

Ryan Anderson Breaks Down Over Gia Allemand's Suicide



By April Littleton

According to [People](#), Ryan Anderson broke down in tears when he discussed how he was dealing with the death of his late girlfriend, Gia Allemand. The New Orleans Pelicans forward was the one who found her in her apartment August 12 after she hanged herself. "Every day is a challenge. It helps to be here. My family's with me. To be here with my teammates really helps a lot, but it's a roller-coaster," he said.

What are some ways to cope with heartbreak?

Cupid's Advice:

When your heart gets broken it seems like nothing will help ease the pain. It's natural to feel this way, but as time goes on, you'll notice that you're starting to smile more often. You might be even laughing a bit more than usual too. It takes time to get over something tragic. Cupid has some tips:

1. Spend time with loved ones: Have your family and friends around more often while you're going through the grieving process. Your loved ones will show you how loved and appreciated you are and all of that positive energy will be good for your state of mind. You'll have people around you who you trust and if you ever feel like venting they'll be right there to lend a listening ear.

2. Keep busy: Get right back to doing your everyday activities. Continue to go to work and pick up a new hobby or two. Staying busy will help keep your mind off of the things that are keeping you down for awhile.

3. Remind yourself that things will get better: When you're feeling down on yourself, just keep in mind that there will be better days ahead. Time heals everything – you just have to be patient. Some days will be better than others, but eventually, you'll wake up one morning feeling like your old self again.

What are some other ways to cope with heartbreak? Comment below.

How to Move On and Keep Your Dignity (And Hope) Intact After Heartbreak





By [Marni Battista](#)

In recent months, there have been a couple of sudden, celebrity deaths that have no doubt left family, friends, and significant others reeling. Both *Glee* star Cory Monteith's fatal drug overdose and former *Bachelor* contestant Gia Allemand's tragic suicide opened up much speculation about how their partners, Lea Michele and Ryan Anderson respectively, have been coping.

These tragedies got me thinking: All of us will experience heartbreak in our lives – whether in the form of a difficult breakup or the death of a significant other – and will surely find ourselves desperate for ways to move on with as much grace, ease, and dignity as possible. Here at Dating with Dignity, I've developed five simple practices that certainly won't eradicate the pain of your loss but **will** give you the tools to begin healing.

1. Allow Moments of Grief

The most important thing when untangling yourself from a broken heart is to express whatever you're feeling and do so in a healthy way. Allow yourself to cry, write, listen to or make music, or talk with a close friend or family member. As you become further removed from the incident, be cognizant of when it's time to distill this period of grief into brief, private moments, and then eventually your loss will become less acute. Grieving is healthy, but if you continue to dwell

on it for more than one year and it feels like it's turning into chronic depression, make sure you seek help from a healthcare professional.

Related Link: [Gia Allemand's Boyfriend: 'I Don't Love You Anymore'](#)

2. Don't Cast Blame

It was widely reported that Allemand's suicide occurred immediately after a blowout fight with her boyfriend, NBA player Anderson, that culminated in him saying, "I don't love you anymore." In this situation, it would be easy for Anderson to process his loss by blaming himself and wondering if he could have saved his girlfriend by choosing his words more carefully.

But it's important to remember that there are endless numbers of factors that contribute to something so serious, and whatever you feel you did wrong is only the tipping point (if even a factor at all). There's no way to truly know, and blaming yourself or others will only alienate you as work through your grief – so train yourself to focus your energy on moving past it.

We're ultimately **not** responsible for the actions of others. Of course, we want to make sure we're always compassionate and empathetic; however, each of us must take personal responsibility for how we react to what we hear from others each day.

3. Adopt a Mantra: "The Only Way to Get Through It Is to Get Through It"

Whether recovering from a breakup or the death of a loved one, you've been placed in an undesirable situation beyond your control. As much as it may feel like the world has stopped turning and nothing will ever be the same, there's nothing you can do but focus on the better times ahead.

