

Celebrity News: Gwyneth Paltrow Speaks Out About Miscarriage



By Jessica Conigliaro

Oscar-winning actress Gwyneth Paltrow recently opened up about the miscarriage she experienced in recent years. She says she got through the tough time with support from her loving husband and Coldplay rocker Chris Martin, UsMagazine.com reports. "We are committed co-parents, we make all the decisions together and lean on each other for support," Paltrow says. "[Chris] is so good to the children and to know that you had kids with such a good man is a real weight off you."

What are some ways to help your partner get through a tragedy?

Cupid's Advice:

If your partner is experiencing a tragedy, you undoubtedly want to show your support. He has always been there for you and now's the perfect time to return the gesture. Cupid offers some advice on ways to comfort your man during his rough patch:

1. Be there for him: Your boyfriend just heard the news of his grandfather's passing. He of course is upset and overwhelmed after finding out. Show your support by accompanying him to the wake and funeral. Your partner will take notice of your constant presence and will be reminded that he's not alone.

2. Help them cope: When someone you love is going through a difficult time, you may feel the need to help them through it. If your partner just found out his favorite uncle is passing away, suggest visiting him in the hospital to say his final goodbyes. Your boyfriend will feel better knowing he got to see his uncle one last time. Find ways to ease your love's mind during a tragedy. They will appreciate your compassion during their rough time.

3. Give some space: During sad times, it is often in our nature to want to be alone. If your partner seems a bit distant from you and is avoiding eye contact, don't take that as a bad sign. Some men are embarrassed to cry in front of others, but they still need that emotional release. Tell your boyfriend you are going to the food store and slip away for a few hours. He may just need the house to himself in order to grieve in his own way.

How do you comfort your love during a tragedy? Share with us below.