

Celebrity News: Tristan Thompson Feels 'Trapped' in Relationship with Khloe Kardashian



By [Haley Lerner](#)

In [celebrity news](#), Tristan Thompson allegedly feels “trapped” in his relationship with [reality TV star Khloe Kardashian](#). After Thompson was caught cheating on Kardashian while she was pregnant in April, the couple did remain together, but things for the pair are still rocky. A source told *UsMagazine.com*, “Khloe and Tristan are still not fully OK. They act like they are when they’re in front of others, but it’s all a show at this point. Another source said the couple has tried going to couple therapy, but it didn’t help their problems. “Tristan is feeling trapped in a bad relationship,” one more source added. “He’s no longer going with Khloe for sessions. He just didn’t feel it was helping to discuss s–t that happened months ago.”

In celebrity news, things aren’t as they seem for Khloe Kardashian and Tristan Thompson. What are some ways to work on your relationship if you’re drifting apart?

Cupid’s Advice:

Growing apart from your partner can be tough. Cupid has some tips on how to work on your relationship if it happens:

1. Don't ignore the problem: If you do notice you and your partner are drifting apart, it's best to address the problem as soon as you can instead of ignoring it. Sit down with your beau and share how you feel and discuss how you guys want to make things better.

Related Link: [Celebrity Couple News: Why Khloe Kardashian Is Giving Tristan Thompson 'Another Chance'](#)

2. Make more time for each other: The best way to get closer to your partner is by being with them. Commit to taking time to spend quality time with your significant other. Get weekly dinners, watch a movie, cook together, or see a show.

Related Link: [Celebrity News: Tristan Thompson Is 'Emotionally and Physically Exhausted' from Cheating Drama](#)

3. Don't argue: The worst thing you and your partner could do in this situation is fight. It will just increase the gap between you two and make things more stressful. Don't pick little fights and instead try to be as open and understanding with your partner as you can. You also shouldn't blame your partner for the distance you've been experiencing and instead try to be compassionate towards them.

Have any more tips on how to work on your relationship if you're drifting apart? Comment below!