Each relationship can help to form who we are as well as who we'll become. There are no such things as mistakes. If you soldier through these dark days and keep yourself focused on the gifts you experienced as a result of your lost love, you'll gradually start to feel better...and one day, you'll reflect on that dark time from a much lighter point of view.

4. Re-Install Routine

Depending on the gravity of your loss, it's possible that whatever incident you're recovering from has completely wiped out your usually bustling schedule. Even though holing up at home may seem like the most appealing option, one of the best ways to begin to move on is to re-introduce routine into your daily life.

It may feel forced at first, but a schedule will allow a sense of normalcy to return and provide a welcome distraction. If there's something in your routine you used to partake in with your absent partner, create a new ritual with a close friend or family member in its place.

Related Link: [Lea Michele Is Grieving With Cory Monteith's Family](#)

5. Lean On Friends and Family

After the death of Monteith, mourning fans across the country cast much of their concern toward his longtime girlfriend and *Glee* costar Michele. People began speculating about when and how she would make her first public appearance in the wake of her tragedy. After a couple weeks of silence, the brunette was spotted going to a baby shower and has since been seen surrounded by at least one or two close friends. Loved ones provide a welcome distraction, but they'll also help force you back into your routine and listen when you need to talk about how you're feeling.

Heartbreak is a part of life, and when it happens, all you can

do is work towards moving on. If you diligently hold yourself to these five practices in the wake of a tragedy, I'm certain you'll gradually start to feel lighter.

[Marni Battista](#), founder of [Dating with Dignity](#), is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Gia Allemand's Boyfriend: 'I Don't Love You Anymore'



By Petra Halbur

Tragically, it seems that Gia Allemand and Ryan Anderson's last exchange was in the form of an argument. According to [People](#), on August 12, the former reality show star confronted her boyfriend with her suspicions of infidelity. According to Anderson's statement to the police, at one point during the argument, Allemand told him that she still loved him to which

he replied, "I don't love you anymore." Later that day, Allemand hanged herself with a vacuum cleaner chord and died two days later when she was taken off of life support.

What are some ways to deal with a bitter breakup?

Cupid's Advice:

Look, breakup are tough. Nobody is denying this. However, there is a healthy way to deal with the heartbreak and an unhealthy way. Cupid has some advice for getting through a breakup:

1. Write about it: Journals may seem a tad old school but pouring your feelings onto a piece of paper is an effective outlet for your anger and confusion. Resist the urge to publish these entries onto a blog or any form of social media, however. Publicly displaying these thoughts will only come back to bite you.

2. Get in shape: Exercise, particularly cardio, is a tried and true way of working out your hurt feelings in a productive manner. This has nothing to do with making yourself better looking. This is about getting healthy and pumping some endorphins through your system.

3. Don't hurt yourself: Some find that self-destructive practices help them get through difficult times but remember that cutting, drug use, excessive drinking and other forms of self-hurt will not "show up" your ex but only prolong your own suffering. If you find that pain helps you cope, hold an ice cube to your skin. It's a way of inflicting pain without injuring yourself.

How did you get through your breakup? Tell us below.

Gia Allemand's Boyfriend Speaks Out About Her Apparent Suicide



By Petra Halbur

NBA player, Ryan Anderson, issued a statement last Wednesday to address the apparent suicide of his girlfriend, Gia Allemand. "I'm deeply grateful for all the love and support we have received from family, friends and fans. Gia was the most beautiful person I knew inside and out and she always smiled and made everyone else around her smile," he said. "She had such an amazing impact on my life and anyone that knew her was blessed. All I have left is to cherish those memories we made together and help perpetuate the many values, faith and love that we shared." According to [People](#), Anderson discovered Allemand in her New Orleans home on Monday. She was transported to the hospital and remained on life support until her death last Wednesday.

What are some ways to deal with a sudden death of a partner?

