

Former 'Bachelor' Jason Mesnick Surprises Celebrity Love Molly Malaney for Fifth Wedding Anniversary



By Emma L. Wells

It has always been a tradition for celebrated jeweler Neil Lane to offer a selection of engagement rings before the finale of *The Bachelor*. Jason Mesnick and celebrity love Molly Malaney met during season 13 of the reality TV show, but Malaney never received one of these coveted rings because she was technically the runner-up. Now that this famous couple has been married for five years, Mesnick wanted to rectify the situation by giving his wife a new engagement ring for their

anniversary. Malaney told People.com, “The past five years have been the most amazing years of my life because of Jason. Our relationship and love started all because of *The Bachelor* franchise, and Neil has been such a meaningful person within the franchise, so I am so honored to have a piece of that relationship...This is the most amazing gift I’ve ever received!”

This reality TV star gave his celebrity love a beautiful ring for their recent anniversary. What are some ways you can make sure your romantic surprise goes off without a hitch?

Cupid's Advice:

While diamonds are always a great way to show you care, little romantic surprises are also beneficial for relationships and love. Cupid has some relationship advice to help you pull them off without any issues:

1. Be unexpected: Thoughtful presents are a wonderful way to demonstrate that you’ve been listening to your partner. Give them something they want but aren’t expecting. If you pay attention, they are bound to mention something you can keep in mind!

Related Link: [‘The Bachelor’ Stars Jason Mesnick and Molly Malaney Share New Picture of Daughter Riley](#)

2. Make it unique: Malaney’s ring was so romantic because her celebrity love had it made especially for her. Go the extra mile and give your significant other something unique and just

for them. Even if it's homemade, they'll surely appreciate the effort.

Related Link: [5 Bachelor and Bachelorette Couples We Can Learn From](#)

3. Ask for help: Surprises can be very hard to pull off, especially when you're excited about them. It doesn't hurt to ask a few friends to help you succeed. Also, make sure your plans aren't too elaborate it. Chances are, if you follow these guidelines, your surprise will be a success!

How have you surprised your partner in the past? Tell us in the comments below!

'The Bachelor' Season 19 Contestants Rehash Old Feuds During "The Women Tell All" Episode





By Emma L. Wells

The Bachelor season 19 “The Women Tell All” special brought all the women back together to reminisce about their time on the reality TV show and clear the air. They had many grievances with each other – and many more with *The Bachelor* himself, Chris Soules. Kelsey came under attack from all the contestants (yet again) for being conniving and fake. After taking the hot seat, Britt Nilsson immediately called out Carly for being a bad friend. Additionally, both Jade Roper and Kaitlyn Bristowe confronted Soules about why he rejected a relationship and love with them. He assured Roper that it was not because of her *Playboy* spread. Bristol, unfortunately, received a less clear answer. [USAToday.com](https://www.usatoday.com/story/entertainment/2019/08/19/bachelor-women-tell-all-episode-1/1000000000/) reported that Soules said, “I apologize....In that moment, I did the best I could and that’s all I know.” We can’t wait to see how *The Bachelor* season 19 will end next week!

When it comes to past relationships

and love, how can you get over old disputes and move forward? The ladies from *The Bachelor* season 19 need to listen to this dating advice!

Cupid's Advice:

Holding on to old grievances isn't good for you. Why should you dwell on the past when you can move on and find happiness again? This dating advice applies to friendships as well as relationships and love:

1. Reach an understanding: Kaitlyn made the right choice to confront Soules about her hurt feelings. It's hard to move on when you don't understand what really happened. The best way to do so is to have an open conversation – preferably not on reality TV! – with the person *without* being accusatory. Let them explain their actions in their own words. You might not get a satisfying answer, but it will help you to talk it through.

Related Link: [‘The Bachelor’ Chris Soules Prepares to Bring Winner Home to Arlington](#)

2. Look inward: In most cases, while you may be hurt, you're probably not blameless. It's equally important to understand what you did wrong and could have done better. Ask your ex about your behavior or just put yourself in their shoes and examine the situation. Either action will help you ensure that the same mistakes aren't made again.

Related Link: [‘The Bachelor: Women Tell All’ Recap: Old Catfights Resume and Michelle's Redemption](#)

3. Forgive and forget: Just because you're at a place where you're ready to move on doesn't mean the other person is, so don't expect an apology or forgiveness. The best thing you can do is say your peace, move on, and hope that, someday soon, they will be able to do the same.

How have you settled past relationship and love grievances? Tell us in the comments below.

'The Bachelor' Chris Soules Prepares to Bring Winner Home to Arlington





By Maggie Manfredi

The Bachelor is on the fast track to love! According to UsMagazine.com, Chris Soules is down to his final two leading ladies after this week's dramatic episode. *The Bachelor* season 19 has culminated in this farmer being very optimistic about getting down on one knee during the finale to solidify a relationship and love. Kaitlyn was sent home by Soules and is no longer in the running to be part of a celebrity couple, but rumors are already flying that she may end up as the next *Bachelorette*. *The Bachelor* still has to choose between Whitney the fertility nurse and Becca the virgin. The three are set for an epic finish in Bali and are already well on their way to finding love. Who will be our *Bachelor's* leading lady?

We can't all date with the level of style that *The Bachelor* contestants do, but we can still make it

special. What are three ways to date in style?

Cupid's Advice:

Dating is a fun step toward finding your soul mate. Although we can't all date like Chris Soules, Cupid does have some attainable tips on how to date in style:

1. Experience new things: The best way to make dating more exciting is to try new things together. Whether it be a big move like skydiving or a smaller treat like trying a foreign food, be bold and enjoy every adventure.

Related Link: [Whitney from 'The Bachelor' Says She'd Move To Arlington, Iowa For Chris Soules](#)

2. Take advantage of free stuff: It is okay to be a dater on a budget, but that doesn't mean you have to sit at home every night and watch television. Take this dating advice to heart: Get online and look into what your city has to offer for free. You would be surprised by the amount of coffee shop concerts, museums, and festivals that take place all year long for no charge! With a little bit of research, you can have a great date on a budget.

Related Link: ['The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Stay in: Nothing completes dating like a pinch of romance. How can you make the love come alive? Start with the little things like lighting candles at dinner, sharing a blanket while watching a movie, or baking dessert together. Get creative and don't afraid to have a romantic night in; not everyone needs Bali at sunset to fall in love.

Will Chris propose to Whitney or Becca? Share your predictions below!

Whitney from 'The Bachelor' Season 19 Says She'd Move to Arlington, Iowa for Chris Soules



By Emma L. Wells

From day one, *The Bachelor* season 19 star Chris Soules has said that a relationship and love with him means moving to his (very small) hometown of Arlington, Iowa. After asking potential celebrity love Whitney if she would be able to leave her life in Chicago for him, she gave him exactly the answer

he was looking for. According to People.com, she said that, while she loves her job as a nurse, she would have “no hesitation” about moving to Arlington and “having babies” as her career. [The Bachelor season 19](#) frontrunner continued, “I firmly believe that life takes you places, and it’s not where you are; it’s who you’re with.”

The Bachelor season 19 contestant Whitney is willing to move to Iowa for her celebrity love. How do you know if that’s the right decision for your relationship and love?

Cupid’s Advice:

We sometimes fall for people who aren’t perfect for us in a geographic sense. Long-distance dating can’t go on forever, and eventually, you’re left with two choices: break-up or move. Cupid has some dating advice on how to tell what move (no pun intended) is right for you:

1. Consider all the factors: Realty TV star Whitney told her celebrity love that it doesn’t matter where she is because it’s who she’s with that’s important. While there is a lot of truth to her statement, you should examine your specific situation first. Think about what you need in order to be happy; that may include your career, your friends and family, or something as seemingly small as your kickball team or local library. What would you have to give up when you move to be closer to your partner? More importantly, can you live without it?

