

Sources Say Khloe Kardashian Has Been in Touch with Troubled Lamar Odom



By April Littleton

[People](#) confirms that Khloe Kardashian has been in touch with husband Lamar Odom since his alleged disappearance. Amid all of the drug reports, rumors of infidelity are also swirling around the couple. The duo hasn't been photographed together since June 2.

What are some ways to help your partner through an addiction?

Cupid's Advice:

If you have a partner who's struggling to overcome an addiction, you may feel overwhelmed. Going through a situation like this is tough and frustrating. You're not sure what to do or how to help, but for better or for worse, you've made a commitment to your significant other and you plan on keeping it. You just need a little help. Cupid has your back:

1. Don't enable them: Your partner's addiction is not your fault. Yes, you want to take care of your honey and protect them while they're going through such a tough time, but that doesn't mean you should cater to their every needs and desires. Stop them from harming themselves any further. It doesn't matter how upset or angry they get. Eventually, they will understand that you're trying to do what's best for them. Gain control of the situation until they are able to see how destructive their own behavior is to themselves.

2. Get involved: Believe it or not, you are the most important person in the process of their recovery. Your partner will need you now more than ever. Show that you care and you're willing to be there for them every step of the way. Get involved with their support groups, show up at his/her meetings and participate in all of the counseling sessions your honey may need to go to.

3. Talk to someone: While you're busy taking care of your significant other, you might not realize that you have no one to take care of you. Your partner's addiction will affect your life too. Find someone you trust to talk to about what's going on, or talk to a therapist. You'll need to be able to deal with the situation in a healthy manner and you won't be able to do it alone.

How did you help your partner through an addiction? Comment below.