

# Khloe Kardashian Says Split From Lamar Odom Is 'Torture to My Soul'



By Brittany Stubbs

A week after Khloe Kardashian filed for divorce from Lamar Odom, husband of four years, she's opening up about her pain from the breakup. The reality star tweeted what appears to be a response to the speculation she'd quickly rebounded with baseball star Matt Kemp. "This, in and of itself, is heartbreaking and torture to my soul," Kardashian wrote. "Please, I don't need the extra rumors and BS right now." Despite that she has been spotted out with the L.A. Dodgers outfielder, a source tells [People](#) that they are "just friends." The source also adds, "Khloe is absolutely

heartbroken right now [over Lamar] and dating someone is the last thing she's thinking about."

## **What are some ways to initially cope with your divorce?**

### **Cupid's Advice:**

Going through a divorce can be one of the toughest things a person experiences. Though every relationship and break up are different, there are a few things that can help you cope at the beginning:

**1. Take care of yourself:** This is the time to focus on yourself and take care your basic needs. No matter how much pain you're in, you must tend to the health of your body. Drinking enough water, eating consistent meals of healthy proportions, and allowing yourself to get enough sleep, are just a few basic ways you can take care of your body. Many people create unhealthy habits during a breakup (i.e. not eating, drinking too much alcohol, etc.) but these make the divorce more difficult because in reality, you're just adding physical pain to your emotional pain.

**Related:** [Source Says Lamar Odom's Drug Addiction Took Over Marriage to Khloe Kardashian](#)

**2. Avoid contact with your ex:** Despite the reasons for your divorce, it is common to have immediate second thoughts once you're separated. Even if you were the one that filed for divorce, you will most likely still miss your ex and question if the split was a big mistake. In this vulnerable state of mind, turn off your phone and hide your car keys. As much of a habit it is to call them when you're in pain, contacting your ex is not the solution.

**Related:** [Khloe Kardashian Files for Divorce from Lamar Odom](#)

**3. Seek support:** It's important to lean on your support system during the initial breakup. Whether your support system is a

group of close friends, family members, co-workers, or members of your church, this reminds you that although you are no longer part of a "couple," you are by no means alone. If you feel as if you can't lean on the people in your life, research support groups in your area for individuals going through divorce.

**How have you coped initially during a divorce? Share your experiences below.**