Related Link: [QuickieChick’s Video Dating Tips: Is He “The One” or Just Another Someone?](#)

2. Look to the future: After you've made your mental list of things you can't live without, ask yourself how that list will change in the next five, ten, or twenty years. Moving might not suit your needs *this* year, but maybe that's where you see yourself long-term. In this case, the question changes from "if" to "when." Tell your significant other that you're willing to move but need a little more time before you're ready. If your relationship and love is as important to them as it is to you, then they will understand.

Related Link: ['The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Be on the same page: Make sure you understand why your beau wants you to move; that will ensure that you two have similar expectations. Are their reasons valid? Does it make more sense for you to move to them or vice versa? It's equally important for them to understand your reasons as well. Having a discussion about how this move will change your relationship is the best place to start.

Have you ever moved for your relationship and love? Tell us about it below!

**'The Bachelor' Season 19
Contestants Treat a
Relationship and Love with
Chris Soules Like a Game**



By Emma L. Wells

You know what they say: Two's a party, but three's a painfully awkward and quiet crowd. Kelsey and Ashley I. weren't exactly audience favorites on [The Bachelor season 19](#), but it certainly was enjoyable to watch them face-off on a two-on-one date during last night's episode of this popular reality TV show. Rather than using their alone time with Chris Soules to grow their relationships and love, the ladies complained and gossiped about each other. According to [Fox News](#), *The Bachelor* star saw through their games and took their accusations seriously, ultimately sending both women home.

***The Bachelor* season 19 contestants Kelsey and Ashley I. played Chris**

Soules like a prize to be won during their two-on-one date. Why can playing games cause more harm than good to your relationship and love?

Cupid's Advice:

Dating can often feel like a game; after all, there's players and a field, scores and a strategy. But it can be harder to reach your goal and find a relationship and love if you get too wrapped up in the sport. Here's why you should take Cupid's dating advice and stop playing games when it comes to love:

1. It's not a competition: If you're out to win the game like these two contestants from *The Bachelor* season 19, you'll never win his heart. Ask yourself what winning would even look like to you. If you're always focused on the final outcome, you can't enjoy the here and now properly. You'll end up missing the best parts of your own relationship!

Related Link: [Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating](#)

2. You don't need a strategy: While there are some helpful tips to playing the field, the most important rule to follow is trusting your heart. Make moves based on your own emotions and don't feel like you have to play hard to get. You can't expect to have a real partnership if you're not acting like your true self. Remember that if it doesn't work out, then it's not meant to be.

Related Link: ['The Bachelor' Season 19 Contestant Britt Faces Her Fear For Chris Soules](#)

3. The stakes are real: If you're out to just play the field, you'll never find something serious, and you'll most certainly end up hurting someone along the way. When dating, the stakes are high. You should have some idea of what you want in a relationship before you dive into it, and you should be honest about your priorities as you go along.

How do keep from playing games in your relationship and love? Tell us in the comments below!

'The Bachelor' Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules





By Emma L. Wells

“The sky’s the limit...,” read Britt Nilsson’s one-on-one date card on last night’s episode of *The Bachelor* season 19. That’s when the 27-year-old waitress started to cry in panic due to her debilitating phobia of heights. Still, she pulled it together before their one-on-one date. [People.com](https://www.people.com) reported Chris Soules saying that she was “just as beautiful first thing in the morning as when she’s all dolled up for the rose ceremony. It’s pretty incredible.” Turns out, she gets all dolled up for bed too, but oh well! The reality TV lovebirds soon arrived in the New Mexico desert to find a hot air balloon waiting for them, and Nilsson’s fears quickly disappeared with Soules’ arms around her.

This *Bachelor* season 19 contestant overcame her fear to get closer to Chris Soules. What are some ways

you can beat your phobias when looking for a relationship and love?

Cupid's Advice:

Whether you fear heights, spiders, darkness, or commitment, you shouldn't let it stand in your way when you're looking for a relationship and love. It's completely possible to overcome your distress, no matter how big it may seem. Cupid has some dating advice for you:

1. Switch your focus: On *The Bachelor* season 19, Nilsson was able get over her fear because being close to Soules was more important to her. If you're afraid of flying but have to take a trip, focus on the destination to help you get through the flight. Paying attention to your fear will only make the situation harder. That's why having a hunky farmer by your side is always a benefit!

Related Link: [The First Official Look at Chris Soules on 'The Bachelor' Season 19](#)

2. Get your facts straight: Most fears – like the fear of sharks, for instance – aren't based on actual statistics. Our imaginations make our phobias much worse than they should be. Do you really live in an area where you need to be worried about giant, poisonous spiders getting you in the dark, or is it just in your mind? Do some research to calm your nerves.

Related Link: ['The Bachelor' Chris Soules Says That Men "Don't Work Well with Subtlety"](#)

3. Face your fear: You can't just ignore it and expect it to go away. To overcome your terror, you need to take gradual steps. If you're afraid of dogs, watch a few videos of them until you're comfortable seeing them on the screen. Then,

work your way up to being in the same room with them or passing them on a sidewalk. Keep going until you can interact with a large dog in an enclosed setting. There's no need to rush!

Tell us about a time where you had to face your fears in the name of love!

‘The Bachelor’ Chris Soules Says That Men “Don’t Work Well with Subtlety”



By Emma L. Wells

Poor Chris Soules had a lot to handle on last night's jam-packed episode of the hit reality TV show *The Bachelor*. His hands were full with two group dates, two one-on-ones, a visit from his sisters, a shameless *Cinderella* promotion, and one big confession. The first group date brought seven girls to the lake for a day of beach fun and night of camping. Ashley I. was, in her own words, a camping virgin and a virgin camping, and after fretting over it, she decided to tell Soules the truth about her sexual history – or lack thereof. She snuck into *The Bachelor* star's tent in the middle of night to wake him up and was clearly nervous as she danced around the point of the conversation without actually saying it. In his blog on People.com, the Iowa farmer writes, "Here's a little lesson for you ladies: Men are pretty simple when it comes to words... Spell it out for us. Maybe even write it down so we don't forget it. We don't work well with subtlety." Later in the episode, she bravely tried again, and this time, she came right out with her confession.

***The Bachelor* contestant Ashley I. was in need of some dating advice before she confronted Chris Soules with her big reveal on last night's episode. What are some ways to successfully open up to a guy?**

Cupid's Advice:

Getting to know someone at the start of a relationship is both fun and scary. Once you get through basic background information, you have to open up about the good, the bad, and the emotional – and that's not always easy. It's worth it,

though: Sharing yourself with a new guy leads to a deeper connection and a stronger relationship. Cupid has some dating advice to help you successfully open up:

1. Pick the right time and place: Ashley I. should've waited for a better opportunity to reveal her big secret to Soules. If you're ready to share something personal, it's important that your partner be in the right mindset. Make sure you have an appropriate amount of time, their undivided attention, and a bit of privacy. You should be somewhere where you feel comfortable expressing your emotions and talking freely without interruptions or distractions.

Related Link: ['The Bachelor' Season 19 Contestants Deal with Jealousy – Chris Soules Can't Stop Kissing Them!](#)

2. Be straightforward: Like *The Bachelor* said, "Spell it out." Don't beat around the bush; your significant other probably won't understand what you're trying to say, and you won't get the response you're looking for. It can be hard, but say it as plainly as possible. You may still have answer some follow-up questions though, so be prepared to have a conversation and not just make a confession.

