

Celebrity Couple News: Kim Kardashian Needs Space From Kanye West



By

Ellie Rice

In the latest [celebrity news](#), Kim Kardashian has reportedly had enough of quarantine with husband, Kanye West! According to *UsMagazine.com*, Kardashian desperately needs space from her man as he is more focused on work rather than helping her with their three children. After six years of marriage, we hope West can compromise some of his time for the sake of his leading lady!

In this celebrity couple news, Kim Kardashian feels like she needs some space from husband, Kanye West while in quarantine. What are some things to do when feeling suffocated by your partner?

Cupid's Advice:

Feeling like you need a little break from your partner is normal. If you're curious about what to do when you're feeling like this, Cupid has some advice for you:

1. Let them know: Your partner may not understand that they are making you feel suffocated, so letting them know should definitely be your first step. Sit them down and express how you're feeling so they understand how their actions are affecting you. People show love in different ways, so be honest with them about what makes you feel comfortable and supported. If you are requesting changes from your partner that they don't feel they can make, it's time to move on. Staying in a relationship that is emotionally suffocating will not benefit either of you or your mental health.

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2. Make a change: Similar to Kim K, maybe you just need some space from your partner. Try taking a break by spending time with your friends and family, rather than just your significant other. Have a girls night or grab dinner with your parents! By minimizing the annoyance and anxiety you're feeling at home, you'll start to feel better about your partner. Encourage them to do the same by hanging out with

their friends or loved ones. It's healthy for any relationship to take time away from each other to focus on the other people in your lives that you care about.

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3. Practice self-care: Focus on yourself! Take time every day to give your mental health some attention. If you're feeling trapped and suffocated by your partner, then spending time alone can be a great refresher. Whether you are into meditation, face masks, or a bath with a glass of wine, you need to find something that makes you feel happy and relaxed.

What steps would you take to feel less suffocated in your relationship? Start a conversation in the comments below!