

Mourning A Loss: 'Glee' Star Becca Tobin's Boyfriend Matt Bendik Found Dead



By Sanetra Richards

A year after the loss of fellow cast mate Cory Monteith, *Glee* star Becca Tobin is mourning the loss of boyfriend Matt Bendik. The 35-year-old was found dead Thursday, July 10th, in his Pennsylvania hotel room. According to EOnline.com, the Philadelphia Medical Examiner confirmed it was indeed Bendik's body; however the cause of death is still unknown. The Philadelphia Police Department is classifying the passing as a "sudden death" and as of now, no foul play or evidence of suicide is involved. Police also stated no signs of drugs or

weapons were found at the scene. TMZ released reports saying Tobin was alongside Bendik on his business trip. The couple socialized with friends on Wednesday night, and nothing strange was suspected. "Matt was in Philly for business. No one knows what happened as of right now," says a source. "It is extremely sad and tragic. He was such an amazing guy. He was so in love with Becca—they did everything together. They were so in love."

How do you grieve the unexpected death of your partner?

Cupid's Advice:

Coping with the loss of a loved one is no easy matter. In fact, it is the exact opposite. But exactly how do you handle the death of your significant other? The person you planned to spend the rest of your life with. The one who had you head over heels. For some, they are able to say goodbye and I love you for the final time. Unfortunately, not everyone is given the chance. However, a common factor for those who lose someone special is the grieving process. Cupid has a few ways to mourn the loss of your partner:

1. Understand everyone's grieving process is different: Some people result to isolation, some lean towards various addictions, while others may participate in irregular behavior or act completely fine. What ever your mechanism may be, realize that your way of handling is not similar to anyone else's. Your relationship with this person was unlike anyone else's, just like your way of healing.

Related: [Lea Michele Says Cory Monteith Is 'Watching Everything I'm Doing'](#)

2. Allow yourself to feel every emotion: Five stages come along with grief, which are denial, anger, bargaining, depression, and lastly acceptance. Building a wall to avoid these feelings will only make matters worse. Instead, release

them all – it is perfectly normal.

Related: [Lea Michele Is Grieving With Cory Monteith's Family](#)

3. Have an emotional support system: It is always good to have a set of listening ears. Seek someone or a group of people who you find comfort in talking about the death of a loved one and your feelings to. They will be beside you during every moment of your journey: encouraging, listening, and having the utmost of compassion.

**What are some ways to grieve the loss of a significant other?
Comment below.**