Cupid's Advice:

Nothing is harder to face than the death of a loved one. Cupid is here with some advice to help you get through this most difficult time.

1. Seek grief counseling: Well-intentioned reminders from friends and family that your partner “will always be in your heart” get old very, very quickly. You might benefit from seeing a grief counselor or joining a support group. Speaking with people who truly “get it” can be an enormous source of comfort.

2. Say goodbye: Perhaps the most difficult thing about the sudden death of a loved one is knowing that you didn't get to say, “goodbye.” Allow yourself to bid farewell to this person who meant so much to you. Even if you're not a religious person, doing this will give you some sense of closure.

3. Grieve together: Though your instinctive reaction to this tragedy may be to close yourself off, remember that your partner had friends and family who are also hurting. Open yourself up to them. You'll get through this together.

How did you get through the loss of your partner? Tell us below.

Bachelor Pad 2: Gia Allemand

Finds Love In the NBA



Love appears to have finally pulled through for an upbeat *Bachelor Pad 2* alum Gia Allemand. The 27 year-old model said that her relationship with boyfriend Ryan Anderson, power forward for the Orlando Magic, fell into place back in February when the two began dating, according to UsMagazine.com. Allemand and Anderson met while *Bachelor Pad 2* star was doing a photo shoot in The Bahamas in February and from there, the two were inseparable. Fate was on the couple's side as Allemand was offered a job that enabled her to live in Florida and be flown into The Bahamas on the weekend for modeling engagements. "Not only was it love at first sight, but it seemed like a touch of destiny. We now both live in Orlando and couldn't be happier," she said. "I think I finally found the one!"

What are some ways to stay positive about finding love?

Cupid's Advice:

Although sometimes it gets difficult, optimism for love is the always the best attitude. Cupid has some suggestions for when times get tough:

1. Looks can be uplifting: You don't have to play dress up, but if you feel good, your confidence will increase and help you out when you're looking for a new partner. Get a quickie makeover.

2. Catharsis: Although not always recommended, sometimes it's just easier to let out all your emotions and work from the ground-up. Cry if you want to cry. Scream if you want to scream (but maybe into a pillow!).

3. Attitude is everything: Although easier said than done, it's important to stay positive and keep your doubts and negativity in check. Even if you don't *feel* positive, fake it a for a while and maybe it'll end up taking hold.

How do you keep a positive outlook on love? Share your thoughts below.

He Said/She Said: David Good and Natalie Getz Share Perspectives on Episode 2 of Bachelor Pad 2





By Jennifer

Harrington

Earlier this week on *Bachelor Pad 2*, we saw the rules of the game change (the theme of the rose ceremony was “ladies night”), Gia voluntarily say goodbye to her chance to find love and money and Ames and Jackie take off together in the happiest limo ride in Bachelor franchise history. In case you missed the episode, check out our exclusive recap. As always, following the episode we checked in with Season 1 winners David Good and Natalie Getz to get their take on the drama!

We saw a new side to Blake in this episode (kissing Melissa even though he claimed not to have feelings with her, cozying up to Holly, etc.). What’s your take on Blake – is what he’s doing a good or bad tactic for winning?

He Said: His thought process is good. Kissing a girl to get a rose is not a big deal. The problem is the girl he is kissing is not the girl you want to be partnering up with. She is a little crazy, and I would think he would be smarter than that.

The next move he made however is just stupid strategy-wise. He is cuddling up to Holly. He may be interested in her, but this is a bad move for two reasons. One: her ex-fiancé is in the house and that will clearly upset Mike. Two: he is now involved with two girls in the house and girls talk a lot. He’ll get caught.

She Said: This is a game show, not a dating show. Melissa

should've known that people are there for the money first and foremost, so you have to be on guard. Blake probably liked Melissa a little bit, but then started getting scared of her while gaining feelings for Holly. Blake was playing the game, hitting on her to get the date rose to keep him safe. Is it morally correct? Maybe not, but it's not against the rules and it got him the safety rose. I do feel bad for Melissa because she really liked him and now she has to watch herself get played on national television!

