

# Celebrity News: Trista Sutter Explains Why 'The Bachelorette' Has More Success Than 'The Bachelor'



By Diana Iscenko

In the latest [celebrity news](#), Trista Sutter, the first [Bachelorette](#), revealed why [The Bachelor](#) has less success than its female-led spin-off. On a recent episode of *UsMagazine.com*'s "Here For the Right Reasons" podcast, Sutter explained why "women do it better." The [reality TV](#) star claims a season's success is based on how well it was cast and how open the lead is to finding love on the show. Sutter also acknowledges how easy it is to "get caught up in the lust

factor.” In the franchise’s history, six *Bachelorettes* are still with their season’s winner, while only one *Bachelor* is married to his season’s winner. Several *Bachelors* have ended up with someone from their season after proposing to someone else.

## **In celebrity news, Trista Sutter opens up about why *The Bachelorette* has more success stories than *The Bachelor*. What are some ways to tell the difference between lust and love?**

### **Cupid’s Advice:**

The start of a new relationship is exciting! It’s easy to get swept up with a new partner, but are you excited for the right reasons? If you’re not sure if you’re in love or in lust, Cupid has some advice for you.

**1. You enjoy talking to them:** Anyone in a new relationship will want to see their partner, but talking over the phone consistently might show that there’s a deeper level of connection. If you only talk to your new partner while seeing them in person, love may be taking a backseat to lust.

**Related Link:** [Celebrity News: Arie Luyendyk Jr. Says ‘Bachelor’ Concept ‘Barely Works’ for Finding Love](#)

**2. You accept their flaws:** Lust often loses interest when you discover your partner’s flaws. If your feelings toward your partner are genuine, it’ll be easier to accept their flaws and continue to like them despite their more negative qualities.

**Related Link:** [Celebrity Exes: Ben Higgins Apologizes to Olivia](#)

## [Caridi for Her 'Bachelor' Experience on His Season](#)

**3. You're excited about the future:** Your excitement should go past the next time you'll see your new partner. You should also be excited for them to meet the other people in your life and to reach relationship milestones with them. If you're excited for what your future relationship will hold, you're likely in love, not lust.

**How do you navigate love and lust in a new relationship? Start a conversation in the comments below!**

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# Celebrity Photo Gallery: From 'The Bachelor' to Babies





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Jillian Harris

In March 2016, the former 'Bachelorette' and HGTV host broke her celebrity baby news when she posted a photo of her baby

bump next to smiling boyfriend Justin Pasutto with the exclamatory headline, “WE ARE PREGNANT!!!” Photo courtesy of Instagram.

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## Celebrity Photo Gallery: The History of ‘The Bachelorette’





Season 1: Ryan Sutter and Trista (Rehn) Sutter

Trista Rehn was the runner-up during season 1 of 'The Bachelor.' She went on to be the first 'Bachelorette' and found love with firefighter Ryan Sutter. The celebrity couple were married in December 2003. They have two kids and live in Eagle County, Colorado. Photo: Diane Cohen/Fame Pictures

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## Trista Sutter Reveals Celebrity News: Two Year Infertility Battle





By [Katie Gray](#)

The *Bachelorette* favorite, Trista Sutter, has been in the celebrity news a lot lately. The reality star opened up about her two year infertility battle with celebrity pregnancy that she faced before she got pregnant with her first child. She touches on this in her new book, *Happily Ever After: The Life Changing Power of a Grateful Heart*. According to [UsMagazine.com](#), Sutter said, "I talk about in the book how we struggled with infertility for almost two years. I always wanted to be a mom, it was always my dream and although I wanted to be a career person for a very long time, overplaying that at all times was to become a mother." Trista married Ryan in 2003, and they captured hearts around the country. They welcomed their son Max into the world in 2007 and daughter Blakesley two years later.

**The latest celebrity news surrounding Trista and Ryan Sutter**

# is not uncommon. What are some ways to support your partner through infertility struggles?

## Cupid's Advice:

People struggle to get pregnant all the time, and it can be emotionally draining. Cupid has some tips on how to support your partner:

**1. Be there:** The most important thing you can do is be there for your partner during this difficult time. Go with her to appointments, do some research, and seek out opinions and information from experts. Listen to what your partner says, so that they are being heard during this stressful and sad time. Let them know that they can vent to you!

