

Source Says Lamar Odom's Drug Addiction Took Over Marriage to Khloe Kardashian



By Petra Halbur

Lamar Odom and Khloe Kardashian's marriage has reached its breaking point due to Lamar's Odom's substance abuse. "The addiction had taken over their marriage," a friend confides to UsMagazine.com. "The problem is cocaine. He would be high for three or four days at a time." On August 21, the youngest Kardashian sister gave her husband an ultimatum: he could either get help or he could leave. "I feel so bad for her," the friend says. "She really loves Lamar."

How do you help a partner battling substance abuse?

Cupid's Advice:

Overcoming addiction is a struggle that non-addicts cannot

fully understand. If your partner is battling substance abuse, it can be difficult to know how to help. Cupid has some ideas:

1. Let your partner know you are there: Feeling supported is a vital part of the recovery process so be sure to let your partner know that he or she is loved. Remember, though, that loving your partner does not mean putting up with substance abuse, which brings us to point #2 ...

2. Get them help: Just because your partner has a problem doesn't mean that he or she is going to actively seek treatment. That may have to be your job. While recovery ultimately comes down to the addict's desire to get clean, you can help by providing your partner with the resources to help him or her recover.

3. Help your partner avoid temptation: Statistically, there is a very high chance that your partner will relapse. To keep your beau going strong, actively avoid environments that lend themselves to substance abuse like night clubs and casinos. It may take some adjustment, but it's a vital part of the recovery process.

How did you help your partner overcome addiction? Tell us below.