



Get 4 FREE Issues!

Give the Gift of PEOPLE

THE REINVENTED 2012 CAMRY.



Learn More



People

HOT NOW: [Lindsay Lohan](#) [The Royals](#) [Baby News](#) [Caught in the Act](#)

HOME NEWS PHOTOS STYLE TV WATCH BABIES PETS GAMES CELEBS VIDEO

Get 4 FREE Issues of PEOPLE

TV Watch Main [The Bachelor](#) [American Idol](#) [Real Housewives](#) [The Biggest Loser](#) [The Voice](#) [More Shows](#)

TV WATCH



Snooki's Favorite Baby Names Revealed

PHOTOS: Prince Harry Races Olympic Sprinter Usain Bolt

Kris Humphries's Sister Lands a Modeling Contract

PHOTO: Elizabeth Berkley Debuts Her Baby Bump

Nick Says He'll Coach Vanessa in the Delivery Room

PHOTO: Whoa! Rumer Willis Heats Up Miami Movie Premiere

Ben: Courtney Showed 'Softer, Sweeter Side' on *Women Tell All*

Elizabeth Berkley Is Pregnant

MORE HEADLINES

Get 4 FREE Issues



ON NEWSSTANDS NOW

A Princess on Her Own: Kate's a Natural! Plus: Oscar Secrets

GET 4 FREE ISSUES!

Top Five Most Read Stories This Week



THE BACHELOR

The Bachelor's Ben Flajnik 'Truly Felt in Love' with Lindzi Cox

BY BEN FLAJNIK

Tuesday February 28, 2012 01:15 PM EST



Ben Flajnik and Lindzi Cox

Like 112 +7 1
Share Tweet Send

Saying goodbye to Kacie last week on *The Bachelor* really solidified how difficult this journey has been, and I knew it was only

going to continue to get harder. I was really looking forward to heading back out of the country to one of my favorite places, Switzerland, to try and reset my mind and focus on the [three incredible women](#) who are left.

My first date was with Nicki, and I was really happy to see her. I loved getting to know her family, and after leaving Fort Worth, Texas, I had a great feeling about the two of us being together at the end of this. Our date together was hands down one of the best dates I had during this entire journey.

First off, the helicopter ride was insane! Secondly, I couldn't have spent it with a better person! Nicki, "the dark horse," constantly surprised me, and I still can't describe how extremely comfortable I felt around her.

The evening portion of the date went better than expected. Nicki always had a way to make me feel at ease and comfortable in life's serious discussions. When talking about our fathers being very similar, I felt even closer to her than I ever had before. She is a woman who I really feel would have transitioned nicely into my life, and she is strong, supportive, confident, sexy and a blast to be with.

Unfortunately, there are two other women here who I feel the same way about. (And as far as the bubble bath goes, sorry Mom.)

My next date was with Lindzi, and it was another incredible date. I don't know why I always put Lindzi through all of these extreme dates, but she continued to be a good sport no matter what was thrown at her. Maybe I just like seeing

GET People EVERYWHERE



ADVERTISEMENT

ARE YOU SAND OR SNOW?

New Chapstick Lipshield 365. With SPF 50+ for year round protection.

PICK YOUR SIDE

ChapStick ON EVERYONE'S LIPS

What to Watch Today

TUESDAY

ALL TIMEZONES:	EST	CST	MST	PST		
	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM
ABC	Last Man Standing	Cougar Town NEW	The River NEW		Body of Proof	
NBC		The Biggest Loser NEW			Decision 2012 LIVE	
FOX	Raising Hope NEW	I Hate My Teenage Daughter NEW	New Girl NEW	Breakin' In NEW	Local Programming	
CBS	NCIS		NCIS: Los Angeles		Unforgettable	
CW	90210 NEW		Ringer NEW		Local Programming	
BRAVO	The Real Housewives of Orange County		The Real Housewives of Orange County NEW		Tabatha Takes Over NEW	
MTV	Teen Mom 2		Jersey Shore		Demi Lovato: Stay Strong NEW	

View Complete TV Listings

TV LISTINGS FROM ZAP 2 it

SEE ALL LISTINGS

1 Snooki Is Engaged and Pregnant: Source

her push herself emotionally, and some of these dates allowed her to do that. Either way she is always up for anything, and that is a really attractive quality.

2 Nick & Vanessa Lachey Expecting a Baby

Speaking of attractive, sometimes I'm awestruck when looking at Lindzi. I find her to be so beautiful, even when I put her in a helmet and harness and dangle her from a rope.

