

Gia Allemand's Boyfriend: 'I Don't Love You Anymore'



By Petra Halbur

Tragically, it seems that Gia Allemand and Ryan Anderson's last exchange was in the form of an argument. According to [People](#), on August 12, the former reality show star confronted her boyfriend with her suspicions of infidelity. According to Anderson's statement to the police, at one point during the argument, Allemand told him that she still loved him to which he replied, "I don't love you anymore." Later that day, Allemand hanged herself with a vacuum cleaner cord and died two days later when she was taken off of life support.

What are some ways to deal with a bitter breakup?

Cupid's Advice:

Look, breakup are tough. Nobody is denying this. However, there is a healthy way to deal with the heartbreak and an unhealthy way. Cupid has some advice for getting through a

breakup:

1. Write about it: Journals may seem a tad old school but pouring your feelings onto a piece of paper is an effective outlet for your anger and confusion. Resist the urge to publish these entries onto a blog or any form of social media, however. Publicly displaying these thoughts will only come back to bite you.

2. Get in shape: Exercise, particularly cardio, is a tried and true way of working out your hurt feelings in a productive manner. This has nothing to do with making yourself better looking. This is about getting healthy and pumping some endorphins through your system.

3. Don't hurt yourself: Some find that self-destructive practices help them get through difficult times but remember that cutting, drug use, excessive drinking and other forms of self-hurt will not "show up" your ex but only prolong your own suffering. If you find that pain helps you cope, hold an ice cube to your skin. It's a way of inflicting pain without injuring yourself.

How did you get through your breakup? Tell us below.