOD' Star Stephanie Hollman Says Her Life Is All About Her Family](#)

As for upcoming episodes of the show, the reality TV star explains that she's "excited and nervous" for the season to air. "They really dug in deep, and everyone's vulnerable," she shares. Reality TV fanatics can't help but obsess over the bickering and drama that comes along with shows such as *RHOD*, and it seems like this season won't disappoint. Along with your typical petty drama that lives on reality television, Hollman explains that "real life issues" will also be taking place. As for a sneak peak, the star exclaims that the cast trip was "unforgettable." Guess we'll have to wait to

see what's in store!

Reality TV Star Gives Family and Relationship Advice

Hollman and her family are known to be the ultimate charitable family in Dallas, and she and her husband take strides every day to shape their two sons into humble and caring young men. While they work tirelessly to make the world a better place for those who need it, they're also teaching their children to "give back in ways that they can understand." For instance, during the winter, they do all that they can to help those who are struggling. Hollman and her children go out and buy children's jackets in every size to donate to kids who don't have a coat. They even give their own shoes to those who can't afford them. She teaches her children to "be kind" to others in the hopes that others will do the same.

Related Link: [Celebrity News: Katherine Heigl Gushes Over Marriage and Kids](#)

As for her celebrity relationship with her husband, Hollman says marriage is definitely hard work! "I work really hard on my marriage," she claims. "We fight, but we talk about it, and we have a very open dialogue." She and her husband go to therapy weekly in order to maintain such a strong relationship, whether they're having a rough time or not. As for her best [relationship advice](#), Hollman encourages you to remember that, "no matter what happens, your spouse will always love you."

Hollman Talks Keys to the Perfect Spring Style

Look no further for spring [beauty tips](#)! This mother of two has got you covered. When it comes to the warmer days ahead,

the reality star says her number one tip is that you *have* to be “really cozy in the spring.” The weather can range from easy breezy to intensely hot in a matter of hours, so to prepare for the changing temperatures, Hollman tells us that flowy clothes are the way to go. Her absolute favorite pieces for the spring time include maxi dresses, a flowy shirt, and a good pair of shorts. The fashionista also urges our readers to play with color and just have fun with their wardrobes.

Related Link: [Vacation Destinations: Spring Travel Tips for Home and Abroad](#)

When it comes to the one beauty product she just can't leave the house without, we were a bit surprised. Hollman reveals that she doesn't wear makeup unless she's going out on a [date night](#) with her husband and instead wears her favorite sunscreen, EltaMD, almost every day. “You will never look into anything else!” Hollman promises in our celebrity interview. “It's almost like foundation. It makes my skin look beautiful and feel amazing.” The reasonably-priced sunscreen blocks out harmful UV rays, doesn't clog your pores, and gives your skin a beautiful finish. We know what will be on our shopping list this summer!

Catch Stephanie Hollman on the upcoming season of The Real Housewives of Dallas on Bravo. Check out her regularly updated [blog](#) today!

Celebrity Break-Up: Amanda

Stanton Gets Emotional Talking Josh Murray Split & Drama



By: Christa Ganz

Bachelor in Paradise alum, Amanda Stanton, gets emotional when speaking about recent ex Josh Murray. This [celebrity relationship](#) began last year on the third season of *Bachelor in Paradise*. Stanton, a single mother of two from California, accepted a proposal from Georgia native Josh Murray on the last episode. After their [celebrity break-up](#) in January, the two attempted another shot at love in February. That rekindled romance didn't last very long either. In an emotional interview with [EOnline.com](#), Stanton opens up about her ugly

split, and the “red flags” she overlooked throughout their relationship. “It’s hard for me to even talk about it without crying. I think he knew he was going to date me, so I think he kind of pretended to be exactly what he knew I wanted,” Stanton stated, while getting emotional. Stanton also mentioned another red flag for her, which involved mentioning her previous ex Nick Viall. “I guess, a red flag for me was, if he was falling for me, he should’ve just been happy,” she said. “Instead, he focused so much on Nick and what everybody else was saying.” Stanton says she learned from this relationship and hopes to grow from it. “This whole break up has been really, really hard on me and the aftermath has been really hard on me.” For now, Stanton explains that she is focusing on her kids, keeping up with her blog, and writing a book.

This celebrity break-up was anything but drama-free. What are some ways to keep the drama to a minimum mid-breakup?

Cupid’s Advice:

Messy break ups are far from easy. Here are some tips to remain drama free during this hard time:

1. Stay private: Try to keep your business to yourself and, if needed, your close circle of friends. It can become increasingly difficult if you let other people influence you or spread your news around. Make sure anyone you speak to is trustworthy and won’t spread rumors like wildfire.

Related Link: [Are ‘Bachelor’ Nation’s Josh Murray & Amanda Stanton a Celebrity Couple Again?](#)

2. Compromise: Remember this is a hard time for both you and

your ex. Try your best to be civil and come to an agreement you both can live with. Set clear boundaries on what is yours and what is theirs.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Couple Josh Murray & Amanda Stanton Split](#)

3. Take time: Try not to let your anger influence you in the heat of the moment. Take deep breaths, give yourself time to think the situation over. It's better to stay silent rather than say something you don't actually mean.

