

Celebrity Couple News: Kristen Bell Stands By Husband Dax Shepard After Relapse



By Carly Silva

In the [latest celebrity news](#), Kristen Bell opened up about her husband's relapse nearly one month ago, which ended 16 years of sobriety. According to *People.com*, the [celebrity couple](#) is working together to move forward, and Bell is committed to supporting her husband through this journey.

In celebrity couple news, Kristen Bell is standing by her man through his continued struggle with alcohol addiction. What are some ways to support your partner through addiction recovery?

Cupid's Advice

Being in a relationship with a partner who is struggling with addiction can be difficult, but there are ways to help them through it. If you're looking for some ways to support your partner through addiction recovery, Cupid has some advice for you:

1. Attend therapy together: While your partner is going through recovery, therapy is always a great option. Attending couple's therapy together may help both of you to have some guidance on this difficult journey, and to stay aware of each others' feelings and move forward together.

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2. Be aware of possible triggers: As a partner, it's important that you are helpful and supportive in your partner's efforts in recovery. Make sure you are fully informed on their addiction, and be able to identify possible triggers that could throw off progress. Be aware of triggering situations, events, and people that may influence your partner to relapse.

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3. Stay honest with each other: Make sure you're able to talk

to each other honestly. This will be important for your partner to feel comfortable opening up to you and for you to be honest about what you need from your partner as well.

What are some other ways to support your partner through addiction recovery? Start a conversation in the comments down below!