Related Link: ['The Bachelor' Chris Soules Opens Up About Finding His Future Wife](#)

3. Let it happen naturally: Reaching the point in a relationship where you two can really be honest with each other can't be forced. If it's meant to be, it will be. There's no need to rush to pull the skeletons out of your closet in the first few weeks of a knowing each other. When the timing is right, you'll feel it. That being said, if you think this person can't really get to know you while you're keeping a secret, then it's time to reveal it.

How do you know when it's time to open up in a new relationship? Tell us in the comments below!

Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses how *The Bachelor*, particularly season 19 with [Chris Soules](#), and

other similar reality TV shows are changing the reality of dating.

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

"They're helping to shape the way we view what is desirable, what is sexy," she explains of the reality TV franchise. "With Farmer Chris from Iowa as America's current leading man, the dating landscape has dramatically shifted." House reveals five ways that Soules is changing the reality of dating: Women no longer want bad boys like former *Bachelor* Juan Pablo Galavis; we see farmers as marriage material; we're going back to the basics and forgetting about the rich and famous; we want a true gentleman; and we (finally!) think nice is sexy.

Related Link: [Screwing the Rules Video Dating Advice: Find the Love of Your Life](#)

Funny enough, a reality TV show is helping us redefine real love. "It's being authentic; it's being our true self. It's looking down deep and thinking, 'What do I need in a relationship and love? What do I need in a relationship? What will sustain a relationship long-term?'" the relationship expert shares.

For more dating advice from House, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you think *The Bachelor* is changing the way we date? Tell us in the comments below!

Chris Harrison: Things Were “Awkward and Weird” Between ‘The Bachelorette’ Andi Dorfman & Josh Murray



By Maggie Manfredi

This man knows a celebrity break-up when he sees one! According to UsMagazine.com, Chris Harrison, the newly single host of *The Bachelor* and *The Bachelorette* series, knew something was up with former *The Bachelorette* star Andi Dorfman and fiancé Josh Murray before they split. Harrison said, “I knew things were a little off. They were being a little awkward and weird. But you know, they’re from Georgia. You know those people.” The celebrity exes announced their

break-up just after they attended *The Bachelor* season 19 premiere together.

Celebrity exes Josh Murray and *The Bachelorette* star Andi Dorfman gave nothing away the day before their celebrity break-up announcement. How do you remain civil with an ex in the midst of turmoil?

Cupid's Advice:

Keeping the drama to a minimum is tough when you're in the midst of a break-up and feeling tense. Cupid has some tips on how to stay calm:

1. Stay off social media: The last thing you want to do during a break-up is cause even more tension and turmoil, which is exactly what spreading your feelings all over social media will do. Keep your thoughts to yourself. If you need an outlet, try writing down your thoughts in a personal diary or writing a letter to your ex (without the intention of sending it).

Related Link: ['The Bachelor' Host Chris Harrison Says He "Had No Clue" Andi Dorfman & Josh Murray Would Break Up](#)

2. Respect your ex's privacy: A relationship means intimacy, admiration, and love. Even when the other elements fade, make sure that you continue to show respect, like these celebrity exes did. Don't share your former partner's secrets or betray the trust bestowed upon you during your relationship.

Related Link: ['Bachelorette' Season 10 Couple Andi Dorfman and Josh Murray Call It Quits](#)

3. Talk about it: If things get bad and messy post-relationship, sit down and talk about it. Otherwise, your feelings will only fester, and you'll lose perspective on the situation. Maturity is an important factor in having a relationship, so continue that trait even after your break-up.

What your tips on how to avoid civil war with an ex? Share your comments below.

'The Bachelor' Season 19 Contestants Deal with Jealousy – Chris Soules Can't Stop Kissing Them!





By Emma L. Wells

[Chris Soules](#) certainly seemed to be enjoying himself during last night's episode of [The Bachelor season 19](#)! Reality TV fans got to see multiple makeout sessions and enjoy a lot of laughs, thanks to a guest appearance by Jimmy Kimmel. According to [People.com](#), Soules kissed eight different women, claiming that it was simply part of the process of finding love. When asked by Mackenzie why he was macking with so many different honeys, he answered nervously that that's just how he gets to know people. Becca was the only girl to deny his attempt at a smooch; instead, the two shared a sweet hug.

What are some ways to deal with jealousy when, like the contestants on *The Bachelor* season 19, you aren't exclusive yet?

Cupid's Advice:

It's easy to get jealous during the beginning stages of relationships and love. On *The Bachelor* season 19, the contestants are forced to watch the man they're all falling for go after multiple women at once. While a little jealousy can add heat to your romance, letting it consume you can have consequences. Whether you're on reality TV or dating in real life, Cupid has some dating advice to help you handle your jealousy:

1. Honesty is key: Soules doesn't – and can't – hide his dalliances from the women on *The Bachelor* season 19. You should be honest with your partner too, no matter how hard it may be to tell him that you're ready to go all in and stop dating other people. Besides, don't you want to know if he's seeing someone else? The only way to truly know for sure is to ask.

Related Link: [‘The Bachelor’ Chris Soules on First Night Jitters](#)

2. It's not a competition: Cut down on your jealousy by focusing on your relationship. You could drive yourself crazy comparing yourself to other people in your date's life. Your relationship, even if it's not exclusive yet, should be about just the two of you. Focus on the amazing time you have together and all the positive aspects of your partnership so far.

Related Link: [‘The Bachelor’ Season 19 Premiere: Chris Soules Meets 30 Bachelorettes](#)

3. Take the power back: Jealousy in relationships often stems from a lack of power. This doesn't mean you need to control your partner's actions, but you should assert your right to make your own decisions. For instance, don't feel the need to match every move of your beau. Even if you've agreed that you're not ready to be exclusive, you don't have to date other people just because he is. You should do what feels right for

you! Take a tip from Mackenzie and Becca and clarify what *your* boundaries are for the relationship.

What's your best tip for dealing with jealousy in the early stages of dating? Tell us in the comments below!

'The Bachelor' Host Chris Harrison Says He "Had No Clue" Andi Dorfman & Josh Murray Would Break Up



By [Rebecca White](#)

Recently, the latest celebrity news and gossip centered on the sudden celebrity break-up of *The Bachelorette* couple Andi Dorfman and Josh Murray. According to [UsMagazine.com](#), Chris Harrison, the host of *The Bachelor*, said he had no idea that the celebrity couple was about to split. When Harrison saw the soon-to-be celebrity exes, he asked about their wedding plans in an interview. "By no means did I know they were broken up and did that interview, because honestly, having been through a crappy breakup, I would've protected it more and stayed away from wedding talk and I wouldn't have put them on the spot," Harrison told *TV Guide*. Although Harrison usually knows the drama between *The Bachelor* contestants, he seemed out of the loop on this one!

Life isn't filled with as much drama as you see on 'The Bachelor,' but what are some ways to keep it out of your relationship?

Cupid's Advice:

There are some relationships and love affairs where drama seems to take over and is almost unavoidable. Here are steps that you can take to minimize the amount of drama that you let into each conversation or fight.

1. Recognize when you might be creating drama: By recognizing that you might be creating some of the theatrics in your relationship, you allow yourself to scale back and understand that maybe everything doesn't need to be so over the top. Try to analyze why you might be creating drama in your own love life, and aim to find different solutions for the attention and adventure you might be seeking.

Related link: [The Worst 'Bachelor' and 'Bachelorette' breakups](#)

2. Change your perspective: It is also important to realize that maybe some of the issues are just happening in your head. Have a conversation with your partner in order to see where these problems are coming from and how they interpret the situation.

