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Katherine On Falling For Rylie: 'I Haven't Felt This Way In A Long Time'

Posted By: John Powell | August 29, 2025



By John Powell – GlobalTV.com



She fell fast and she fell hard for fellow houseguest, Rylie. Katherine Woodman's relationship, showmance with the rodeo star has been under the microscope far more than any other bond this season. Katherine felt that in the house and now that has returned to the outside world, having been voted out last night.

John Powell: It's great to be talking today. How are you?

Katherine Woodman: I'm good, thank you!

John Powell: It has to be said that the last week has been a roller coaster ride for you and I assume the last 24 hours have been so as well. How are you doing today? What do you think about everything?

Katherine Woodman: I think a lot. I think my mind is still reeling! So much happened in the past week. For me, it's extremely high emotions. I haven't been in an emotional state like that. I think the entirety of the game I tried to be at least a little calm. The past week I was just off the rails. So, I'm coming back to centre. I'm coming back to myself. I'm becoming more of the calm person that I was before I entered the Big Brother house.

John Powell: Obviously now that you're out of the house, you've heard and/or been informed of all the different fan reactions, all the different reactions from various sources when it comes to Riley. What are your next steps now?

Katherine Woodman: I think I am excited to talk to him and see what's going on, where his head is at, all that good stuff. He made my time in the house great. Honestly, he was a rock to me and it was really hard navigating him being gone—without him being there. I am just excited to be able to talk to him.

John Powell: He was a big part of your experience, a big part of your story there. Now, as I've said to houseguests before is what people don't realize is that you're with each other 24/7. That's like friendships or relationships on steroids, nothing that most people experience. At one point you said to him: "I'm not used to this. It usually takes me time to warm up." How was it being in that pressure cooker and that kind of sped-up environment when it comes to relationships?



Katherine Woodman: It was really interesting. I still felt like, it's weird thinking that I still felt like I was going so slow with him and now I know probably looking back I'm going to be like, Girl, that was so quick. But yeah, it was a weird mix of this is so slow but also so fast because that amount of time that we spent together, if you split it up in the outside world, would take months. It was 24/7, no breaks, no pauses.

I want to brush my teeth and he's probably there as well. It's like, everybody in the house, you meet them and then you live together and you have no outside sources, nothing. It's insane! I think the fact that I never got very unhappy with him and I never felt uncomfortable with him, anything like that, being around him 24/7 for six weeks straight, I think is insane. You know? He is a really good person and I liked him more every day.

John Powell: Now that environment we just spoke about, was that part of the reason you did go up to him at one point and say, I want to slow things down a bit here. That's no reflection on you, that's just how I'm feeling at the moment? Was that environment part of that decision for you?

Katherine Woodman: I honestly don't quite remember that. There's cameras everywhere in the house and I think that part started to get to me a little bit. I think with my other friendships and relationships in the house I didn't feel the cameras as heavily but I knew I was in a showmance and I felt very watched at certain moments. I felt like a little too often that I was being watched. And I was like, Okay, gosh, I need to take a step and breathe for a second. It was in no way a reflection of Riley. It was honestly that I felt like I was moving very quick as well, and I was , Ah scrambled.

1. I hadn't felt like that for somebody in quite some time. I'm very young but it still had been quite a bit since I felt that strongly, especially that quickly, for literally anyone. I think that was more so just like a personal thing. That I was like, Oh my gosh, I don't know how to deal with having actual feelings. This is crazy! Type of thing.

John Powell: Well, what most people don't realize too is when you're in the house, you hear those cameras moving and you hear them zooming in on you. Most people don't understand that. Now, speaking of your relationship and that showmance, you have a meeting with Rachel in the HOH and she goes on and on about how you guys remind her of her and Brenden, how she wanted to work with you, how she wants to protect you. And then what happened... happened. How do you feel about all of that? Because she certainly did a 360.