Jake was saved this week. Do you think he can redeem himself? Who should he align himself with now that his best ally Gia is gone?

He Said: Jake did get saved by ABC this week. Unbelievable to me! Chris Harrison said in one of his interviews that they can do that and it's not cheating. Just like in any game the players should decide the outcome, not the refs.

She Said: If Jake was smart, he would form a powerful team of six to go head-to-head with Kasey's team of six. If Graham and Michelle, Kasey and Vienna, and Michael and Holly are an alliance, he should grab William and Melissa, Kirk and Ella, and Blake and Erika and form a team. He's a good looking dude; he should utilize that and flirt it up with Ella and Erika.

What strategy would you use to break up Kasey and Vienna?

He Said: I wouldn't. They will implode. They have put a target on themselves. The real players are the people laying low, just kind of gliding through. When you try and dominate a show like this, other people notice and will ultimately gang up on you. Kasey and Vienna are very volatile. When it gets down to crunch time, I think they will turn on each other and then be done.

She Said: If I were in the house, here is what I would do: (this is me pretending I'm not friends with any of them ... just

what I would do to win.) I would get Graham, Kirk, Michelle, Michael and Holly to reconvene for a new plan after Kasey betrayed Graham's trust to the group. Since Kasey leaked info from his team to Gia, it would be easy to get his alliance to turn against him. I'd tell them that we need to form this new team of us six power players and get Kasey and Vienna out of the house. Kasey and Vienna seem to be calling the shots, so I'd get them out as soon as possible if I was truly there to play the game.

Gia's departure came out of nowhere. She was on the show last year, so she obviously knew the rules of the game before she returned to the house. What's your take on Gia leaving?

He Said: I was more fired up about this more than anything. I guess it's because I know her and this is something she did on our show. It's not just the leaving that upsets me. Gia clearly thinks she is better than everyone else and has such "morals and integrity" when in all reality she has less than anyone in there. She plots schemes and lies more than anyone on the show; then, when she gets caught, she can't handle the pressure and is too proud to get voted off. Instead, she said, "I'm going home Chris, this isn't for me," then puts everyone in the house down by saying they are lying, cheating and backstabbers. It's funny to me that she really can't see that she is doing the same thing and honestly thinks she's better than us. She put all of us down on our season as well.

Not cool. There are good people in there that realize why they're there. Her actions seemed like quitting in the fourth quarter of a football game because you know you're going to lose. That's a large character flaw in my book.

She Said: I think she finally just threw her hands up and accepted the loss. She probably realized she had zero chance after learning that she was never going to be a part of the alliance Kasey formed. She should have paired up with Graham since they know each other before filming started. I'm honestly bummed she is gone, because she always had on the

coolest clothes and she gives me style inspiration!

Why do you think the group voted Jackie off? Were you surprised to see Ames leave with her?

He Said: I think Jackie was an easy target because she hadn't picked a side yet and was stuck in the middle. I was surprised to see Ames leave with her. I thought he was a smarter guy than that! That might have seemed all romantic and made every woman's night across America, but in all reality that was so stupid. I know, I know – people are getting mad at me right now but that's only because I think logically and most people think with their emotions. If anyone thinks that was a good move, I'll explain why exactly you're wrong. One: they barely knew each other. Two: how many people do you date before you actually get married?

Three: you live in the same city and the show is a week, which means at most you'll see her again in two weeks. What he should've done is run over, say "I love you and am going to bring home the money for us", and then kissed her goodbye.

Romantic and still has a chance at \$250,000.

She Said: I said in my blog today that this cast is really stupid for wanting to vote off 2 non-threatening people (Ella and Jackie). I literally was ashamed and embarrassed to know these people and see them act so unintelligent in this game!

