

# Lea Michele Says Cory Monteith Is 'Watching Everything I'm Doing'



By Brittany Stubbs

Although Cory Monteith passed away last July, Lea Michele is feeling his presence now more than ever before. Michele is getting ready to release her debut album, *Louder*, which is full of reminders of the love her and her costar/real-life boyfriend shared, [UsMagazine.com](http://UsMagazine.com) reveals. "I somehow feel the insane love Cory and I had for each other morphed into this strength that I have right now," the "Cannonball" singer explains. "There's just something about knowing he's watching everything I'm doing and feeling like I have to do everything now not just for me but for him. I also have a safety net below me – if I fall or if it's too much, my friends and family will be there to catch me."

## What are some ways to cope with the loss of your partner?

### Cupid's Advice:

Losing a partner is one of the hardest things in life with which to cope. Cupid has some tips:

**1. Surround yourself with loved ones:** This seems obvious, but after losing the love of your life, you might be tempted to crawl in a hole and shut everybody out. But the truth is, you need your family and friends around you now. Consider staying having someone stay with you or staying with somebody else for a little bit.

**Related:** [Source Says Lea Michele 'Talks about Cory All the Time'](#)

**2. Accept the loss:** People often have trouble facing and accepting the loss of someone they were so in love with; it's not uncommon for someone to want to be in denial after such a tragedy. But this will only prolong the pain and make it harder to move on from down the road. Allow yourself to go through the grieving period.

**Related:** [Sources Say Cory Monteith Was Planning a Surprise for Lea Michele](#)

**3. Continue your routines:** Eventually, you have to allow your life to slowly begin returning to the way it was. Granted, it's going to be extremely different now, but you have to allow yourself to get back in the swing of things to move on. Focus on those little routines you had, whether going to the gym every morning, going grocery shopping at night, etc. Continuing these small tasks will help you feel like things are getting back to normal.

**What are some ways to cope with the loss of your partner? Share your thoughts below.**