

# Demi Lovato Catches Bouquet at Disney Co-Star's Wedding



The wedding fairies may be trying to tell former Disney star Demi Lovato something. The actress recently attended her former *Sonny with a Chance* co-star Tiffany Thornton's wedding, and she caught the bride's bouquet at the reception, according to [UsMagazine.com](http://UsMagazine.com). Lovato wasn't shy about her accomplishment, either, as she went straight to Twitter to tell the world. "Such a beautiful day," Lovato tweeted. "Congrats to the new Mr. and Mrs Chris Carney! P.S. Guess who got the bouquet? ME!"

**How do you deal with your man when he freaks out after you catch the bouquet?**

## **Cupid's Advice:**

Catching the bride's bouquet at a wedding traditionally means you'll be the next to tie the knot. This can send your man into a full-on panic. Here's how to keep him calm:

**1. Don't make it a big deal:** After you catch the bouquet, play it cool. Don't make a big fuss or put any pressure on your man. This will only make him more stressed.

**2. Keep expectations out of it:** Make it clear that the bouquet doesn't change your mindset about your relationship. Make it be known that you don't have any outstanding expectations as a result.

**3. Play it off as superstition:** Make it be known that you are fully aware that the bouquet tradition is purely superstition, and simply laugh it off.

**How do you calm your beau's nerves post-bouquet catching?  
Share your ideas below.**