

Celebrity News: Chris Cornell's Wife Pens Heartbreaking Letter Before Funeral



By [Noelle Downey](#)

In [celebrity news](#), wife of late singer Chris Cornell wrote a truly beautiful, if saddening, epistle in honor of her husband. According to [UsMagazine.com](#), Vicky Karayiannis, Cornell's wife, wrote an open letter that was posted to Billboard.com following the musician's suicide by hanging on May 17th. "To my sweet Christopher, you were the best father, husband and son-in-law. Your patience, empathy and love always showed through," she confessed. "I'm sorry, my sweet love,

that I did not see what happened to you that night. I'm sorry you were alone, and I know that was not you, my sweet Christopher. Your children know that too, so you can rest in peace," Karayiannis reassured. She went on to write of her [Hollywood relationship](#), saying Cornell was her "soulmate" and that while she is "broken" she will stand up for him always. The letter closed, "I love you more than anyone has ever loved anyone in the history of loving and more than anyone ever will. Always and forever, your Vicky." Karayiannis has stated that she believes Cornell, a recovering drug addict, may have taken too much Ativan, which caused him to not be in his right mind. "What happened is inexplicable," Karayiannis admitted, "and I am hopeful that further medical reports will provide additional details." The [celebrity couple](#) have two [celebrity children](#) together, Toni and Christopher, as well as daughter Lillian from Cornell's previous marriage.

This celebrity news has us down in the dumps. What are some ways to cope with the loss of your partner?

Cupid's Advice:

Dealing with the loss of a partner is always difficult, but here are the top three ways to get you through this difficult time:

- 1. Find someone to talk to:** There's no shame in finding a therapist to talk to after the emotional fallout of the death of your partner. Remember that your partner would want you to deal with this in a healthy way, so prioritize taking care of yourself. Visit a counselor and let your feelings out, even if they confuse or embarrass or anger you. Grief is experienced in a host of different ways, and by talking it out and committing to dealing with that grief, you open yourself up to

eventual healing and acceptance.

Related Link: [Relationship Advice: Why Isn't It Easy to Say Goodbye?](#)

2. Reach out to your support system: If you're struggling after the death of a partner, or any loved one, reach out to those around you that care about you and are still here. Tell them you're not doing well and allow them to take care of you for a portion of time until you're back on your feet. Admitting that you need help during a difficult period of your life can be difficult, and can even make you feel weak, but in actuality this proves your strength as a person who can recognize their limitations and ask for help when they need it.

Related Link: [Julie Andrews' Relationship Advice: How to Survive the Death of a Loved One](#)

3. Seek closure: Whether that means making a charitable donation to your partner's favorite non-profit every month in their memory or going through all your photos together one last time before deciding which ones to put away for now and which ones to leave up, or even taking off your wedding ring for the first time since the funeral, take steps to seek and find closure continuously, however that looks for you as an individual. Many think closure is a final state you achieve, when in reality closure is a state of being you can consciously pursue. Often finding closure is a journey, so it's important to give yourself the grace to take that journey however you need to.

Have you ever lost a partner? How did you deal with that? Let us know in the comments.