How did you keep the drama to a minimum during your break up? Comment below.

Celebrity News: Lauren Bushnell Shares Sweet Post for 'Bachelor' Ben Higgins' Birthday





By: Christa Ganz

Lauren Bushnell posted a sweet, yet honest birthday shout out to *Bachelor* boyfriend [Ben Higgins](#) on Instagram recently. Higgins, who was the star of the 20th season of *The Bachelor*, celebrated his 29th birthday on Thursday, March 23. According to [UsMagazine.com](#), Bushnell, 27, captioned a gorgeous photo of the two with a horse, writing, “Happy birthday babe!!!! I’m so thankful for this life together. Although sometimes rocky you always hold my hand and support me through it, always with a smile on your face. You deserve the world, especially today.” This [celebrity couple](#) has never been shy about their affection toward one another. The pair has a history of taking to social media to express their love for each other. Despite what some rumors may insinuate, this [celebrity relationship](#) continues to remain afloat in the public eye.

This celebrity news shows us that

this *Bachelor* relationship is still going strong. What are some ways to show your love for your partner in a public way?

Cupid's Advice:

Sometimes you just want to remind your partner of how much they mean to you. Don't be shy when it comes to publicly expressing your love for your significant other:

1. Keep them close: Simple gestures like hand-holding or frequent hugs and kisses will make them feel special. Without going over the top with the PDA (unless you both are into that sort of thing), keep your partner within arms' reach to publicly express how close the two of you are.

Related Link: [The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins' Relationship 'Ain't Perfect'](#)

2. Speak up: Remind your partner of all the things you love about them. Without having to yell it to the world, you can remain affectionate in public by engaging in happy conversation. Continuous smiling and laughing will let everyone around you know how much you enjoy each other's company.

Related Link: [Celebrity News: 'Bachelor' Alum Lauren Bushnell Reveals Romantic Thing She Does for Ben Higgins](#)

3. Social media: Just like your in-person appearance, your online appearance matters, too. Keep your social media pages updated with pictures of your partner. Let them know that you're proud to be theirs, and you want everyone who interacts with you to know that.

How do you publicly show love for your partner? Comment below!

Celebrity News: 'Bachelor' Nick Viall Causes Drama After Disastrous Group Date



By [Whitney Johnson](#)

On Monday night's episode of [The Bachelor](#), reality TV star Nick Viall and the remaining nine ladies headed to St. Thomas, which frontrunner Raven called "the perfect place to fall in

love – and the perfect place to send people home.” According to the latest celebrity news on UsMagazine.com, after a successful one-on-one date, the group date took a disastrous turn. None of the six women felt like they were getting enough quality time with Viall, and after a lot of tears, the bachelor deemed the day “pretty much a disaster.” That evening, things continued to go poorly as Viall listened to each woman open up about her feelings and sent Jasmine home on the spot. The only one to actually enjoy this disastrous date? Raven, who got the rose at the end of the night.

This celebrity news has us cringing. What are some ways to keep drama to a minimum in your relationship?

Cupid’s Advice:

This week’s episode of *The Bachelor* wasn’t easy for Viall: In only three days, he said goodbye to six women! Of course, drama is expected on reality TV, but that doesn’t mean you need it in your own love life. If you’re looking for ways to keep drama to a minimum in your relationship, it starts with *you*. Consider this [love advice](#):

1. Keep yourself in check: Sure, you want to believe that you’re always rational and calm, but we all get caught up in drama occasionally. Before you lash out and blame your partner, take a look at your recent behavior and make sure you’re not at fault.

Related Link: [Celebrity News: ‘The Bachelor’ Nick Viall Calls Two-on-One Date with Corinne & Taylor a ‘Disaster’](#)

2. Communicate your feelings: As much as you may want him to, he can’t read your mind. It’s up to you to tell him what he

needs to know. Something to remember: It's important that you understand your own emotions before you open up to your partner and expect them to understand. Write down what you're thinking, and make sure you're prepared for what may be a tough conversation.

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Temp Nick Viall with Surprises on Latest Episode](#)

3. Know who you are and what you want: You've been dating your girlfriend for a few months, but you're already tired of her tendency to run late. Why can't she just be on time?! If that's a deal breaker for you, accept it, and move on. Staying with someone who isn't the right fit for you is a surefire way to keep the drama alive.

What's your best piece of love advice for minimizing drama in your relationship? Tell us in the comments below!