3 Ashton Kutcher Visited Demi Moore

Felt In Love

As far as these kinds of dates being "bonding" dates – not so much. They are just plain scary! I don't know if you remember San Francisco, but I have a fear of heights, so I was definitely afraid to rappel into the gorge. For a moment I was wondering what I had gotten us both into. In the end, I guess doing it with Lindzi is what got me through it.

4 PHOTO: Brandi & LeAnn Team Up at a Soccer Game

5 Nick & Vanessa Lachey Thank Fans for Baby Well-Wishes

Later that day, Lindzi really started to open up to me even more. I know it's hard for her and that she likes to go for the joke before the serious moment. Sometimes it's great to be with someone who is so playful and light-hearted, but I also want to be married to someone who I can have serious discussions with and will tell me how she really feels. The last few weeks, Lindzi has been doing that.

For the first time, I truly felt in love with this woman and was really looking forward to dinner to see if she was feeling the same way.

Dinner was amazing! The fact that we got very gentrified in gowns and bowties made it even more fun. Again, Lindzi surprised me with her openness and honesty, and I began to feel more for her in that moment than I ever had before. Our feelings for each other are real and genuine.

After coming off of such an incredible date with Lindzi, I had to switch my focus to Courtney. We had a great time in Scottsdale, Ariz., and Courtney told me she loves me, which felt so good. I love her silliness and quirkiness, but I want to see an emotional side too, and this came just in time. I was excited to see how our relationship developed even more.

I light up every time I am around Courtney, and this day was no different. We had a lot of natural, easy-going fun exploring the town, and I realized how many things we have in common when it comes to things like traveling, food and music. But I still couldn't stop thinking about the other women's warnings and if she even had a bit of remorse for her actions.

Turning a Corner

I felt like she deflected any of the blame, and it was starting to really bother me that she didn't see her role in any of the drama amongst the women. I understand why she wanted to wait until later to discuss it so we could enjoy the beautiful countryside of Wengen, Switzerland, during the day, but I was eager to talk this out. Even with the small amount of heavy talk, we managed to enjoy ourselves during the day.

The dinner conversation we had was exactly what I needed to hear. I was really relieved to hear Courtney admit that she could have tried harder to get along with the women. I know they were sometimes mean to her, too, but I needed to hear her say that she could have done things much differently and may have gotten much better results. I have tried this entire journey to be patient and more forgiving. Courtney was worth the patience and I was happy to feel like she turned a big corner.

Kacie Returns

WHOA! What I wasn't prepared for was Kacie's return. I've said it before: I'm not good at breaking up with people and giving them closure. I don't have a lot of experience doing it – well, I didn't before becoming the Bachelor. Because of that, I can see why Kacie went home confused.

Honestly, all of the women [eliminated] should feel that way because I wasn't necessarily at the end of the road in those relationships. I have incredibly strong feelings for all of them and would have dated them longer if the situation had been different. But each week I could only try to continue the relationships that felt the strongest, and that's what I did.

Seeing Kacie again brought up so many feelings, and then hearing her warn me about Courtney's insincerity again brought everything to a head. I had just laid most of my concerns with Courtney to rest, and then it was like

From Our Partners

HUFFINGTON POST



Trouble In 'Downton': Will Maggie Smith Stay Or Go?

- Another Madonna Song Leaks Online
- Why Tina Skipped Lohan's 'SNL' Performance



Get PEOPLE's Android App!
Breaking news, bigger photos and 200+ celebrity profiles—all at the tap of a finger.



everything we had worked toward was swept away again. I went into the rose ceremony incredibly confused about the big picture and had to just follow my heart when I handed out the roses. Again, another difficult goodbye with a woman I was falling in love with.

I couldn't verbalize my feelings the way I wanted to when Nicki left. I wanted to tell her all of the wonderful things I loved about her, but I was afraid it would hurt her even more. I hope Nicki knows how much I care for her and how I feel like the luckiest guy to have had the relationship we had together.

I am incredibly excited to see my mom and sister in Switzerland soon. I need their support and guidance. In the meantime, I'm nervous to see all of the women I've said goodbye to so far on the "Women Tell All" episode. Thanks for going on this journey with me.

Can't get enough of *The Bachelor*? Check out [Chris Harrison's blog on EW.com](#)


ADD NEW COMMENT Powered by **DISQUS**

Type your comment here.

Post as ...


