

Rob Lowe and wife Sheryl Berkoff 'still struggle' with this one thing in their 28-year marriage

aol.com/article/entertainment/2019/08/07/rob-lowe-wife-sheryl-berkoff-still-struggle-with-communication-

GIBSON JOHNS, AOL.COM

Aug 7th 2019 12:41PM

Nearly three decades into their marriage, Rob Lowe and his wife, Sheryl Berkoff, are going strong, but they aren't afraid to admit that they still struggle with certain things.

During his appearance on the latest episode of [the goopfellas podcast](#), Lowe opened up about his marriage, noting that he and Berkoff, who share two sons, just [celebrated their 28th wedding anniversary](#).

"People always ask, 'Do you have any advice about marriage?' and I'm reminded of when they asked Alfred Hitchcock about making a hit movie. He said, 'It's all about the casting,' and that's the same with marriage," Lowe said. "It really is all about who you pick. I always say to people, 'If there's any way to marry your best friend, do it.' 'Cause the rest of it comes and goes, and I was very lucky there."



The former "Parks and Recreation" star went on to note that the couple hasn't been shy about seeking outside help when going through rough patches in their relationship, and that openness to therapy has extended to their sons, Matthew, 26, and John, 24.

"The one thing, though, that has been a part of our family is the notion of therapy as a sort of proactive, non-shaming [practice], like a trainer," he revealed. "We think of going to therapy or talking to a therapist ... it's literally no different from a chiropractor."

When it comes to his marriage, communication -- or, lack thereof -- was the primary reason that Lowe and Berkoff went to couples therapy, despite the fact that he thinks "there's a lot of bad energy around it."

"Half of us don't know how to communicate, and it's only getting worse with texting and all of that. Communication is a huge thing, and we still struggle with it," Lowe said. "Sheryl and I still have somebody we would see if we ever felt like we need it. We do it less and less, but there have been times where we've been seeing someone, and I look forward to it! [...] I always come out of it feeling even more reconnected, but I think that people look at it as a sign of trouble."

Rob Lowe and Sheryl Berkoff married in 1991 after having been together for three years.

