

Rumor: Is Lamar Odom's Drug Abuse Causing Marital Problems?



By April Littleton

Rumors are swirling around about Lamar Odom's alleged drug use. A source close to both Odom and Khloe Kardashian told [People](#) that the *Keeping up with the Kardashians* star has been struggling to help her husband. "It's a really hard time for Khloe. She's kept this secret for almost two years trying to save Lamar and their marriage," the source said.

What are some ways to support your partner through substance abuse?

Cupid's Advice:

1. Talk about it: When your significant other is ready to talk about their problem, listen to them wholeheartedly without any

judgements. You may notice that your honey has an issue with drugs and/or alcohol, but they might not be ready to admit it to themselves yet. Wait it out for a little while until your partner is comfortable enough to confront the problem head on.

2. Find other support: When your love is ready to get help, look for support meetings or groups around your local area to attend together. Going with your partner will show that you love and care for them no matter what and they won't feel like they have to deal with the situation on their own.

3. Be patient: A substance abuse problem will not go away overnight. Just like anything else in life, healing takes time. You need to think about if you're willing to stick it out with your significant other. Talking to a loved one or a professional counselor might help you sort through your feelings of guilt or resentment and can help you figure out if your commitment is strong enough to get past something like this.

What are some other ways to support your partner through substance abuse? Comment below.