Related Link: ['Bachelorette' Couple Emily Maynard and Jef Holm Break Up](#)

3. Don't feed other people's drama: When your partner starts to create unnecessary drama, don't fight back just yet. Let them cool down and have a breather. After they settle down, you two can discuss the true problem without getting into a fight. While our lives may not be as dramatic as celebrity exes, Dorfman and Murray, we can still minimize drama whenever possible!

How do you keep drama from being central to your relationship? Share your thoughts below.

The Worst 'Bachelor' and 'Bachelorette' Breakups





Page 1 of 11



Jake Pavelka and Vienna Girardi
Jake Pavelka thought Vienna Girardi would be his best chance
at love when he knelt in front of her on 'The Bachelor' season

14 finale. But after a short engagement, the pilot decided it was over and broke the news to his fiancée over the phone! On a TV special, Pavelka accused her of cheating, while Girardi said he was obsessed with fame. Ouch! Photo: Bob Charlotte / PR Photos

‘The Bachelor’ Chris Soules on First Night Jitters



By Emma L. Wells

First dates can be stressful enough, but can you imagine having 30 first dates simultaneously? That's how Chris Soules

felt on Monday night during the premiere of *The Bachelor* Season 19. “It was nerve-racking but exciting to be in the same room with 30 amazing women and knowing that one of them could potentially become my fiancée,” Soules said in an interview with [People.com](https://www.people.com). While some women handled the stress of the evening better than others (a few contestants were noticeably intoxicated by the evening’s close...), they all made lasting impressions. From motorcycles and karaoke to secret admirers and a pig nose, the women used a variety of tactics to try and catch the handsome bachelor’s eye. Some ended up being more successful than others, as the 33-year-old farm boy from Iowa eliminated eight women during the first rose ceremony on *The Bachelor* Season 19.

‘The Bachelor’ Chris Soules was pretty nervous Monday night. What are three ways to deal with nerves on a first date?

Cupid’s Advice:

Everyone has to deal with nerves from time to time, but you don’t want to let some overly energetic butterflies interfere with what could be a really amazing first date. Cupid has some ways to reign in those jitters:

1. Just breathe: It may seem like simple advice, but it’s often what people forget when they are under pressure. Focusing on your breathing helps in many ways. First, it helps center your mind on something else. Second, it’ll slow your heartbeat and your thoughts, and you’ll quickly start to feel less flustered and crazy. Being in control of your breathing will help you feel in control of your situation. Try counting

to five as you inhale and counting to seven as you exhale; repeat this ten times, and you'll be calm again in no time!

Related Link: [‘The Bachelor’ Season 19 Premiere: Chris Soules Meets 30 Bachelorettes](#)

2. Remember you're not the only one: You're not alone! It's good to keep in mind that the person sitting across from you is most likely feeling just as nervous as you are. Believe it or not, shared nervousness can even be something you two can bond over. Try joking about it and see where the conversation takes you.

Related Link: [‘Bachelor’ Chris Soules Opens Up About Finding His Future Wife](#)

3. Understand your anxiety: First date nerves can have many causes. They might just mean you're really excited. Or perhaps you always get restless when you meet new people. The jitters could also be your body's way of telling you that you already know this isn't a good match. Diagnosing the reason behind your butterflies will help you figure out how to handle the situation. Most importantly, remember that nerves are normal; don't let them stand in the way of your happily ever after!

What are some ways you deal with nerves on a first date? Share your thoughts below.

‘The Bachelor’ Star Nikki Ferrell Opens Up About

Celebrity Breakup with Juan Pablo Galavis



By [Whitney Johnson](#)

On the red carpet prior to Monday night's premiere of *The Bachelor*, former winner Nikki Ferrell opened up to host Chris Harrison about her celebrity breakup with Juan Pablo Galavis – and surprisingly she had nothing but nice things to say about her celebrity ex! According to [UsMagazine.com](#), the pediatric nurse shared, “I’m not a quitter. I tried everything, and he tried too. It wasn’t just a one-side thing. We real-life tried, not TV-tried.” She added, “I knew I was never going to be the number one priority. He has a daughter...but there’s a difference between being the second priority and the seventh priority.”

Not everyone speaks so highly of their celebrity ex like 'The Bachelor' winner Nikki Ferrell. What are some factors to consider when someone asks you about your ex?

Cupid's Advice:

Everyone handles a breakup differently. Maybe you want to hide under the covers and consume pint after pint of Ben & Jerry's Phish Food until your heart begins to heal. Or perhaps you can't help but spill intimate details about your relationship to anyone who will listen, including that stranger who sat next to you on the subway. So what is the best way to respond when someone asks you about your ex? Cupid has some tips:

1. Think before you speak: It's tempting to say exactly what's on your mind (nice or not) when it comes to chatting about your ex and your intense breakup. Instead, when you're alone, really think about your relationship and come up with a blanket statement to share with anyone who asks for more information. Take a cue from *The Bachelor* winner Ferrell and consider something as simple as, "We tried our best to make it work."

Related Link: ['Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis](#)

2. Keep private details to yourself: If you find yourself saying too much when family or friends inquire about your recent heartbreak, start a journal. Writing down your emotions is a great way to share your feelings but still keep them private. That way, you'll be more in control of your thoughts

when your loved ones want to know what happened!

Related Link: [Did 'Bachelor' Winner Nikki Ferrel Reveal She Has a New Man?](#)

3. Change the subject: If you're worried that you won't be able to stop talking about your former partner once you get going, just bring up a new topic! Politely say that you'd rather not talk about it and then ask about their holidays or if they've been watching the most recent season of *The Bachelor*. Easy!

How do you respond when someone asks you about your breakup? Tell us in the comments below!

'The Bachelor' Season 19 Premiere: Chris Soules Meets 30 Bachelorettes





By [Sarah Batcheller](#), [Lori Bizzoco](#), and [Whitney Johnson](#)

If you watched the season 19 premiere of *The Bachelor* last night, you know that Chris Soules is in for quite a ride. The Arlington, Iowa native clearly has his hands full with this group of women! After getting booted by Andi Dorfman, there's no telling which dynamic lady will steal his heart – and when we say dynamic, we mean it. His contestants range from a ballet instructor and a flight attendant (a profession that hasn't reigned superior in *Bachelor* past) to a WWE Diva-in-Training and a former NFL Cheerleader. Some are hotties with big personalities, while others are more bashful and low-key. And then there's the girl who depends a little too heavily on the bottle. Of course, they have one thing in common: They all want the same man. Ahh, aren't you so glad to have season 19 of *The Bachelor* to start off the new year?

To help you keep up with the 30 bachelorettes vying for Prince Farming's heart, we developed a "cheat sheet" with identifying details and our personal opinion of the women. Who will be sent home in tears? Who will embarrass themselves on national television? And, most importantly, who will get that final

rose and prove to be the lady of Soules's dreams? Read on to find out what we think. (Spoilers ahead!)

Which Bachelorette Will Win Chris Soules's Heart on Season 19 of 'The Bachelor'?

Top Contender

Britt, Waitress, Hollywood, CA

After only one night, we think Britt could easily win the single hunk's heart with her sweet composure and warm personality. Her "free hug" idea was a perfect way to capture his attention. It gave him the chance to show his vulnerability, and she got him to open up and trust her. She even got the first impression rose *and* the first kiss! Nice job! A+ for how to win a man. Still, we have to wonder: What would an L.A. girl do on a farm?

