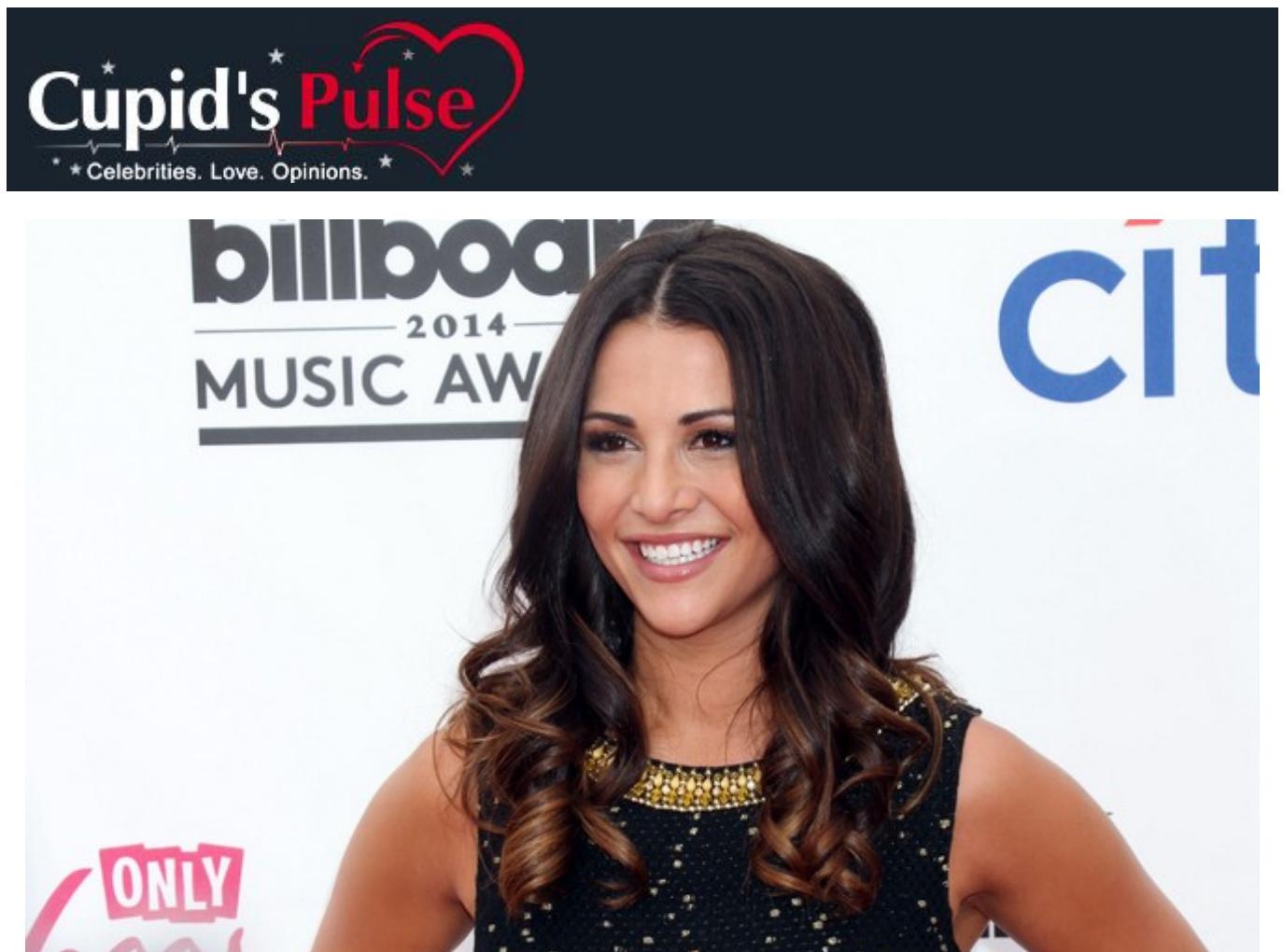


Eric Hill's Death Casts a Shadow on 'Bachelorette' Hometown Dates



By Laura Seaman

On week eight of this season's *Bachelorette*, a tragedy stuns the reality stars just after their hometown dates. A former contestant, Eric Hill, died in a paragliding accident. According to UsMagazine.com, the cast was told after returning from their hometown dates and given time to mourn the loss, though the cameras were still rolling. The rose ceremony was even more emotional than usual, with bachelorette Andi Dorfman saying, "Tonight was always gonna be tough, but I don't think anyone could've imagined that it would be like this."

What are some ways to support your partner through a tragedy?

Cupid's Advice:

Nobody truly knows how to handle a tragedy; if they did, maybe it wouldn't be such a tragedy. However, if your partner is going through a very emotional time, you can try to handle the situation the best way you know how. Here are some tips for helping your partner through tough times:

1. Give them any alone time they might need. For some people, piling on the attention and affection might seem like a good idea, but sometimes what your partner might really need is time alone to think, reflect, or just acknowledge their feelings. Respect their wishes and keep your distance.

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2. Be the help they need. This could mean keeping your distance, or it would mean being the shoulder to cry on. There are many ways to support your partner, and you have to be willing to try all of them, even if they are out of your comfort zone. If your partner needs you to be there and listen, you need to be there and do just that. If you need to take a few days off work to make sure they're okay, do so.

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3. Don't tiptoe around it. Tears and heavy emotions can be awkward and stressful, but you can't just avoid them. The last thing your partner needs is someone who ignores their pain or pretends like nothing is going on. Acknowledge their emotions and be there in the moment. This is a huge part of any relationship!

Have you ever had to help your partner through a tragedy? How did you handle it? Tell us in the comments below!