

Russell Armstrong's Exes Accuse Taylor Armstrong of Being Heartless Post-Suicide



Taylor Armstrong, star of *The Real Housewives of Beverly Hills*, was recently widowed by the loss of her husband, Russell Armstrong, to suicide. After the fact, his ex-wife Barbara Fredrickson and his former fiancée Milette Fields say Taylor is being heartless and self-centered in the wake of his tragic death. Both women have children with Armstrong, and claim that Taylor was too busy to break the news to either of their families in person, who found out once the story hit the news. The reality star even failed to call Armstrong's mother to offer her sympathies. According to [RadarOnline](#), Barbara believes Taylor is hiding valuable belongings of Armstrong's on purpose, none of which she's offered as memoirs to his children, and is planning a tell-all about Armstrong's abuse.

How do you move on after you tragically lose your partner?

Cupid's Advice:

Dealing with a spouse's death is often one of life's challenges, but it can be especially difficult when their death is sudden or tragic. Cupid has some tips to help you move on:

1. Grieve: You've just lost your best friend and companion, so don't feel guilty taking as much time as you need to cry it out. Go through their belongings and pack away old things yourself to help with the mourning process.

2. Keep busy: Maintain your regular schedule, and get out of the house often. Lean on your family and friends for support.

3. Let go: This person will forever be in your heart and a part of your life, but you need to accept that they're gone. They would want you to move on, and keep living your life.

How did you cope with the loss of a loved one? Share your comments below.