

Ryan Anderson Breaks Down Over Gia Allemand's Suicide



By April Littleton

According to [People](#), Ryan Anderson broke down in tears when he discussed how he was dealing with the death of his late girlfriend, Gia Allemand. The New Orleans Pelicans forward was the one who found her in her apartment August 12 after she hanged herself. "Every day is a challenge. It helps to be here. My family's with me. To be here with my teammates really helps a lot, but it's a roller-coaster," he said.

What are some ways to cope with heartbreak?

Cupid's Advice:

When your heart gets broken it seems like nothing will help ease the pain. It's natural to feel this way, but as time goes on, you'll notice that you're starting to smile more often. You might be even laughing a bit more than usual too. It takes time to get over something tragic. Cupid has some tips:

1. Spend time with loved ones: Have your family and friends around more often while you're going through the grieving process. Your loved ones will show you how loved and appreciated you are and all of that positive energy will be good for your state of mind. You'll have people around you who you trust and if you ever feel like venting they'll be right there to lend a listening ear.

2. Keep busy: Get right back to doing your everyday activities. Continue to go to work and pick up a new hobby or two. Staying busy will help keep your mind off of the things that are keeping you down for awhile.

3. Remind yourself that things will get better: When you're feeling down on yourself, just keep in mind that there will be better days ahead. Time heals everything – you just have to be patient. Some days will be better than others, but eventually, you'll wake up one morning feeling like your old self again.

What are some other ways to cope with heartbreak? Comment below.

How to Move On and Keep Your Dignity (And Hope) Intact After Heartbreak





By [Marni Battista](#)

In recent months, there have been a couple of sudden, celebrity deaths that have no doubt left family, friends, and significant others reeling. Both *Glee* star Cory Monteith's fatal drug overdose and former *Bachelor* contestant Gia Allemand's tragic suicide opened up much speculation about how their partners, Lea Michele and Ryan Anderson respectively, have been coping.

These tragedies got me thinking: All of us will experience heartbreak in our lives – whether in the form of a difficult breakup or the death of a significant other – and will surely find ourselves desperate for ways to move on with as much grace, ease, and dignity as possible. Here at Dating with Dignity, I've developed five simple practices that certainly won't eradicate the pain of your loss but **will** give you the tools to begin healing.

1. Allow Moments of Grief

The most important thing when untangling yourself from a broken heart is to express whatever you're feeling and do so in a healthy way. Allow yourself to cry, write, listen to or make music, or talk with a close friend or family member. As you become further removed from the incident, be cognizant of when it's time to distill this period of grief into brief, private moments, and then eventually your loss will become less acute. Grieving is healthy, but if you continue to dwell

on it for more than one year and it feels like it's turning into chronic depression, make sure you seek help from a healthcare professional.

Related Link: [Gia Allemand's Boyfriend: 'I Don't Love You Anymore'](#)

2. Don't Cast Blame

It was widely reported that Allemand's suicide occurred immediately after a blowout fight with her boyfriend, NBA player Anderson, that culminated in him saying, "I don't love you anymore." In this situation, it would be easy for Anderson to process his loss by blaming himself and wondering if he could have saved his girlfriend by choosing his words more carefully.

But it's important to remember that there are endless numbers of factors that contribute to something so serious, and whatever you feel you did wrong is only the tipping point (if even a factor at all). There's no way to truly know, and blaming yourself or others will only alienate you as work through your grief – so train yourself to focus your energy on moving past it.

We're ultimately **not** responsible for the actions of others. Of course, we want to make sure we're always compassionate and empathetic; however, each of us must take personal responsibility for how we react to what we hear from others each day.

3. Adopt a Mantra: "The Only Way to Get Through It Is to Get Through It"

Whether recovering from a breakup or the death of a loved one, you've been placed in an undesirable situation beyond your control. As much as it may feel like the world has stopped turning and nothing will ever be the same, there's nothing you can do but focus on the better times ahead.

Each relationship can help to form who we are as well as who we'll become. There are no such things as mistakes. If you soldier through these dark days and keep yourself focused on the gifts you experienced as a result of your lost love, you'll gradually start to feel better...and one day, you'll reflect on that dark time from a much lighter point of view.

4. Re-Install Routine

Depending on the gravity of your loss, it's possible that whatever incident you're recovering from has completely wiped out your usually bustling schedule. Even though holing up at home may seem like the most appealing option, one of the best ways to begin to move on is to re-introduce routine into your daily life.

It may feel forced at first, but a schedule will allow a sense of normalcy to return and provide a welcome distraction. If there's something in your routine you used to partake in with your absent partner, create a new ritual with a close friend or family member in its place.

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

5. Lean On Friends and Family

After the death of Monteith, mourning fans across the country cast much of their concern toward his longtime girlfriend and *Glee* costar Michele. People began speculating about when and how she would make her first public appearance in the wake of her tragedy. After a couple weeks of silence, the brunette was spotted going to a baby shower and has since been seen surrounded by at least one or two close friends. Loved ones provide a welcome distraction, but they'll also help force you back into your routine and listen when you need to talk about how you're feeling.