Katherine Woodman: Yeah, I think I left that conversation being, I definitely can't trust Rachel. And before she put Riley up, I was like, Can we trust her fully? No. But, did I think that she was a threat to me or Riley that week? No, I didn't...I would have been surprised about her putting Riley up but I got a really bad gut feeling about the renom if the veto was used. I said that and people were like, "Why didn't you tell me?" And I was like, It's a gut feeling! You were going to change your game based off of my gut? No, you weren't. So yeah, I fought for that and this and... yep, didn't work out.

John Powell: You had the same kind of experience with Vince. I mean, after you were nominated, you met with him, and you've had no bones about, you always speak your mind and you told him directly, "This is what I feel that you did to me. This is how I feel you treated me." What do you think of his overall gameplay?



Katherine Woodman: I think that I don't fully understand it yet. I definitely understood that there were two options in front of me. One of them was that Vince genuinely was completely in the clear and just constantly manipulated and had no idea what he was doing or people were influencing him but he was also on those influencers' side more so. I was like, He's either that indecisive and that stupid and has no idea what's going on... or he knows what's going on and he feels bad about it.

After finding out about the alliance, I was like, Okay, I think it's more so he knows what's going on and he feels bad about it, and he doesn't fully know if it's the right decision. While I was in the house, I couldn't fully decide which one it was because I would see how emotional Vince would get, and I'm like, Dang, dude! It was hard because

when I could see how upset he was, I was like, Is he actively working against me? I can't figure this out right now. It feels like it but he keeps getting sad. So what's going on?

John Powell: You almost won The Wall. You were like THIS close. You stayed up there that long, over an hour. Did that kind of play into your thoughts when you were thinking: Should I make a deal with this guy?

Katherine Woodman: Yeah, it did. I think I might look a little silly for not making a deal but I think Vince also proved multiple times that he is not necessarily good for his word in that game. So yeah, I genuinely didn't have much trust for him and even after that I don't think the deal on the wall would've been more solidified than, you know, when he was HOH, he told me, "You're not on my radar at all." So it's like, that's the same thing, almost. He told me I would be safe with him. I think it was Friday morning and nominations were that day, and I was safe then but I wasn't safe on the day we did the veto meeting. So, I don't know how much making a deal eight hours prior would've made much of a difference.

John Powell: Now, you mentioned a couple times before that in your past, you've been through a lot in your life. Now, I can't read auras like Ava or anything like that, but just the way you carry yourself, you seem to be a person who's had to go through a lot, has made it through a lot of hurdles in your life. Did that affect the way you played the game or did it affect your experience in the house at all? Did it prepare you in any way?

Katherine Woodman Big Brother Exit Interview



Katherine Woodman: I think in some ways it was a bit of a benefit, because I was able to not get super emotional in some instances but in some ways that wasn't a major benefit either because I had at least a couple conversations where people were concerned I didn't care about being there too much. They didn't understand why I wasn't so emotional but it's just kind of like a perspective thing I feel like I walked into the house with. I was like: No matter what happens, I know that I am a really strong person. This is in a way is going to be the worst experience and it's

probably going to be the best experience once I have a little bit more separation from it. It already is a really good one to me! I'm so glad that I did it! I think I just felt like I had already been kind of fortified by my life experiences, and it aided me the best that it could.

John Powell: Now, you missed the jury by THAT much. If you were to vote today, based on who's left in the house, who would you vote to win Big Brother, Catherine?

Katherine Woodman: I want Rachel and Vince in that final two and I said it, and I meant it! If I had been on jury and Rachel had made it to final two she would get my vote in a heartbeat! That is insane! I mean, it's just crazy! It is mind-boggling and I would vindictively vote against whoever allowed her to be there next to them. She is playing an insane game! As the only returnee, having to build connections with all people that should have wanted her out immediately and I think that's just...it's crazy to see! It was crazy while I was there! I was just like: Is everyone insane? I mean, it's to most people's benefit and it's probably good that I wasn't on that jury because Rachel was my winner.

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