Celebrity News: 'Bachelor' Break-Out Star Corinne Olympios Opens Up About Nanny & Promiscuous Behavior





By [Cortney Moore](#)

It seems like season 21 *The Bachelor* star Corinne Olympios can't stay out of trouble! The 25-year-old business woman and reality TV personality is making celebrity news once more for her appearance on *The Ellen DeGeneres Show*. Olympios went on to explain what she meant when spoke of her nanny. "Raquel actually works with my family. She's been with us for 18 years. She moved with us to Florida from New Jersey. She's kind of like my everything," Olympios elaborates. "Nanny is a word that I use for her because I have a lot of respect for her and she's kind of a mother figure for me, so I don't like saying cleaning lady or housekeeper." Nanny Raquel is only one reason why fellow Bachelor contestants have been skeptical of Olympios, but her sexually aggressive attempts to win over Nick Viall have also made the women in the house guarded. When asked why she's done the stuff she has on the show, Olympios says, "That is the real me. It definitely is a real side of me. But there are many other sides to me." And ex-boyfriend Keith Berman agrees that there's more to Olympios that meets the eye. In an interview with [UsMagazine.com](#), Berman said,

“They’re trying to portray her as some stupid girl, but she’s really not that dumb. She knows exactly what she’s doing.”

This celebrity news has drama written all over it. What are some ways to know that someone wants a relationship with you for the right reasons?

Cupid’s Advice:

Throughout your lifetime, different people will try to woo you into a relationship. Although it’s a sweet gesture, not everyone will want to be with you for the right reasons. Let Cupid help you determine which ones want to be with you for honorable reasons, and who to stay clear of:

1. Obsessed with your appearance: Everyone wants to be with someone that finds them attractive, however it can be bad if that’s all a person wants you for. Someone who only talks about the way you look doesn’t care for you. They just want you as arm candy to boost their ego or make others jealous. Find someone who likes you for you.

Related Link: [Celebrity News: ‘The Bachelor’ Nick Viall Calls Two-on-One Date with Corinne & Taylor a ‘Disaster’](#)

2. Doesn’t want to be alone: Be careful when you’re approached by someone who recently ended a relationship. They may be using you as a rebound without even realizing it. You can give them a chance if you want, but look out for any signs that show they legitimately like you. There’s no reason why you have to waste time being with someone who can’t handle being single.

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Temp's Nick Viall with Surprises on Latest Episode](#)

3. Only wants that *one* thing: This seems obvious, but it should still be acknowledged. Someone who only wants to have sex with you is not relationship material. A healthy and functional relationship requires partnership and genuine love. Sure, physical intimacy is important in a relationship, but it shouldn't be the only thing.

Have you ever thought someone wanted to be with you for the wrong reasons? What did you do about it?

Dating Advice: 3 Ways to Protect Your Relationship from Reality TV





By TraceyAnne, Relationship Coach and Founder of FindThatMach.com

When it comes to love and connection with our loved ones, I find it astounding some of the things that I see on reality TV. *Kendra on Top*, *Real House Wives of Beverley Hills*, and *Keeping Up With the Kardashians* to name but a few, all depict a world that most of us do not live in. The fast cars and expensive seemingly superficial lifestyles don't resonate with us much. These "celebrities" appear to have everything and all done for them from their hair and make-up to holidays planned and designed for them. Our attraction, I believe, is seeing a mix of a world we might like to one day inhabit and the relationships that are very much just like the ones that we have in our own circles.

This [dating advice](#) can help you keep reality TV from negatively

affecting your relationship.

To see people who appear to 'have it all' fall out with and argue with their close friends, family and spouses can in a weird way give us a sense of comfort. You see, we only get to view the edited versions, so we have no idea what information we're missing. The communication that we see is bad, short and misses so many vital points that I always find myself thinking, "For goodness sake! Perhaps if they had a real conversation about what was really happening, they might be able to get their stuff together." Alas, we watch these shows and it teaches us nothing, just that relationships are hard work and full of drama. Drama that viewers believe is passion and chemistry and what all relationships should have. Relationships take work. A few pieces of advice:

1. Listen to what they're really saying.

So often you will see an argument play out that is more about circumstance. These people are fighting in their own corner and simply want to be heard and more likely want to be the person who is 'right'. If they (and us at home) would communicate our feelings, it would honestly move mountains. The real issues would be spoken about and the couples could find some common ground to move forward.

Related Link: [Do Your Friends Influence Your Relationship?](#)

2. Don't be fooled by romantic gestures.

On these TV shows we see the romance of being taken out to dinner, bought flowers and diamonds and it makes us stop and think 'hang on where is this in my life, I don't get that' well I implore you to take stock and think about how many times your other half has made a romantic gesture. Really think about it, I bet they do, and if they don't how often do you? Romance is a two way street!

Related Link: ['Millionaire Matchmaker' Reality TV Star Marisa](#)

Saks Says Listening Is Key

3. Don't allow yourself to become suspicious.

We sometimes see couples on reality TV get cheated on and hurt. I by no means am suggesting that you ignore or block out if you think your partner may be cheating, what I am saying, is that if you watch these TV shows and your role models are cheaters you may start to become suspicious.

TraceyAnne, a Relationship Coach and founder of FindThatMach.com; a unique online relationship and dating course helping people find love and what they truly want in life.