Heartbreak is a part of life, and when it happens, all you can

do is work towards moving on. If you diligently hold yourself to these five practices in the wake of a tragedy, I'm certain you'll gradually start to feel lighter.

[Marni Battista](#), founder of [Dating with Dignity](#), is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Gia Allemand's Boyfriend: 'I Don't Love You Anymore'



By Petra Halbur

Tragically, it seems that Gia Allemand and Ryan Anderson's last exchange was in the form of an argument. According to [People](#), on August 12, the former reality show star confronted her boyfriend with her suspicions of infidelity. According to Anderson's statement to the police, at one point during the argument, Allemand told him that she still loved him to which

he replied, "I don't love you anymore." Later that day, Allemand hanged herself with a vacuum cleaner chord and died two days later when she was taken off of life support.

What are some ways to deal with a bitter breakup?

Cupid's Advice:

Look, breakup are tough. Nobody is denying this. However, there is a healthy way to deal with the heartbreak and an unhealthy way. Cupid has some advice for getting through a breakup:

1. Write about it: Journals may seem a tad old school but pouring your feelings onto a piece of paper is an effective outlet for your anger and confusion. Resist the urge to publish these entries onto a blog or any form of social media, however. Publicly displaying these thoughts will only come back to bite you.

2. Get in shape: Exercise, particularly cardio, is a tried and true way of working out your hurt feelings in a productive manner. This has nothing to do with making yourself better looking. This is about getting healthy and pumping some endorphins through your system.

3. Don't hurt yourself: Some find that self-destructive practices help them get through difficult times but remember that cutting, drug use, excessive drinking and other forms of self-hurt will not "show up" your ex but only prolong your own suffering. If you find that pain helps you cope, hold an ice cube to your skin. It's a way of inflicting pain without injuring yourself.

How did you get through your breakup? Tell us below.

Gia Allemand's Boyfriend Speaks Out About Her Apparent Suicide



By Petra Halbur

NBA player, Ryan Anderson, issued a statement last Wednesday to address the apparent suicide of his girlfriend, Gia Allemand. "I'm deeply grateful for all the love and support we have received from family, friends and fans. Gia was the most beautiful person I knew inside and out and she always smiled and made everyone else around her smile," he said. "She had such an amazing impact on my life and anyone that knew her was blessed. All I have left is to cherish those memories we made together and help perpetuate the many values, faith and love that we shared." According to [People](#), Anderson discovered Allemand in her New Orleans home on Monday. She was transported to the hospital and remained on life support until her death last Wednesday.

What are some ways to deal with a sudden death of a partner?

Cupid's Advice:

Nothing is harder to face than the death of a loved one. Cupid is here with some advice to help you get through this most difficult time.

1. Seek grief counseling: Well-intentioned reminders from friends and family that your partner “will always be in your heart” get old very, very quickly. You might benefit from seeing a grief counselor or joining a support group. Speaking with people who truly “get it” can be an enormous source of comfort.

2. Say goodbye: Perhaps the most difficult thing about the sudden death of a loved one is knowing that you didn't get to say, “goodbye.” Allow yourself to bid farewell to this person who meant so much to you. Even if you're not a religious person, doing this will give you some sense of closure.

3. Grieve together: Though your instinctive reaction to this tragedy may be to close yourself off, remember that your partner had friends and family who are also hurting. Open yourself up to them. You'll get through this together.

How did you get through the loss of your partner? Tell us below.

Bachelor Pad 2: Gia Allemand

Finds Love In the NBA



Love appears to have finally pulled through for an upbeat *Bachelor Pad 2* alum Gia Allemand. The 27 year-old model said that her relationship with boyfriend Ryan Anderson, power forward for the Orlando Magic, fell into place back in February when the two began dating, according to UsMagazine.com. Allemand and Anderson met while *Bachelor Pad 2* star was doing a photo shoot in The Bahamas in February and from there, the two were inseparable. Fate was on the couple's side as Allemand was offered a job that enabled her to live in Florida and be flown into The Bahamas on the weekend for modeling engagements. "Not only was it love at first sight, but it seemed like a touch of destiny. We now both live in Orlando and couldn't be happier," she said. "I think I finally found the one!"

What are some ways to stay positive about finding love?

Cupid's Advice:

Although sometimes it gets difficult, optimism for love is the always the best attitude. Cupid has some suggestions for when times get tough:

1. Looks can be uplifting: You don't have to play dress up, but if you feel good, your confidence will increase and help you out when you're looking for a new partner. Get a quickie makeover.

2. Catharsis: Although not always recommended, sometimes it's just easier to let out all your emotions and work from the ground-up. Cry if you want to cry. Scream if you want to scream (but maybe into a pillow!).

3. Attitude is everything: Although easier said than done, it's important to stay positive and keep your doubts and negativity in check. Even if you don't *feel* positive, fake it a for a while and maybe it'll end up taking hold.

How do you keep a positive outlook on love? Share your thoughts below.