**Related Link:** [Trista Sutter Talks About Her Strong Family Bond](#)

**2. Show love:** Make sure to remind your partner constantly how much you love them. Surprise them with little things to make them happy. Even though something you both want isn't happening at the moment, reaffirm that the bond and love between you two is still present, forever and always!

**Related Link:** [Trista Sutter Surprises Husband Ryan With Colorado Camping Trip](#)

**3. Stay positive:** Although it can be hard, you have to stay positive at all times. Be encouraging and hopeful, so that your partner will stay that way, too. Remember there is always light at the end of the tunnel!

**What are some ways you have supported your partner during this difficult time?**



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# Do Trista and Ryan Sutter's Kids Know How the Couple Met?



By Emily Meyer

Although we know Trista and Ryan Sutter for being one of the most successful couples in *Bachelorette* history, their own children might not be as aware! According to [Wetpaint.com](http://Wetpaint.com), while Trista has been promoting her new book, *Happily Ever After: The Life-Changing Power of a Grateful Heart*, the 42 year-old confessed that her children don't know how their parents met. She admits, "They haven't seen it...I'm sure that we'll be answering questions, but I'm not ashamed of it by any means." The recent *Marriage Boot Camp Reality Stars*

participant thinks her hubby will be the first one to show the kids their past. She revealed, "I'm much more protective. I'm very regimented. I like keeping to a schedule, and the reason I like it is because my children are happier if they get their sleep, if they do the things they are used to doing." It seems Ryan and Trista will have some explaining to do!

## **How should parents talk to their children about relationships?**

### **Cupid's Advice:**

Every kid looks up to their parents, and it's only natural for them to eventually get curious about their mom and dad's relationship. Parents, then, have the opportunity to explain to their kids how to have healthy and strong love. Here are three things to remember when it comes to talking to your children about happy relationships:

**1. It's never too early:** It's never too early to bring up the topic of romantic partnerships with your children. It is actually better to discuss it before they begin forming their own relationships with others, so don't be afraid to approach the topic.

**Related Link:** [Chris Hemsworth Spends a Beach Day with Family](#)

**2. Make them aware of the truth:** It's important for these conversations to come up so that your children understand the components of a good and successful relationship. Making your kids learn the dos and don'ts of true love will help them in the future.

**Related Link:** [Neil Patrick Harris and Family Wear Gotham-Themed Halloween Costumes](#)

**3. Let them know you're always there for them:** Make sure your little ones know that you want to help. Never suppress their feelings and acknowledge every issue that comes up. This will help your children get smart about relationships.

What tips do you have for parents who want to talk to their children about relationships? Share below!

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# Trista Sutter Surprises Husband Ryan With Colorado Camping Trip



By Maggie Manfredi

*Bachelorette* alums find their own slice of paradise! According to [Usmagazine.com](http://Usmagazine.com), Trista Sutter surprised Ryan Sutter with a family trip to Colorado for his birthday. The parents of two

met in 2003 on *The Bachelorette*. The firefighter was showered in gifts from paddle boards to social media shout outs from his wife. The family kept it country with a brand new Airstream, camping fun, and lake activities.

**What are three creative birthday gifts for your partner?**

### **Cupid's Advice:**

Are you struggling to think of something new and exciting to give to your love this year? Never fear; Cupid has some great gift ideas for you to make this a memorable birthday celebration:

**1. Instagram fun:** Take a look back at his pictures from the year and turn them into tangible memories. Think outside the box not just a picture in a frame: magnets, coasters, stickers, postcards anything that your partner would love!

**Related:** [Sean Lowe Writes: "My Wife Is Hot and I'm in Love"](#)

**2. New experience:** If you are planning to take your significant other away, try something new. See animals or go to a historical place; try a new sport or exotic cuisine. Take them on a wild birthday adventure that they will never forget.

**Related:** [Jessica Simpson Says She's Done Having Kids with Eric Johnson](#)

**3. Show you care:** With all the technologies of today making a birthday video would be fun and sweet. You can even get relatives and friends involved, especially if they are far away. You can sing, dance, joke and share all the reasons why you love them.

**What's the most creative gift you have ever given? Give us the details below!**

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# Trista Sutter Talks About Her “Strong Family Bond”



By Maria Darbenzio

Trista Sutter, author of *Happily Ever After*, *The Life Changing Power of a Grateful Heart*, renewed her wedding vows with her husband Ryan in January as a way to celebrate their 10th wedding anniversary. As the mother of two young children, she knows how important it is to create a strong bond between family. The former *Bachelorette* talked with Celebrity Baby Scoop about creating that bond and how motherhood has changed her relationship with Ryan.