Most Likely to Make Babies

Whitney, Fertility Nurse, Chicago, IL

Whitney is an adorable girl, and Soules said he is excited about her. How could he not be? The girl is smiling from ear to ear and living on cloud nine with her positivity. She sees possibility in everything, including the fact that, because she is a fertility specialist, she could help him raise baby hogs. Not sure her high-pitched, fast-talking, bubbly voice would be a good fit for the laid-back environment of the farm though. She would need to slow down...way down!

Related Link: ['Bachelor' Chris Soules Opens Up About Finding His Future Wife](#)

Winner of the Bachelorette Look-alike Contest

Kelsey, Guidance Counselor, Austin, TX

We had to do a double-take when we saw Kelsey exit the limo. For a moment, it looked like Molly Maloney (now Mesnick) had

stepped back into the scene! This short-haired widow would win the former *Bachelor* contestant look-alike contest if there was such a thing, but what she is really hoping for is to win Soules's heart. Only time will tell!

Award for Turning *The Bachelor* on During the Limo Introduction

Megan, Makeup Artist, Nashville, TN

"Blondie." "You're gorgeous." "Blue eyes." "I am nervous." "This is crazy." We thought for a moment that the farmer was going to run away with Megan right then and there! It was obvious that he was extremely attracted to her. One thing though: We were shocked that she was the only one, aside from Tara, who looked like she wasn't wearing makeup.

Best Dressed and Best Eyelashes

Ashley I., Freelance Journalist, Wayne, NJ

This East Coaster gets two awards: One for being absolutely stunning in her formal dress and the other for her long and just as stunning eyelashes. The girl is drop-dead gorgeous, but we need to see if her inside is as pretty as her outside. So far, she is nervous about the other girls, which really makes no sense. Confidence is key, Ashley!

Hardest to Figure Out

Trina, Special Education Teacher, San Clemente, CA

Hello, Farmer Chris! Trina's expression and facial reactions didn't really match her words. There is something somewhat phony about her...but we haven't quite figured it out yet. Stay tuned for more.

Craziest Profession

Reegan, Donated Tissue Specialist, Manhattan Beach, CA

It's a toss-up between embalmer Shawntel Newton and this donated tissue specialist for the craziest profession. Reegan brought biohazard waste to meet a man she's trying to impress. Really? Fake heart or not, there are some things that are just too much, too soon!

Official Train Wreck

Tara, Sport Fishing Enthusiast, Ft. Lauderdale, FL

The girl was probably the first in *Bachelor* history to show up dressed casually. She exited the limo with Daisy Dukes and cowboy boots to show Soules her “real” side. She later changed into a little black dress, climbed into an empty limo, and reintroduced herself as a lady. Unfortunately, she threw down so much Jameson, Jack, and Johnnie (her BFFs, as she mentioned) that she couldn’t pull off the classy lady for longer than 30 seconds. Still, the man of the hour (surprisingly) gave her a rose. We can’t wait to see what she does next!

Biggest Baby

Amber, Bartender, Chicago, IL

We’re not sure what to say here. A 29-year-old woman who still needs her teddy bear for comfort? She definitely doesn’t scream “marriage material” to us, but at least she made a memorable impression!

Related Link: [The First Official Look at Chris Soules on ‘The Bachelor’](#)

Worst Stolen Moment

Nikki, Former NFL Cheerleader, New York, NY

We couldn’t help but be disappointed that this beautiful brunette’s first moment with Soules was interrupted by Tara’s dramatic second hello. Lucky for us, Prince Farming got to know her a bit better at the cocktail party and decided to keep her around!

Wackiest Secret Admirer

Amanda, Ballet Teacher, Lake in the Hills, IL

The idea was good, but the girl is a bit off. As Britt put it, she has big eyes that are almost as scary big as those of Ashley S. As beautifully graceful and sincere as ballet is, Amanda is a little awkward. She even admitted in the confessional booth that she was single because she is crazy!

Most Likely to Bench Press *The Bachelor*

Jillian, New Producer, Washington, D.C.

Jillian has to be the girl most likely to beat the crap out of you! She's pretty but needs to tone down the testosterone and up her femininity if she wants to make it far in this competition. As of now, she doesn't seem like much of a match for small town guy.

Simplest Single Mom

Mackenzie, Dental Assistant, Maple Valley, VA

This young mom has a cute little boy and is looking for a husband. She asked Chris about his farm and did some watercolor painting with him. He gave her an education on Alfalfa, and the rest is history. Mackenzie is much simpler than the other women, so that may make it hard for her to compete.

Most Awkward Limo Exit (among other things)

Ashley S., Hairstylist, Brooklyn, NY

This was one of the most awkward limo exits we've ever seen. Why it wasn't edited is beyond us, but this girl didn't even look at Soules. She got out and looked around, as if she were high, lost, or confused. Maybe she tried out for the wrong show? During the cocktail party, she spoke in metaphor about being like an onion. Enough said!

Worst Sense of Humor—Ever!

Kaitlyn, Dance Instructor, Vancouver, BC

This girl had a great presence when she exited the limo. But as soon as she opened her mouth, it was all over. She introduced herself by telling an inappropriate joke that didn't seem all that funny. Soules later shut her down when she offered to tell yet another corny joke. Despite her awkwardness, the *Bachelor* was impressed with how down-to-earth she is.

After the farmer enjoyed some time with the first 15 ladies, the next group of women showed up. The first four to arrive –

Samantha, Michelle, Juelia, and Becca – were a bit...boring. They were all gorgeous (no surprise there) but didn't offer much in terms of exciting introductions.

Hottest Introduction

Tandra, Executive Assistant, Sandy, UT

There's no doubt that this girl made an entrance: She drove in on motorcycle in a beautiful dress. It was graceful, and she was showing Soules that they had something immediately in common (he rides a motorcycle too). She also revealed that, as much as she could be a lady, she could let her hair down too. Even the other women thought it was an amazing way to say hello!

Related Link: [Chris Harrison Jokingly Slaps Chris Soules in 'Bachelor' Promo](#)

Lamest Prop

Alissa, Flight Attendant, Hamilton, NJ

Alissa is adorable but may be a little immature for Soules. We're still on the fence. For her introduction, she took an airplane seatbelt and put it around his waist. It was a nice technique to get close to him, but she'll need to step it up in order to compete with the other ladies in the house.

Best Ice Breaker

Jordan, Student, Windsor, CO

We didn't get to see much of Jordan tonight, but from what we did see, we like her. She was smart enough to bring the nervous *Bachelor* two mini-sized bottles of whiskey, which they proceeded to drink together. Something to keep in mind, ladies: Figure out what he likes and do that!

Worst Miss Piggy Impersonation

Nicole, Real Estate Agent, Scottsdale, AZ

Nicole walked out of the limo with what looked like a handmade pig nose that was secured with elastic around her head. It was a cute idea, but it didn't really go over as well as she had

hoped. She was sent on her way.

Worst Way to Wear a Doily

Brittany, WWE Diva-in-Training, Orlando, FL

Two strikes for Brittany, thanks to her horrendous outfit (and we mean *horrendous*) and tacky “Soulesmate” poster. She looked like she was wearing a gigantic doily. If this was a hand-me-down from her great, great grandmother, we apologize, but it wasn’t even nice enough for the dining room furniture.

Worst Serenade

Carly, Cruise Ship Singer, Arlington, TX

Carly took her pink, girly karaoke machine and serenaded Soules with a song that she wrote for him. Interestingly, she did this while wearing a fluffy-looking chiffon dress. Carly is a cruise ship singer, which somewhat explains the cheese factor in her gimmick. She was sent back to the ship, her singing was not enough to get her a rose!

Most Adorable Introduction

Tracy, Fourth Grade Teacher, Wellington, FL

Too cute for words. She read a note to the handsome farmer from one of her students, basically telling him to take care of her teacher and that she thinks he’s cute and that she likes roses. What’s not to like?

