

Blake Fielder-Civil Is Heartbroken Over Amy Winehouse's Death



Although an incarcerated Blake Fielder-Civil and Amy Winehouse split in 2009, that does not make him any less heartbroken over her death. According to UsMagazine.com, Blake's now girlfriend Sarah Aspin relayed a message from Fielder-Civil: "I will never ever again feel the love I felt for her. Everybody who knew me and knew Amy knew the depth of our love. I can't believe she's dead." She also states that, "He just can't take it in that she's dead and he'll never see her again. Blake rang me on Saturday after the prison authorities told him she'd died. I just couldn't console him. He was in total shock." Employees at the Leeds' Armley Jail where Blake

is being held have been told to pay extra attention to him at this hard time in his life.

How do you rebuild after the death of a significant other?

Cupid's Advice:

Death of a loved one is one of the most difficult events to overcome, and it can be difficult with which to come to terms.

Cupid has some tips on how to rebuild:

1. Take the time to grieve: This is an important component of healing and moving on. Take a sufficient amount of time to grieve before you go back to your regular routine. This may be different for everyone, but is essential to avoid an emotional breakdown later on.

2. Talk: Your loved ones are there to support you. Don't direct your anger toward those who care about your well-being, and don't tune them out. Talk to them and listen to what they have to say. They may be able to help you cope in ways you can't on your own.

3. Join a support group: Spending time with people who are going through the same thing as you is a great way to better cope with your loss.

Have you dealt with the loss of a significant other? How did you cope? Share your comments below.