Showing 1-10 of 542 comments

Sort by **Newest first**

 **Thekingsdaughter631** 2 hours ago

he look differently at Lindzi than he does Courtney... I think he will ultimately be happier with Lindzi over Courtney. I do believe he will consider her behavior toward the other woman in the end. My pick for BEN certainly was Nicki ... i thought she was best for him. But for ratings and publicity it makes sense keeping Courtney. Kept us coming back for more. BEN BEN BEN you missed it when you sent Nicki home ... she was by far the better woman standing and still is.


[Reply](#)

 **Spring Blachly** 13 hours ago

An awful lot of judgment I'm seeing on this couple. We don't know these people, we don't know what they are truly like, to us they are just "characters" on a television show. The producers do their best to tell a story and they pick and choose what and what not to let the world see. I'm sure every person here has been unkind to someone or been blinded by what they thought was love at some point or another. Whether you're a Christian or not, it is still said best by John in the Bible when he said...

show more

[Reply](#)

 **Sagely advice** 13 hours ago

It seems Lindzi is too good for Ben ! She's a seemingly genuine winner !! Hope he wakes up before it is too late.


Perhaps, he needs to grow up a little bit more. He may be still suffering from his rebuff last season. Wanted to be the heart throb Playboy, to "redeem" himself !
???

Perhaps, Courtney, after all is his best match. Though, Ben's classy manners and seemingly sincere concern for others, seem at extreme odds from the the barbed tongue and tell all body language of Courtney.

Frankly, from what I have...

show more

[Reply](#)

 **Maria** 1 day ago

At the end of the day it doesn't really matter what all the haters say or think. I actually like Courtney and I wish you two happiness!

[Reply](#)



Throwmeabone in reply to Maria

18 hours ago

I am very curious to know just what exactly you like about her. I'm having a really hard time finding anything to work with here....

[Reply](#)



Shampolady

1 day ago

Its funny...Courtneys was on the cover of Fitness magazine april 2011...wouldnt think she would need a show to get a man...and she is a bully!!and that make her ugly!!

[Reply](#)



Seeyawouldntwanttobeya in reply to Shampolady

18 hours ago

She HAD a boyfriend before she went on the show and lied to him about needing to 'take a break' for the THREE months she was on the show. Surprise!

[Reply](#)



Spring Blachly in reply to Seeyawouldntwanttobeya

13 hours ago

Actually that was a lie printed by tabloids and Cavan Clark (the boyfriend in question) debunked those rumors in a reputable magazine. Look it up.

[Reply](#)



Charlotte

1 day ago

I wonder what it must feel like to have a sleep over with three different women on three different nights...and be one of those women? What could possibly be going through their minds? "Was she better then me?". How demeaning.

[Reply](#)



Atimeortwo82690

1 day ago

courtneysucks. i dont think shes that pretty, she has air for brains. shes rude, and has completely awkward social skills. ben, i love ya, but if you send kacie home over courtney, and THEN choose courtney over lindzi, you ARENT the guy we all thought you were. you're just dumb.

[Reply](#)


1 | [2](#) | ... | [55](#) | [Next](#) ▶

PeopleTV Ben McKenzie Enjoys His Southland Character's Sex Life

Your System Status

WE'RE SORRY!

You need to update your Flash Player.

 Get **ADOBE** FLASH[®] PLAYER

IMPORTANT: After installing the required upgrade please reload this browser window to view the video player.

Today!

STYLE



Stars' Favorite Beauty Treatments

Get the inside scoop on Charlize Theron's age-defying peel, LeAnn Rimes' foot cleanse and more indulgent spa experiences A-listers use to stay gorgeous

[SEE PHOTOS](#) ▶

PHOTOS



10 Best Celeb Quotes This Week

Sofia Vergara and Jennifer Lopez nip it in the booty, plus more from George Clooney, Adam Levine and other stars

[SEE PHOTOS](#) ▶

VIDEO



Ben McKenzie Enjoys His *Southland* Character's Sex Life

Plus: The star of the TNT cop drama dishes on his "big brother" relationship with costar Shawn Hatosy

[WATCH IT](#) ▶

GET 4 FREE ISSUES



[Click Here Now!](#)

[Subscribe](#) | [Give a Gift](#) | [Magazine Tablet Edition](#) | [VIPeople Rewards](#) | [Customer Service](#) | [Advertise With Us: Online](#) | [In Print](#)
[Sweepstakes](#) | [Newsletter](#) | [Mobile](#) | [RSS](#) | [Sterrap](#) | [Contact Us](#) | [Privacy Policy](#) | [Terms of Service](#) | [Ad Choices](#) ▶

Copyright © 2012 Time Inc. All rights reserved. Reproduction in whole or in part without permission is prohibited.

IN PARTNERSHIP WITH