I understand why Kasey/Vienna/Graham/Michelle/Michael/Holly didn't vote for Vienna (obviously, they are in an alliance), but the fact that the rest of the women and men in the house didn't vote out Vienna is beyond ridiculous to me. Nothing against Vienna, but it's a game and she's a powerful player, who would have been my competition! It's almost flattering to get kicked out – it means you are a threat. Plus, I REALLY wanted to see more of Ames and Jackie! On the bright side, Ames leaving the chance to win \$250,000 to be with Jackie is hands down the cutest thing I've ever seen!

Be sure to tune into **Bachelor Pad 2** next week. As you're

watching, send us your questions via Facebook or Twitter for Natalie and David. In the meantime, let us know – do you think Jake will be able to survive another week in the house?

‘Bachelor Pad 2’ Recap Episode 2: Ames Brown Trumps them All



By [Lori Bizzoco](#)

Usually when a former *Bachelor* or *Bachelorette* leaves the show voluntarily, like two-time ‘Bachelor Pad’ contestant and swimsuit model, Gia Allemand did last night, it becomes the episode news headliner the next day. But last night’s storybook ending even knocked out coverage of the attention-seeking love triangle usually reserved for Jake Pavelka, Vienna Girardi and Kasey Kahl. It was a scene that leaves us understanding why even bad reality shows are beating out long-

standing soap operas. You can't make this stuff up!

Last night there were two scenes that made single women everywhere believe in love again. First was the closing scene with Ivy-League, world-traveling, portfolio manager, Ames Brown. After he said a heartfelt good-bye to his newfound love and eliminated housemate, Jackie Gordon he turned around to head back towards the house. What happened next made hearts stop everywhere. Instead of continuing his walk toward the contestants, Ames slowly stopped, raised his hand and waved good-bye to them. Giving up the \$250,000 prize, he sprinted back towards the limousine with Jackie inside. That fairy-tale exit trumped everything else on the show and gives romance fanatics a reason to believe that Mr. Right is a possibility, especially if you go after the awkwardly smart, rich guy wearing the hot pink pants. In Ames' own words, "This is the happiest limo ride in Bachelor history."

The second love scene comes with ex's, Michael Stagliano and children's book author, Holly Durst. They just ended their engagement two months before the show taped and haven't had the chance to talk it out. During last night's episode, they finally get some one-on-one time and share their thoughts with one another, but their emotional exchange and gripping embrace is almost impossible to watch without your heart feeling heavy or rooting for them to get back together. Watching them express their feelings and Michael telling Holly he still loves her with tears in his eyes is enough to make you want to jump through the television and slap them silly for being so blind. Get back together, already!

Mysterious Monday

There was an odd, eerie undertone on last night's Bachelor Pad 2, with egg fights, haunted hospital tours and a masked man creeping around the kitchen at the end. Yes, mysterious Monday came with love, drama and a fairy tale ending but it makes you wonder for a minute if the show is preparing for

Halloween a little too soon.

Egg Toss Challenge:

Let's begin with the Bachelor Pad 2 challenge. The women were asked a handful of questions relating to the men on the show (Who are you least attracted to? Who do you want to see go home?) and with colored paint-filled eggs in hand the women threw their responses directly at the backs (or shoulder, legs and head) of their intended target.

Thanks to Vienna's campaigning, Jake displayed a colorful array of red, yellow and blue on his body when the ladies were asked who they wanted to see go home next. Then the reverse scenario happened and the men targeted the women with eggs. However, the pain ran deeper than the physical impact as Erica was selected as the least attractive in the house. That definitely stung in more ways than one, especially when Michael Stigliano forgot that he wasn't on the field and pitched a fast ball at Erica. The objective of the challenge was to be the person who hit the most targets.

Challenge Winners: Melissa Schreiber and Michael Stigliano ended up winning the challenge.