**Related Link:** [‘Bachelorette’ Trista Sutter Talks About Her ‘Happily Ever After’](#)

**CBS: What are Max and Blakesley looking forward to doing this summer?**

**TS:** “I’ve signed them up for lots of little summer camps. Max will go to basketball camp and also attend a camp called Camp Invention, where they focus on science related stuff. Blakesley will go to dance camp and she is also looking forward to going to fairy camp, where they build tiny fairy houses by one of our local rivers. They’re really excited to do all of those things.”

**CBS: Your family seems like you all have such a strong bond with one another. Is that something you work at?**

**TS:** “Oh gosh, yeah. Spending quality time together is important to us. I make a point to ensure my kids know they are a priority in my life and that my husband is a priority in my life. My relationship with Ryan is the foundation of our family. So, yeah, we do have a strong family bond, but it takes effort and time to create it.”

**CBS: You recently renewed your vows. How meaningful was that ceremony to you?**

**TS:** “It was so incredibly meaningful and it was wonderful to be able share it with our kids. What you didn’t see on TV was that we included them in our vows. We vowed to always have fun together and always be there for each other. That was special. It was also wonderful to share it with friends and family who have been with us for the past 10 years. I know it was on television, but it was very intimate ceremony and I’m glad we did it.”

**Related Link:** [Reality Stars Who Found Real Love](#)

**CBS: How did becoming a mom change your relationship with**

**Ryan?**

**TS:** “Well, number one, it has decreased the amount of time I can spend with him. That’s because our kids demand a little bit more time from each of us. So, it’s changed in that way. But, honestly, our relationship has grown so much; I respect him so much more because he is such a wonderful father. Our relationship continues to thrive because we bond over our children and we both respect each other as parents.”

*For the rest of the interview, visit [www.celebritybabyscoop.com/2014/04/01/trista-sutter-stroing!](http://www.celebritybabyscoop.com/2014/04/01/trista-sutter-stroing!)*

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## **Can You Really Find Love on ‘The Bachelor’?**





By [Marni Battista](#)

The reason for our culture's collective obsession with *The Bachelor* franchise is obvious. What single, soul mate-seeking dater wouldn't dream of being presented with 25 gorgeous single men or women and a period of 6 weeks to strategically whittle down that group to a proposal at the end? The all-expenses-paid fairytale dates, exotic destinations, and expensive sports cars probably don't hurt either.

**The conducive environment of 'The Bachelor' makes finding relationships and love seem like a breeze. But the real question is, are the happy celebrity couples really as in love as they look?**

But underneath the fluffy fanfare that leaves us hopeless



romantics watching at home with hearts a-fluttering, at the show's core is a promise of two people finding everlasting relationships and love. After all, the show has resulted in a few happy marriages, with last month's nuptials of happy celebrity couple Sean Lowe and Catherine Giudici from *The Bachelor* and *The Bachelorette* Season 1 couple Trista and Ryan Sutter's ten-year vow renewal.

**Related Link:** ['The Bachelor' Stars Sean Lowe and Catherine Giudici Are Married](#)

However, in an environment so unrealistic and clouded with so many distracting factors, I can't be convinced *The Bachelor* process is conducive to building the foundation for lasting relationships and love. Do I think it's possible to fall in love on the show? Taking into account the myriad of other ways couples meet these days, sure. Still, I think the success stories are the exception rather than the rule, and here's why:

**1. The Isolation:** Before they even meet the star of the season, the 25 contestants who make it through the arduous casting process are then sequestered in a Los Angeles mansion for the remainder of the process. At the beginning of any relationship, I advise daters to make space in their schedule to reflect and allow true feelings to come to the surface. With no escape from this microcosm and no contact with anyone other than the bachelor, crew, and other contestants to distract you, it's easy for the show to become your world, distorting your judgment and emotions.

**2. The Game:** As much as the creators would like you to think that the show allows one lucky man or woman to naturally select a lifelong partner, it's simply impossible for one person to get an accurate impression of 25 different people's personalities in one night. From the get-go, the show becomes a strategic game where the more extroverted contestants come out on top and those who take a little bit longer to open up

often get shafted without a fair shot. Even the contestants who make it past the first couple of rounds of elimination still have to be pretty brazen to stay on the guy's (and camera's) radar, and as a result, many of them get caught up in the competition while losing sight of their true purpose.

