

Celebrity Couple News: 'DWTS' Pro Cheryl Burke Says Husband Matthew Lawrence Is Her 'Rock' Amid Sobriety Journey



By Carly Silva

In the [latest celebrity news](#), *Dancing with the Stars* pro Cheryl Burke stated in an appearance on *Good Morning America* that her husband, Matthew Lawrence, has been her “rock” amid her sobriety journey. The [celebrity couple](#) married in 2019, and according to *EOnline.com*, Burke insisted that she would be lost without his support.

In celebrity couple news, Cheryl calls husband Matthew her “rock” during her sobriety journey. What are some ways to support your partner through overcoming addiction?

Cupid’s Advice:

Helping someone to recover from addiction can be extremely difficult for anyone, especially a romantic partner. If you’re looking for some ways to support your partner through overcoming addiction, Cupid has some advice for you:

1. Educate yourself: One of the first things you can do to help your partner in overcoming addiction is to make sure you understand the nature of addiction. Educating yourself will help you understand and empathize with your partner, and also know the language and habits to avoid while helping them recover.

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2. Find substance-free activities: One of the worst things you can do when helping a partner recover is to put them in situations that may trigger the desire to break sobriety. As a supportive partner, you can help by finding fun activities or events that don’t involve substance use. You can also communicate and set boundaries about which behaviors are acceptable between you and your partner.

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3. Don't be afraid to ask for help: While it is great to be a helpful support system for your partner, it can also be a lot to handle for you, too. Make sure you are getting the support you need as well, by reaching out to friends or even professionals for help and advice. This will help you to take care of yourself, and also be able to fully support your partner.

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