Of course, there were other contestants – Jade, Kara, Kimberly, and Bo – but they didn’t make a memorable enough impression for us to include them on our list. Unfortunately, at the end of last night’s episode, Soules sent home eight women: Nicole, Amanda, Kara, Kimberly, Bo, Brittany, Michelle, and Reegan. Kimberly went back inside for the rose she didn’t get...and we were left with another *Bachelor* cliffhanger.

The Bachelor *airs on ABC on Mondays at 8/7c. Check back next week for our recap!*

'The Bachelor' Chris Soules Opens Up About Finding His Future Wife



By [Jessica DeRubbo](#)

The Bachelor Chris Soules is serious about finding the love of his life. In fact, he recently opened up to [People.com](#) about leaving the farm life behind to expand his horizons and find The One. "There were so many great girls. I felt like I could fall in love with a lot of them right away," he said. The new season of *The Bachelor* debuts on January 5th, and Soules will have 30 women to choose from at the start. With one woman

arriving on a motorcycle, another proclaiming Soules could “plow her field any day,” and yet another giving him a “great squeeze,” there’s no doubt that this season’s *Bachelor* has his work cut out for him!

‘The Bachelor’ is a unique way to meet someone. What are three other ways to meet a potential mate?

Cupid’s Advice:

If you’re single and you keep going to the same places expecting to meet someone new, your odds probably aren’t that good. Maybe it’s time to mix it up! Cupid has some dating advice:

1. Try online dating: Finding a potential partner online is no longer such an outlandish idea, but there are still many of us who haven’t given it a shot. Instead of going to a bar or club, consider creating a profile on Match.com, OK Cupid, or eHarmony. It’s a great way to find someone with similar interests right away instead of having to strike up multiple conversations with random people every time you go out.

Related: [Dating Red Flags Revealed on Facebook](#)

2. Go grocery shopping or to the gym alone: This tactic tends to work better in big cities, but meeting someone while grocery shopping or at the gym is becoming a great way to get out there. These are things you have to do anyway, so why not keep an eye out for potential mates while you’re at it? If you go by yourself, you’ll be less intimidating than if you’re with a group of friends.

Related: [Chris Harrison Jokingly Slaps Chris Soules in New](#)

['Bachelor' Promo](#)

3. Go on a blind date: Sometimes, it's best if you're left completely in the dark when it comes to picking the right partner. By letting your friends set you up on a blind date, they can be more unbiased and may actually choose someone with a personality you'd love. Though looks are obviously important, they aren't the only thing that leads to a solid relationship. So take our dating advice and go on one blind date a month.

What are some other creative ways to meet a new partner? Share your ideas below.

Did 'The Bachelor' Winner Nikki Ferrell Reveal She Has A New Man?





By [Emily Meyer](#)

Although Nikki Ferrell's celebrity breakup from *Bachelor* Juan Pablo Galavis was only a month ago, her Instagram account tells us she's wasting no time getting back into the swing of things when it comes to her relationships and love life. According to [Wetpaint.com](#), the *Bachelor* winner posted a photo over the weekend quoting Beyoncé's song "Halo" by writing, "I swore I'd never fall again, but this don't even feel like falling." She then captioned the quote with more lyrics from the song, "Think I'm addicted to your light," followed by a heart emoji. The private beauty didn't give any more details about this new special someone, but we can't wait to see what celebrity love gossip she shares next!

'The Bachelor' winner Nikki Ferrell found romance after her celebrity breakup. How do you know when

you're ready to start dating again after a breakup?

Cupid's Advice:

Whether you were in a relationship for months or years, breaking up is never easy. You have been dealing with a tornado of emotions ranging from anger and confusion to sadness. It can be difficult to figure out when you're ready to start dating again, so Cupid has three ways to help you know when you're ready to get back into the dating scene:

1. You have a positive outlook about your past love: Although it's normal to feel somewhat angry about how your last relationship ended, it's important that you let go of those negative feelings. If not, you may not be able to move forward to a place of peace with a new partner. Figure out what's still holding you back and like *Bachelor* winner Nikki Ferrell, speak positively of your ex to help you move into a better place.

Related Link: ['Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis](#)

2. You can be happy on your own: You have to be content with yourself before you can find happiness with someone else. Make sure you have your own hobbies, career, and social circle before you dive into another relationship. When you sincerely love yourself as an individual, you'll be ready to start the dating process again.

Related Link: [Chris Harrison Jokingly Slaps Chris Soules in New 'Bachelor' Promo](#)

3. You want to move on for *yourself*: It's only human to want to make your ex a *little* jealous. However, that should not be your main motivation. Make sure you're fully committed to

dating new people for the right reasons.

How did you know you were ready to get back into the dating scene? Tell us in the comments below!

'The Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis



By [Emily Meyer](#)

Sadly, it has been confirmed that another *Bachelor* couple has

split. After speculation that there was trouble between celebrity couple Nikki Ferrell and Juan Pablo Galavis, Ferrell confirmed the celebrity breakup. According to [E! Online](#), the split happened over her birthday weekend. The pediatric nurse revealed, "We were just going back and forth through texting. He was questioning the relationship, and I was questioning it back. I sent him a message saying, 'We should fight for this. We should work this out.' And he didn't respond." That's when the 28-year-old posted her angry message to Instagram. She confessed, "In hindsight, I probably shouldn't have done that. I'm a tad bit impulsive." Regardless, the two still have love for one another. Ferrell said, "Who knows what the future holds, but at this point in our lives, it's not working for either one of us."

Celebrity couple Nikki Ferrell and Juan Pablo Galavis were pretty upset about their celebrity breakup. How can you stay positive when ending a relationship?

Cupid's Advice:

We've all been there: a bad breakup that makes you feel like you'll never be happy again. We know being strong is challenging, but staying positive can help you get through the tough times that are ahead. We know this celebrity couple will get through it and so can you. Here are three tips on how to stay positive when going through a split:

- 1. Forgive and forget:** A big part of being positive is learning to let things go. Not all relationships work, so there is no reason to blame yourself or your ex. Learn to move on and remember the good times you shared.

Related Links: [Have 'Bachelor' Couple Juan Pablo Galavis and Nikki Ferrell Split?](#)

2. Reconnect with yourself: You have been part of a partnership for so long; now is the time to focus on yourself again. Find out what it is that truly makes you happy and pursue it, whether it's exploring a new hobby in photography or spending extra time with your best gal pals.

Related Links: [Can You Really Find Love on 'The Bachelor'?](#)

3. Surround yourself with good people: It's important to surround yourself with friends and family who love and support you. Find things that make you smile and laugh. The happier you are, the sooner you will forget about the breakup and be ready to open yourself up to love again.

What are some other ways you can stay positive during a breakup? Share below!

'The Bachelor' Runner-Up Lindsay Yenter Is Engaged





By Emily Meyer

It looks like Lindsay Yenter didn't waste any time sulking around and pining for lost love! After not receiving the final rose from Sean Lowe on *The Bachelor* season 17 finale, the bubbly brunette quickly moved on and began dating now-fiancé Karl Swanson. According to Wetpaint.com, her celebrity love popped the question at the end of October. Yenter posted a photo of her amazing new rock on Instagram with the caption, "You mean I wasn't dreaming?! More details to follow on the blog...#ontopoftheworld." The former reality star credits *The Bachelor* Sean Lowe with helping her see what's important in a potential partner, saying, "After doing the whole show, it made me realize I need to find guys who I want as a husband and as a father instead of going after the bad boy." We cannot wait to hear wedding details and see what's next for this celebrity couple!