**Related Link:** [How to Listen to Your Heart and Take Back Control of Your Love Life](#)

**3. The Entertainment:** Ultimately, the show's creators prioritize entertainment value over all else. That means there's a whole other slew of factors that make this dating game less natural and more complicated. The over-the-top dates to exotic locales with private performances by the latest up-and-coming country artist may be fun for the viewer to watch, but it distracts the two people from truly getting to know one another. I mean, who wouldn't fall in love with someone in a rose petal-dotted hot tub overlooking the mountains of Thailand while Josh Groban serenades them softly in the background?

The show's creator, Mike Fleiss, has also openly admitted that they make sure to stock at least half the cast with potential villains or loose screws because they know their audience wants to see drama more than they want to see a proposal. So before the show even begins, cattier girls are selected over more compatible mates, and those stroking the drama are kept around longer than they should be.

To put it simply, any situation that brings people together that normally wouldn't meet carries with it the possibility of true love. But considering the numerous reality-distorting factors involved in *The Bachelor*, I'd steer you toward taking your chances in the real world.

[Marni Battista](#), founder of *Dating with Dignity*, is an expert dating and life coach with a 10-step system to manifesting love for your self and others.

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# Former 'Bachelorette' Trista Sutter Says Struggles Made Her Grateful



By Brittany Stubbs

It has been ten years and two kids since we watched Trista Rehn and Ryan Sutter fall in love on *The Bachelorette*. Although the wife and mother is living her happy ending, she has been through hard times that changed her life and ultimately made her a more grateful person. After struggling with infertility, and later, a difficult pregnancy and scary delivery, Trista began to embrace gratitude in a whole new

way, [People](#) shares. She has not only opened up about how thankful she is for her struggles, her children, and little moments in her everyday life, but she is especially thankful for meeting Ryan. “It’s an understatement to say I hit the jackpot,” she says. “I want to be a better person because he is such a good person. He is the top of my list of things I’m grateful for.”

## **How do disagreements and arguments make your relationship stronger?**

### **Cupid’s Advice:**

It’s hard to see the benefits of hard times while you’re in the middle of them, but it’s important to remember that these are the moments that allow us to grow and ultimately benefit in the end:

**1. They show a relationship’s strength:** Nobody likes to fight with their partner, but when you overcome conflicts, big or small, you show what your relationship is made of and prove you can get through anything.

**Related:** [‘Bachelorette’ Trista Sutter Talks About ‘Happily Ever After’](#)

**2. They result in communication:** Although it may be through yelling or snide comments in the case of an argument, communication is communication. Arguments are hard, but they often force you and your partner to express how you truly feel, and in the end, that communication is key to making your relationship stronger.

**Related:** [Trista and Ryan Sutter Renew Vows in Vail](#)

**3. They prove you have something worth keeping:** If you’ve been through difficult times as a couple, by sticking around and continuing to work on your relationship, you’re proving that you both believe you have something worth the struggle. When

disagreements or arguments arise in the future, you can look back on what you've already overcome and remind yourself there's a reason you haven't let go.

**How has a disagreement or argument made a relationship in your life stronger? Share your experiences below.**

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## 'The Bachelorette' Stars Trista and Ryan Sutter Renew Vows in Vail



By Kerri Sheehan

Trista Rehn and Ryan Sutter met during the *Bachelorette*, and ever since the two have been happily married. This weekend, ten years after 26 million viewers tuned in to see the two get hitched, the couple renewed their vows. They said, “I do,” once again in Vali, Colorado. Trista dished to [People](#), “It’s an understatement to say I hit the jackpot. He is such a good person. He gets better with age.”

**What are some compelling reasons to renew your wedding vows?**

### **Cupid’s Advice:**

After a few years of marriage you and your significant other may want to declare your love for one another all over again.

**1. To recreate the dream:** Every little girl has an idea of what her dream wedding should be, however some couples may not get to fulfill this dream. Whether money, time, or faith kept them from having the perfect ceremony, a vow renewal will give them a second chance to have the perfect wedding.

**Related:** [‘Bachelorette’ Trista Sutter Talks About ‘Happily Ever After’: “Ryan and I Make It Work for No One But Ourselves”](#)

**2. New you:** Over the years people change so the person that you married may not be the same person in 15 years. After a big personality change it’s nice to let your partner know that you still love the person that they are.

