

# Celebrity Couple News: 'DWTS' Pro Cheryl Burke Says Husband Matthew Lawrence Is Her 'Rock' Amid Sobriety Journey



By Carly Silva

In the [latest celebrity news](#), *Dancing with the Stars* pro Cheryl Burke stated in an appearance on *Good Morning America* that her husband, Matthew Lawrence, has been her “rock” amid her sobriety journey. The [celebrity couple](#) married in 2019, and according to *EOnline.com*, Burke insisted that she would be lost without his support.

# In celebrity couple news, Cheryl calls husband Matthew her “rock” during her sobriety journey. What are some ways to support your partner through overcoming addiction?

## Cupid’s Advice:

Helping someone to recover from addiction can be extremely difficult for anyone, especially a romantic partner. If you’re looking for some ways to support your partner through overcoming addiction, Cupid has some advice for you:

**1. Educate yourself:** One of the first things you can do to help your partner in overcoming addiction is to make sure you understand the nature of addiction. Educating yourself will help you understand and empathize with your partner, and also know the language and habits to avoid while helping them recover.

**Related Link:** [Celebrity Couple News: Gwen Stefani & Blake Shelton’s Love Takes Center Stage at 2020 ACM Awards](#)

**2. Find substance-free activities:** One of the worst things you can do when helping a partner recover is to put them in situations that may trigger the desire to break sobriety. As a supportive partner, you can help by finding fun activities or events that don’t involve substance use. You can also communicate and set boundaries about which behaviors are acceptable between you and your partner.

**Related Link:** [Celebrity Couple News: Find Out Why Kaia Gerber & Elordi Aren’t Officially Dating Yet](#)

**3. Don't be afraid to ask for help:** While it is great to be a helpful support system for your partner, it can also be a lot to handle for you, too. Make sure you are getting the support you need as well, by reaching out to friends or even professionals for help and advice. This will help you to take care of yourself, and also be able to fully support your partner.

**What are some other ways to support your partner through overcoming addiction? Start a conversation in the comments down below!**

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## **Celebrity Couple Cheryl Burke & Matthew Lawrence Share Engagement Party Pics**





By Rhodesia Williams

In [celebrity news](#), [celebrity couple](#) Cheryl Burke and Matthew Lawrence show us just how beautiful their engagement party was. According to *UsMagazine.com*, the couple had a small engagement party with close friends and family. Lawrence proposed to Burke with the same ring Burke's late father gave her mother when they got engaged. It looks like this pair is looking forward to their [celebrity wedding!](#)

**In celebrity couple news, Cheryl Burke and Matthew Lawrence celebrated their engagement with a party. What are some unique ways to celebrate your engagement?**

**Cupid's Advice:**

While weddings are usually traditional, why not try switching

it up for your engagement? Cupid has some advice on how to celebrate your engagement in a not so traditional way:

**1. Party time:** While throwing an engagement party is expected, having your party themed will be different. Celebrate your engagement with style, giving your guests something to remember. Whether you throw an 80's party or a beach themed party, make sure you celebrate your engagement the way you and your partner likes it.

**Related Link:** [Date Idea: Plan a Party](#)

**2. Food:** You know what they say, food makes the heart grow fonder. Invite close friends and family out to eat. While you may think you would have to go to a fancy restaurant, try something different! Going to a BBQ restaurant or something casual is not only cost effective, but it reminds your guests just how you want to celebrate.

**Related Link:** [Relationship Advice: How to Handle Engagement Envy](#)

**3. Take a trip:** A fun way to celebrate your engagement is to take a trip. While you don't need to go celebrate under the Eiffle Tower, going on a small trip would be exciting. Taking a road trip or jumping on a quick flight is a fun way to celebrate your new engagement. This trip doesn't necessarily mean you have to bring the whole family, but it is an exciting way to celebrate.

**What are some unique ways you would celebrate your engagement? Share below.**