Lindsay Yenter shows off her gorgeous engagement ring. Photo courtesy of Lindsay Yenter's Instagram.

Lindsay Yenter knew she was prepared when celebrity love Karl Swanson popped the question. What are three signs that you're ready to get engaged?

Cupid's Advice:

Getting engaged is a big step. Whether you've been dating for a few months or several years, it's sometimes hard to know when the time is right. Cupid has three telltale signs to consider:

1. You bring out the best in each other: Whether it's making your partner constantly smile or helping them achieve new success at work, it's important to always bring out the best in each other. Friends and family will see that, and you'll be sure to get their stamp of approval.

Related Link: [Desiree Hartsock and Chris Siegfried Announce Their Wedding Date](#)

2. You share similar values: You should be on the same page as your future fiancé. Whether it's how many kids you want or where you want to live, it's vital in any relationship to agree on the big issues. If not, one of you may ultimately end up disappointed.

Related Link: [Andi Dorfman Begins Wedding Dress Shopping in NYC](#)

3. You enjoy every moment together: For a relationship to last, you need to enjoy each other's company, no matter what you're doing. Marriage doesn't mean fancy dinners and expensive gifts; you'll have to be content with just hanging out sometimes. Whether it's going to the grocery store or doing the laundry, you need to be just as happy doing these boring chores as you will be on date nights. *The Bachelor* runner-up Lindsay Yenter's instagram tells us her and celebrity love Karl Swanson enjoy spending time with each other no matter where they are.

How did you know you were ready for engagement? Share below!

The First Official Look at Chris Soules on 'The Bachelor'





By Emily Meyer

Start planning for *The Bachelor* Season 19 viewing parties now! While the reality show isn't set to air until January 5, 2015, eonline.com has the first exclusive look at Chris Soules. The 32-year-old Midwest farmer who won our hearts on Andi Dorfman's season of *The Bachelorette* now has his chance to find a relationship and love. The first promo pic for the season is captioned: "Traditional. Classic. All-American." It was also just announced that *The Bachelor* premiere will be three hours long *and* live! "Coming from a small town, I never really expected to have this opportunity to be on either show, let alone to be the lead on *The Bachelor*, so it's been awesome," Soules shared after his announcement was made on *Good Morning America*.

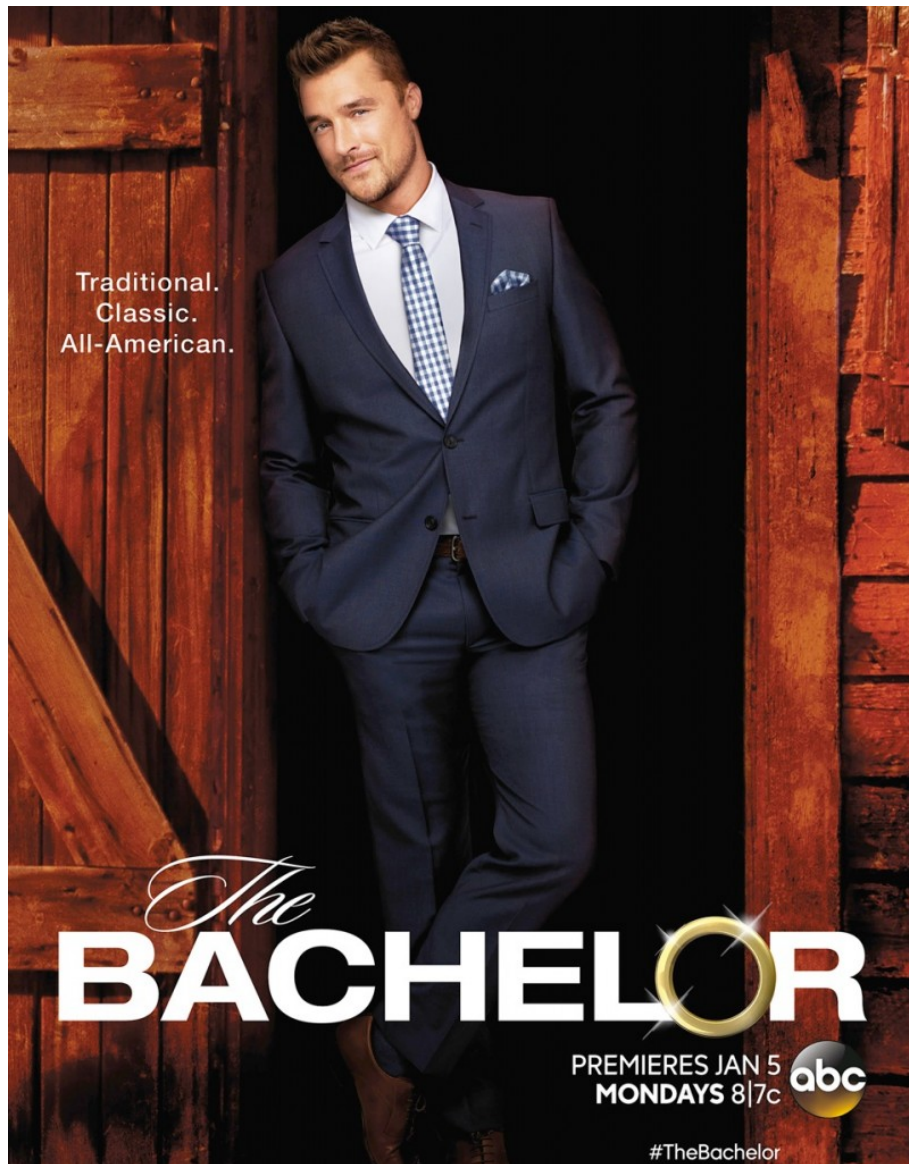


Photo courtesy of ABC.

‘The Bachelor’ offers a unique way to meet a new partner. What are some other ways to meet someone?

Cupid’s Advice:

Are you tired of the same boring potential partners you meet each weekend at the local watering hole? You probably don’t want to go as far as being the next *Bachelor* or *Bachelorette* (if only we were all so lucky!), but you *do* want to find fresh and exciting people to bring into your love

life. Cupid knows it can be tough, so here is some dating advice to help you meet someone new:

1. Hang out where big groups gather: Think about where men and women often spend time together. Get a few girlfriends and go to a place you know will be flocking with men, like a local steakhouse or a nearby sports bar on game night. If you're looking for ladies, head to the mall or a popular park in your town. The more people around, the better chance you have of meeting someone who's a good fit for you.

Related Link: ['Bachelorette' Andi Dorfman Quits Assistant District Attorney Job](#)

2. Volunteer: What could be better than a significant other who gives back to their community? It's time to get involved and start volunteering! You will meet single men and women who are caring and passionate about something. Plus, you'll be doing something good for your town while you search for The One!

Related Link: [Ryan Seacrest Aspires for a Marriage Like His Mom and Dad](#)

3. Join a local sports team: Not only will you meet tons of single men and women— but you can get in better shape and release any stress from work. That cute pitcher is sure to be turned on by your impressive batting skills!

What are some different ways to meet someone special? Tell us in the comments below.

Have 'The Bachelor' Celebrity Couple Juan Pablo Galavis and Nikki Ferrell Split?



By Emily Meyer

It looks like *The Bachelor* celebrity couple Juan Pablo Galavis and Nikki Ferrell have called it quits after trying to salvage their rocky celebrity relationship. For those who watched the controversial couple on *The Bachelor* and VH1's current season of *Couples Therapy*, it should be no surprise that there will be no more roses passed between the two of them. According to People.com, Ferrell dumped Galavis seven months after audiences watched him decline to say "I love you" to the 27-year-old pediatric nurse on the finale of *The Bachelor*. It

seems she has finally grown tired of his childish behavior: On Sunday, she unfollowed the reality star on both Instagram and Twitter and then posted a harsh quote that appears to be aimed towards Galavis. She posted, "Isn't it pathetic how we waste so much time on certain people and in the end they prove that they weren't even worth a second of it."

