

Celebrity News: 'Splash' Star Rory Bushfield Opens Up About Wife Sarah's Death



By Andrea Surujnauth

Rory Bushfield, professional extreme skier and contestant on *Splash*, opens up about the death of his wife, Sarah Burke. She was an acclaimed freestyle skier who died in January of last year after crashing at the bottom of a superpipe during a training run in Park City, Utah, reports [People](#). The couple had been married since 2010. "My life's changed drastically," Rory said as he choked up. "I lost my wife. I had it all. I still have a lot. I'm thankful for everything I have, but I had it all." He goes on to talk about how he felt about his late wife. "Sarah was my dream girl before she knew who I was," he says. "A lot of the craziest things I ever did were just kind of to impress Sarah." He had proposed to his wife by

spelling out “Marry Me Sarah” in rocks on a remote snow-covered field, he then flew her over the field to see it.

How do you cope when tragedy strikes your partner?

Cupid’s Advice:

You never think it will happen to you. You always believe that you and your partner will stay happy and healthy together for a long time. What do you do when tragedy strikes and your partner is gone? How do you cope with that? Cupid is here to help you get through this trying time:

1. Compassion: Have compassion for yourself during this time. Allow yourself to grieve and cry over your loss.

2. Time: Time heals all wounds. You will never stop missing your partner but as time goes by, you will come to terms with your loss and will be able to continue on with your life. Do not expect to get over your sadness quickly, and do not rush it. Everyone grieves at their own pace. Take all the time you need.

3. Support: Get a support system to help you recover from your loss. Being surrounded by family and friends will help you cope with your loss and it will help you not feel lonely.

How did you cope when tragedy struck your partner? Comment below and let us know!