**Related:** [Jessica Alba and Cash Warren Celebrate Five-Year Anniversary](#)

**3. To celebrate:** Many couples choose to renew their wedding vows on their anniversary to celebrate another chapter in their marriage. This is the perfect way to show your partner, your friends, and your family how much you two care about each other.

Why would you renew your vows? Share below.

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# 'Bachelorette' Trista Sutter Talks About 'Happily Ever After': "Ryan and I Make It Work for No One But Ourselves"



By Kristin Mattern

Reality TV viewers know Trista Sutter from the first season of *The Bachelor* where she grew to be a fan favorite on the show. When she ended as runner-up, ABC chose her as the first star of their new show, [The Bachelorette](#). It was there that she met and fell in love with her husband, firefighter Ryan Sutter. Defying the bleak love statistics of the popular ABC franchise (as of 2013, only three famous couples have gotten hitched out of 25 seasons), Trista and Ryan married in 2003 and have since welcomed two beautiful children – Maxwell Alston and Blakesley Grace. Family life hasn't slowed down this stay-at-home celebrity mom. She regularly contributes to several blogs and most recently wrote a book about the power of gratitude.

**Related Link:** [Reality Stars Who Found Real Love: Trista and Ryan Sutter](#)

## **Celebrity Interview with Former Bachelorette Star Trista Sutter**

*Happily Ever After: The Life-Changing Power of a Grateful Heart* was inspired by Sutter's desire to write about a topic she could speak to authentically and realized that the subject most important to her was gratitude. "It's kept me uplifted during the hard times and grounded during the high times," she says in our celebrity interview. "I truly hope I'm able to encourage happiness in my readers by writing about its value through the stories of my life, others' lives, and the incredible scientific research proving its positive effects." The title stems from the reality TV star's Disney-like romance, but her book also showcases that life isn't perfect. Sutter believes that "if you embrace a grateful heart, your fairy tale will reveal itself through a happier life."





With Thanksgiving only a few days away, the release of Sutter's book is fitting. The mother-of-two says she is most thankful for her relationships with family and friends and the experiences in life that have taught her to cherish her blessings. "Moments full of sadness or strife have made me realize how short life is and helped me to appreciate it," she says.

**Related Link:** [Five Bachelor and Bachelorette Couples We Can Learn From](#)

## Trista Sutter Opens Up About Her Relationship and Love

When it comes to her celebrity marriage, Sutter says her relationship with husband Ryan is based on true love. Asked if they ever feel pressured to stay together because of their reality TV past, the starlet candidly responds, "I wouldn't say that we are pressured to stay together, but I'll admit that I would never want to disappoint our hopeful fans if we were to ever decide that our marriage wasn't healthy anymore. We love each other and make it work for no one else but ourselves." This December, the happy couple will be celebrating their ten-year anniversary, but they're keeping their plans a secret for now!

Over the last decade, their relationship and love has evolved simply because they've become parents and have "two tiny humans to concern themselves with." The charms that keep their fairy-tale marriage under a love spell are simple: "communication, love, respect, trust, honesty, fun, humor, adventure, commitment, friendship, forgiveness, and faith." Quite a long list, but it works for them!

The Sutter's haven't told their son and daughter about their unconventional romance but will do so when the kids are older. When the parents do share their love story, the Colorado natives plan to give this relationship advice: "Be yourself, marry your best friend, and never settle. The fairy tale is out there, and even though everyone suffers through heartache, we need to be grateful for the road that leads us to the eventual path to our soul mate." In the meantime, she and Ryan are focused on filling their children's lives with positivity and every night, they recount the blessings of the day.

**Related Link:** [Love Lesson's From ABC's 'The Bachelor'](#)

Never one to slow down, she is continuing her work by partnering with GloryHaus.com and featuring a line of gifts called "The Grateful Heart Collection," which includes picture frames, wall art, magnets, pillows, jewelry, tote bags, and more – all created with the intention of spreading the word about gratitude. Just in time to start your holiday shopping!

With the next season of *The Bachelor* due to air soon, Sutter advises those women seeking to win the heart of Juan Pablo to have fun, be themselves and make friends!

*To learn more about Sutter and The Grateful Heart Collection, visit her website, [www.tristasutter.com/index.html](http://www.tristasutter.com/index.html). Her book, Happily Ever After: The Life-Changing Power of a Grateful Heart, goes on sale today.*