Immunity and Dates:

Instead of taking one person on a date, Melissa and Michael were granted the chance to each take three members of the opposite sex, with one of them being given the rose at the end. Without surprise, Michael chose Holly (his ex-fiancé), Michelle Money (who is our fan favorite) and Erica (sympathy choice). As if it wasn't awkward enough having two former lovers on a date together, the group was taken by limousine to Linda Vista, a haunted hospital. Didn't Michael win (not lose) the challenge? It seemed like a strange reward. I guess it's all about staying on the show and with that, Michael gave Holly the immunity rose.

When it came to Melissa's date, she got the luxury of going on a yacht date with her chosen three: Kirk Dewindt, Blake Julien and Kasey Kahl. Kasey was a bit of a shocker pick at first but Melissa did have a strategy in place. Her plan, she explained to Kasey, was to align with him promising to give him the rose and save him if he saved her next time. Unfortunately, that was before two-timing dentist, Blake (who has a thing for Holly), played into Melissa's weakness by flirting, touching, sweet-talking and going in for a kiss during their one-on-one time. Melissa reneged on her promise to Kasey and gave Blake the rose instead.

Back at 'The Pad':

Jake, Vienna and Kasey:

Tension was high as Jake did what he could to stay in the house, offering not once, but twice to speak to Vienna. Whether he's really sincere or just trying to redeem himself for the cameras is yet to be seen, but Vienna wasn't having any of it. She continued to escalate the drama and complain about Jake being in the house. That is until Chris Harrison put her in her place, showing her the exit doors and letting her know that she wasn't being forced to be there. Could it possibly be that he's had enough of her drama, too? He even called out how nicely previously engaged Michael and Holly got along. Oh, Vienna!

Melissa, Blake and Holly:

Talk about another messed up love triangle. Blake likes Holly (or so it seems) and he's been ignoring Melissa. This is all after Melissa spent a romantic evening with Blake on the yacht and gave him a rose instead of Kasey who she promised. We're not sure how long Blake will be around, or can keep it up but someone's about to have a meltdown.

Gia and Graham:

First she got duped by Jake when he didn't save her last week and gave a rose to Vienna instead. Now, her friend Graham stabs her in the back by disclosing her plan to break-up the power couples. He went to Kasey and told him. Although Gia has been on the 'Bachelor Pad' before and she knows how the game is played, she decides to leave the mansion voluntarily. Why risk her dignity of being kicked off by the contestants or her integrity of being deceitful to friends for the mere chance at \$250,000? Or, at least that was her reason for leaving. Will she be back next summer? We doubt it. Maybe the next Bachelorette, now that would be fun.

Predictions:

I guess we can cancel Ames out for our early prediction, although he's a winner in our eyes.

We're still going strong with Michelle Money, Michael Stagliano and Ella Nolan.

If you're looking for more insight on the Bachelor Pad 2, check out our weekly He Said/She Said with former winners, Natalie Getz and David Good.

So, there you have it. All in a week's work!

Gia Allemand and Wes Hayden's 'Bachelor Pad' Romance





They're together!

Gia Allemand and Wes Hayden confirmed that they are, in fact, a couple this week on the finale of the *Bachelor Pad*.

Although the pair were flirtatious on the show, nothing had previously happened between them because Gia had a boyfriend back home. However, the pair sealed the deal on the finale with a much-anticipated kiss. "It's about time that that happened!" cooed co-host Melissa Rycroft, according to [US Weekly](#).

Can you emotionally cheat on someone?

Cupid's Advice:

- 1. Secrecy:** Being open and honest with your partner is the most important thing. If you find yourself spending time with a friend of the opposite sex and keeping it a secret from your mate, that is probably the first sign of emotional infidelity.
- 2. Ex alert:** There's nothing wrong with staying friendly with an ex-beau. However, don't let those relationships become too involved, as emotional cheating can often spring from old flames. Live in the present, not the past.
- 3. Discussing your relationship:** It can be relieving to confide in your friends, but discussing your relationship problems with a friend of the opposite sex can make for an awkward situation. It can create intimacy, which can easily turn into emotional cheating.