'The Bachelor' winner Nikki Ferrell had a tough time figuring out when to end her celebrity relationship. How do you know when it's time to call it quits in a long-term romance?

Cupid's Advice:

We all want that perfect connection with someone, but we know that relationships and love are hard work. As difficult as it is to admit, time changes things, and sometimes, a breakup is for the best. So how do you know whether to stick around or back out of a longtime love? Cupid has some tips:

1. Your connection has faded: If you and your partner have lost sight on what brought the two of you together, then it's time to say goodbye. A healthy relationship is one where the passion is constantly flowing. Rather than convince yourself that you belong together, you should be reminded every day of why you're in love with this person.

Related Link: [Jennifer Lawrence and Chris Martin Call It Quits](#)

2. You're fighting more often: When it comes to relationships and love, it's important to remember that it's okay to fight. It's not about how much you argue with your partner but *how* you

resolve your issues as a team. If the fighting becomes more serious and filled with anger, it's time to break it off.

Related Link: [Nick Cannon Opens Up About Split From Mariah Carey](#)

3. Your vision for the future is no longer the same: A must in any relationship is to share the same goals and hold similar ideas for what you want. Whether it's the number of kids you'd like to have or where you want to live, make sure to be on the same page as your partner. If you find you're disagreeing over these big items, how will you ever agree on the little things?

How did you know it was time to call it quits with your long-term partner? Tell us in the comments below!

'The Bachelor' Stars Catherine and Sean Lowe on Celebrity Baby Plans: "Not Anytime Soon"





Interview by [Lori Bizzoco](#).

It's every *Bachelor* couple's fairytale to walk down the aisle after finding true love on ABC's hit reality TV show. For happy celebrity couple Catherine and Sean Lowe, that fairytale turned into a reality when the couple got hitched in a televised wedding earlier this year. Our executive editor and founder Lori Bizzoco talked to the happy celebrity couple at *OK!* magazine's New York Fashion Week celebration to get the scoop on married life, their recent appearance on *Bachelor In Paradise*, and their [celebrity baby](#) plans.

***The Bachelor* Couple Talk Marriage and Celebrity Baby Plans**

Related Link: [Ok! Magazine New York Fashion Week Celebration](#)

Since becoming Mr. and Mrs., it's no surprise that the newlyweds have learned a few things about each other. For instance, Sean reveals, "She's messy...and I'm a neat freak, so we're working on that." Still, marriage is "wonderful" for the pair. "I'm with my best friend all the time, so I can't ask

for anything more than that,” the former *Bachelor* adds.

As fans recently saw, the celebrity couple appeared on the finale of *Bachelor In Paradise* to give the final two pairs – Marcus Grodd and Lacy Faddoul and Cody Sattler and Michelle Money – a bit of relationship advice. While they believe that both reality TV dups will last, they’re particularly excited for newly-engaged Grodd and Faddoul. “If Lacy ends up moving to Dallas to be with Marcus, we’ll be doing some double dates,” Catherine says.

We couldn’t resist asking about their future plans for a celebrity baby. Not anytime soon!” Catherine shares. “But yes, of course, we want a family.”

Related Link: [Sean Lowe Writes, “My Wife is Hot and I’m in Love”](#)

In the mean time, the happy couple is enjoying their time together as husband and wife. When it comes to date night outfits, the fashionable graphic designer says, “There is never a go-to. It’s always, ‘What are we doing?’ I need to be appropriately dressed.” Looking lovingly at her hubby, she adds, “I like wearing my hair up because he likes my hair up.”

Keep up with Sean and Catherine on Twitter: @SeanLowe09 and @clmgiudici!

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Former ‘Bachelor’ Sean Lowe

Writes: “My Wife Is Hot and I’m in Love”



By Amanda Boyer

[Sean Lowe](#) has taken his love for wife Catherine Giudici, who he met on season 17 of [The Bachelor](#), to a new level. While the famous couple often posts sweet Instagram photos of each other, this time, the Texas native published a blog post on his Patheos page titled “Caught in Her Web.” As reported by [UsMagazine.com](#), he shared how and when he first fell for Giudici as well as the things about her that he loves most, ending with, “So in conclusion, my wife is hot and I’m in love.” After seven months of marriage, the celebrity couple is still very much in the honeymoon stage.

Former *Bachelor* Sean Lowe and winner Catherine Giudici are always expressing their feelings for each other. What are some ways to show your love to your partner?

Cupid's Advice:

If you want to show your significant other just how much you care but are not sure what to do, Cupid has some love advice for you:

1. Write a note: Take a cue from this *Bachelor* star and write down your feelings! If you have to leave for an early meeting or are going on a weekend trip with friends, hide a sweet card for your love to find while you're gone. Let him know that you're thinking of him and can't wait to see him again soon. This small gesture will go a long way!

Related Link: [Can Love Be Better the Second Time Around?](#)

2. Surprise them: It's easy to get into a daily routine of work, household chores, and social engagements and let your relationship and love life fall to the back burner. To combat this regularity, be spontaneous and plan a Tuesday night date at your favorite restaurant or head to the bowling alley with another couple. Your partner will appreciate that you took the initiative to do something special and unexpected.

Related Link: [10 Signs That You're in Love](#)

3. Try something new together: Has your beau always wanted to go rock climbing or sky diving? Plan an adventure-filled day for the two of you. Even if you're a bit nervous, step out of your comfort zone, knowing that your partner will be there to hold your hand when you get scared.

What are some ways you show your love to your partner? Share your thoughts below!

Arie Luyendyk Jr. Is “Pissed” He’s Not the Next ‘Bachelor’



By Kaley Allard

Former *Bachelorette* contestant Arie Luyendyk Jr. will not be given another shot at relationships and love on *The Bachelor* Season 19, according to [UsMagazine.com](https://www.usmagazine.com), and he’s not happy about it. A source recently said that Luyendyk is “pissed” that he was not chosen. Luyendyk tweeted his dismay

saying, "I'm not the *Bachelor*. Have fun on the farm people." Hopefully Luyendyk's poor attitude and angry social media posts do not affect this years *Bachelor* pick, Chris Soules.

Even for The Bachelor, finding relationships and love can be difficult. How can you branch out and find new ways of meeting a partner?

Cupid's Advice: Trying to find 'the one' is by no means easy, and for the majority of us, it takes a lot of work. Spending your time trying to find a significant other can become tiresome and you may even feel defeated. Below are three seemingly easy ways to meet new people, and if you're lucky one could end up being your soul mate:

1. Online dating websites: We have all seen commercials for couples who have found relationships and love on such sites as eHarmony and Match.com. If you aren't meeting people through friends, family or events, give online dating a try.

Related: [Single in Stilettos Show: How to Be Successful In Online Dating](#)

2. Speed dating: The concept may seem ridiculous but speed dating is an effective and easy way to meet many new people all at once. While we aren't saying that you will necessarily find 'the one' on your first round, you may if you give it a few more goes.

Related: [The Dos and Don'ts to Speed Dating](#)

3. Blind dating: Everyone has heard the horrors of blind dating, like what the heck was my friend thinking? While you may not find your soul mate on your first date, you have the

opportunity to meet new people and possibly make a friend along the way.

What are some effective ways that you have used to meet new people? Please share below!