


Lea Michele Is Grieving With Cory Monteith's Family



 By April Littleton

According to [People](#), the *Glee* star is spending her time grieving with Cory Monteith's family. Monteith's body was found in a Vancouver hotel room over the weekend. The coronor announced he died of a mixture of heroin and alcohol.

What are some ways to help your partner grieve?

Cupid's Advice:

Your partner just went through a tragic loss and you've been doing all you can to try to console them. Sometimes, it's hard to know what your loved one would appreciate and what would set them off once again, especially if you're not going through grieving yourself. Cupid has some tips:

- 1. Listen:** If you're afraid of saying the wrong things to your partner, just listen to them vent. Some people only want to be heard when they're going through a rough time. The best thing you can do for your significant other is just to be there and lend a ear if and when they need it.
- 2. Be supportive:** Your partner will expect you to be the strong one while they are dealing with a loss. While you may not know how to handle everything, you'll need to give it your best shot and provide a sense of stability. You'll need to show your love all of the positive, while they can't help but to focus on the negative. Your partner will be counting on you to be there, don't let them down.
- 3. Don't judge:** The worst thing you can do right now is judge

the decisions and actions your significant other may make. Naturally, some of the things they do might not be wise, but they're not thinking clearly. Let them grieve how they want and for as long as they need. Don't get impatient. When they do finally bounce back, they'll appreciate everything you did and your relationship will be stronger than ever.

How did you help your partner grieve? Comment below.