

# Lea Michele Dedicates Teen Choice Awards Glee Win to Cory Monteith



By Kerri Sheehan

Gleeks far and wide had to dry their eyes this Sunday night during the Teen Choice Awards. Lea Michele, 26, dedicated the award she won for her portrayal of *Glee*'s Rachel Berry to deceased boyfriend and cast member, Cory Monteith. Her appearance at the awards show is the *Glee* beauty's first since Monteith's July 13<sup>th</sup> death. She made sure to thank fans for their love and support during, "These very difficult past few weeks," reported [People](#).

**What are some ways to honor a deceased partner?**

**Cupid's Advice:**

Finding ways to honor a deceased loved one is an important part of learning to live with their death. Cupid has some ideas on how to do so:

**1. Love what they loved:** Anyone who passes leaves behind a great number of things. Whether they are children, pets, family, friends or mementos, hold on to those things your partner once treasured. This will help to remind you of them and all the great times you had together.

**2. Remember them:** As time passes, you may wish to forget about your time together completely as you think that will hurt less, however that is not the case. The time you two spent loving and supporting each other can't be replaced and it was special. Choosing to forget it would be a shame.

**3. Accomplish their goals for them:** Go somewhere your loved one always wanted to visit, or take up a hobby that they wish they had time for. This will help you feel more connected to the deceased person and will help you accept their passing.

**Have you ever lost a partner? How did you honor them? Share below.**