

Michael Douglas Is Proud of Catherine-Zeta Jones for Facing Disorder



Michael Douglas opened up to Oprah Winfrey today about how his wife, Catherine Zeta Jones, attempted to hide her depression from him while he was going through stage IV throat cancer, according to [HollywoodLife](#). Douglas further expressed how upset Zeta-Jones was when she was “outed” with having bipolar disorder. “Once she was outed, she knew she had to get out her story,” said Douglas. Douglas says he is proud of his wife for addressing the media and staying positive with the issues she has faced in the past few months. After surviving through throat cancer, Douglas is happy to support his wife who has been by his side through this whole ordeal.

What are some ways to show your support in the face of a partner’s illness?

Cupid's Advice:

If there's one key to having a successful relationship, it's to be supportive of one another. A partner's illness is a painful experience to go through and is often a test to a relationship. Cupid has some suggestions:

1. Don't let the stress get to you: It's very important not to let the illness turn you negative. It's important to stay positive no matter what the circumstances, because having doubts won't help your partner stay brave.

2. Have faith in each other: Believe in each other and support each other. If you believe your partner will get through this difficult time, that faith alone may help.

3. Don't worry about what others have to say: Don't let what others, whether it be family, friends or doctors, say get to you and your partner. Those people aren't in your relationship and aren't going through the same situation.

What are some ways to show your support for your suffering partner? Share your experiences below.