

Relationship Advice: Losing a Pet During the Pandemic Like Hope Solo and Jerramy Stevens



By Dr. Jane

Greer

In this traumatic and unprecedented time of the global pandemic, we are surrounded by so much loss of life. In the United States alone many more than 90,000 people have died, and that number grows every day. With that in mind, it may seem that the loss of a pet pales in comparison to the death of a human loved one, and therefore people think they don't have a right to experience or express their heartbreak. But for many, pets are among their most loved ones, and saying goodbye can be devastating, even, or more so, during this time of isolation and widespread sadness. Sports couple Hope Solo and her husband Jerramy Stevens recently talked about the [loss of their dog](#), Conan, after he was tragically shot. Solo posted about it on social media, saying, "We're broken-hearted to

share that Conan passed away from blood loss last night. He fought up until the very end. We're crushed. Just a dog running through the woods, trying to make his way home."

In the same way people wonder if it's alright to find things funny during these incredibly difficult times, many wonder if they can truly mourn the death of their beloved pet without feeling guilty. In this relationship advice, is it okay to grieve for an animal when so many people are suffering?

The short answer is a loud yes, and there are a number of reasons why. For many people, especially those who live alone, a dog or cat can be a lifeline and can sometimes be the only interaction they have with another living thing, particularly in this time of social distancing. Your animal gives you companionship and unconditional love, which can be so important and fortifying that when they pass it can feel like a huge hole has opened up in your home and heart. The pain you experience can be overwhelming. With that in mind, in the same way it is important to continue to laugh, it is also important to make room for and acknowledge the sadness that comes with losing a treasured pet.

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Try not to compare your loss to those that other people are going through. While they may be different, they are

nonetheless the same in terms of the emptiness they create. Keep in mind that nobody really knows how prominently your pet factored into your days – whether it was your feeding routine and the boost you got to your self-esteem through taking care of them, or the comfort you found when they jumped into your lap each afternoon or when they slept next to you every night. These many moments are now gone, and the magnitude of that is great. Furthermore, they have shared a substantial piece of your life history with you. Maybe as a kitten he was your first roommate in your new apartment. Or maybe you got her as a puppy the year you were married. Perhaps it was your faithful dog that saw you through your first breakup and helped you survive. They were present and a touchstone for facets of your life that proved immeasurable.

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For some, the anguish can be so excruciating that they decide they never want to go through it again and choose not to get another animal. Others, though, feel that a way they can heal and honor the pet who came before is by replacing them and keeping their spirit alive.

Some get the same breed again, or even use the same name as a tribute of love. If you aren't ready to tackle the commitment of a new pet, during the pandemic it could be an opportune time to consider fostering an animal on a temporary basis. Sadly, dogs and cats are also losing their owners to the virus and are being abandoned, so it is a way to provide a home to animals in need while forging a new bond that can be healing for you as well.

The bottom line is that mourning the passing of a pet should not be minimized. Hope and Jerramy shared their loss publicly, and hopefully got much-needed support in doing so. It takes a long time to move beyond the sorrow after the death of a beloved animal. Appreciating what you are going through is the

first step.

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Hope Solo's Husband Jerramy Stevens Is Arrested for Violating Probation



By Michelle

Danzig

Hope Solo's husband and former NFL tight end Jerramy Stevens, 33, was arrested for violating probation on Wednesday, according to UsMagazine.com. The arrest is the result of domestic abuse charges earlier this month. Stevens allegedly assaulted Solo, 31, during an altercation on November 12. Oddly enough, Stevens and the two-time women's soccer gold medalist were married the very next day. After being released and the charges being dropped, a warrant was issued for his arrest for violating probation from a marijuana possession arrest back in October of 2010. Solo spoke out about the incident for the first time on Tuesday saying, "I'm happy. I'm happily married. We never stand for domestic violence. I've never been hit in my life. It's unfortunate, and that's what the media can do." Stevens is currently in jail without a set bond.

How do you deal if your partner has a run-in with the law?

Cupid's Advice:

Whether it be a past or present incident, a run-in with the law is never pretty. It can happen to anyone from a minor traffic violation to a felony. There are plenty of ways to handle the situation whether it was a prior offense or a current issue. Here are some tips to dealing with a law-breaking partner:

1. Do not get arrested too: if your significant other is having a run-in with the law, and you are present, be calm. Do not interfere in any way. Politely ask the officer where your partner is being taken and for any other information you may need to know about the arrest.

2. Don't judge them for past offenses: Not everyone who goes to jail or gets arrested is a bad person. Sometimes people make mistakes and unfortunately, jail is sometimes a consequence. Ask them to be open and honest about the situation. This way, you are enlightened about any topics that

might concern you and your future (i.e. probation).

3. Try to avoid any future occurrences: As was mentioned earlier, it isn't difficult to end up arrested. If you and your significant other have a clean record, why not work together to keep it that way. If either of you finds yourself in risky territory, it doesn't hurt to say something. Take precautionary measures, for example, when drinking. If your partner has had too much to drink, do not let him/her drive.

Has your partner had a run-in with the law? Tell us how you handled it below.

Rumor: Are Hope Solo and Jerramy Stevens Married Amid Assault Allegations?





By Nicole

Weintraub

Rumor has it that Jerramy Stevens and Hope Solo went through with their wedding even though he was recently arrested for assault charges, according to [People](#). Stevens is the tight end for the Seattle Seahawks and Solo is the goalkeeper for the U.S. women's soccer team. The couple has been dating for a mere two months, but applied for a marriage license last week. The two were reportedly arguing for where to get married when allegations were made that Stevens assaulted his fiancée. Stevens has been released based on lack of sufficient evidence to prove the charges. Though, a short-term imprisonment did not stop this duo from getting hitched.

What are some steps to take if you've been assaulted by your partner?

Cupid's Advice:

Assault is a very serious issue and steps must be taken if your partner strikes you. Here are some things to do if you find yourself in this scenario:

1. Walk away: Before the situation escalates and gets even more dangerous, walk away if you can. There is no excuse for your partner assaulting you. Regardless of why they did so,

remove yourself from the situation as quickly as possible.

2. Tell a friend: Don't keep it to yourself. Tell a family member or a trusted friend who can be your confidante. Someone needs to know what is going on so that they can help you. Stay with a friend for the time being if needed.

3. Press charges: Whether you choose to press charges or not, keep in mind that if it happens once, it is going to happen again. Under no circumstances is it acceptable for someone to physically harm you.

What are some steps you would take? Share your thoughts with us in the comments below.

U.S. Women's Soccer Star Hope Solo Chats About Her Training and Love Life





By [Whitney Baker](#)

Despite her hectic schedule as she prepares for the 2012 Summer Olympic games, Hope Solo, goalkeeper for the United State's Women's National Soccer team, strives to live a balanced life – both on the field and off the field. When she's not training, she loves being social and enjoying life. As for romance? She is looking for a confident and honest partner, someone who wants the best in everything that they do.

Solo's also partnering with Unilever to promote their Simple Skincare line. As someone with sensitive skin, she understands the importance of a skincare line that she can trust as she travels from city to city.

For a chance to win a trip to Los Angeles and meet Solo, visit the Escape with Hope Facebook page!

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