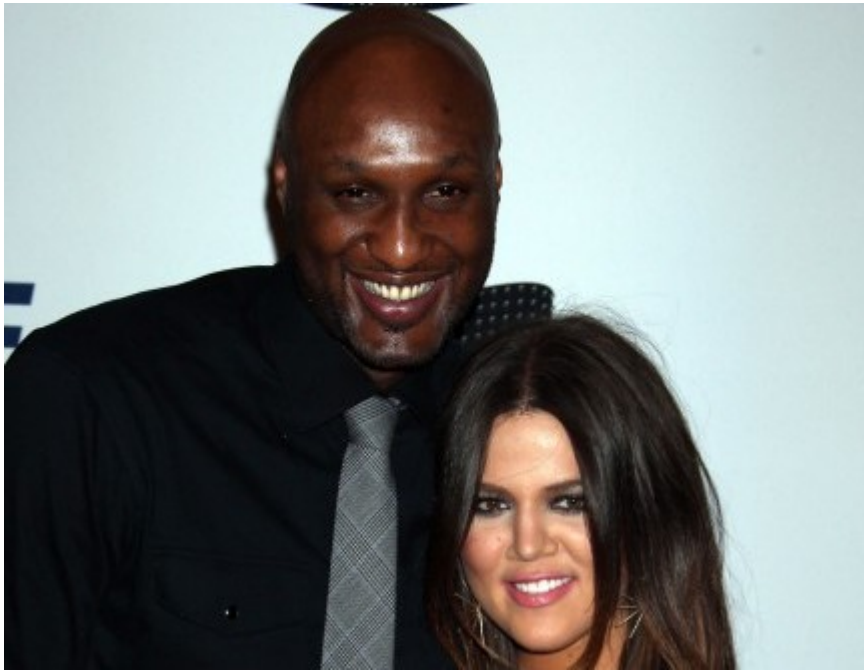


Khloe Kardashian Rants on Twitter Amid Divorce Rumors



By Kerri Sheehan

Rumors have been swirling recently that reality star Khloe Kardashian and her NBA husband Lamar Odom are heading for splitsville. Kardashian took to Twitter this past Sunday to fight back against the rumor mill. She Tweeted, “Really hard to sit here and listen to people talk sh-t about my family! F-ck you and shame on you! I’m too protective for this sh-t!” according to UsMagazine.com. It was reported as recently as August 24th that 33-year-old Odom is struggling with substance abuse as well.

What are some ways to keep rumors from hurting your relationship?

Cupid’s Advice:

Rumors are no one's best friend. Cupid has some advice on how to keep them from ruining your relationship:

1. Don't listen: A rumor is only as powerful as your will to believe it. Unless you see something with your own eyes, you can't always take another person's word for it. Letting words ruin your relationship will only give the rumor-spreader what they want.

2. Go to the source: Find out who is spreading the rumor at hand and snub it before it gets too overblown. Knowing why the gossip is saying these things will help you feel that the rumor is really not true.

3. Communicate with your partner: Honesty is the best answer; so don't be afraid to confront your partner about whatever you may hear. They'll understand why you're upset about the situation at hand and ensure you that it's not true. This will strengthen your relationship and also open lines for future similar communications.

How do you keep rumors from hurting your relationship? Share below.