

# Lea Michele Posts Loving Instagram Pic with New Boyfriend Matthew Paetz



By

Maggie Manfredi

Lea Michele is sharing her insta love. According to [UsMagazine.com](http://UsMagazine.com), the *Glee* starlet shared her first instagram pic with current boyfriend Matthew Paetz. Although the picture only reveals their shadows, the caption gives a hint as Michele stated, "To love and be loved is to feel the sun from both sides." She shared multiple pictures on Instagram on Sunday, Oct. 12 in the Los Angeles hills. Fans are still reminded of Lea's on and off screen love with Cory Monteith

who died back in July of 2013. But the songstress seems to be happy, healthy, and back in love!

**How do you know when you're ready to move on after tragedy?**

**Cupid's Advice:**

Every person deals with pain and grief differently. It can be difficult to know when you are truly ready to move forward, but Cupid has some advice for a wounded heart:

**1. Take it slow:** When it comes to heartbreak and tragedy together, that combination can lead to destructive behavior because you may feel like you have lost all control. Be cautious and take the time you need to process.

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**2. Express yourself:** Lea Michele wrote songs, but you could simply write in a diary or something that will help you release your emotions that might be weighing you down.

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**3. Be honest:** When you do get lucky and find someone new, make sure you are honest and open about your past. The tragedy is in your past but that doesn't mean it won't come into play in the future. Be good to your heart and to your new potential partner by putting it all on the table when it feels right to do so.

**Do you think Matthew will pop the question to Lea? Share your thoughts below!**