

# New Celebrity Couple: Sofia Richie Is Dating Matthew Morton After Scott Disick Split



By Carly Silva

In the latest [celebrity couple](#) news, Sofia Richie has been spotted moving on with Matthew Norton after her recent split from [reality TV star](#) Scott Disick. According to *UsMagazine.com*, the two were spotted at Nobu restaurant in Malibu last weekend, and sources confirmed that the two are definitely seeing each other.

# In new celebrity couple news, it looks like Sofia and Scott have really moved on this time around. How do you know you're ready for a new relationship after a split?

## Cupid's Advice:

Starting a new relationship after a split can be a difficult journey, especially if you're not sure if you're ready. If you're looking for ways to tell that you're ready for a new relationship after a split, Cupid has some advice for you:

**1. You're doing it for the right reasons:** If you are completely over your ex, it may be a time to start a new relationship. But, if you are dating because you are jealous of their new partner, or if you are trying to make them jealous, then you may not be ready for a relationship just yet. Give yourself some time to heal from the split before you start dating to make sure your intentions are healthy.

**Related Link:** [Celebrity Break-Up: Sofia Richie Unfollows Scott Disick Amid Bella Banos Dating Rumors](#)

**2. You've learned more about yourself:** A great way to tell if you are ready for a new relationship is to evaluate what you have learned. If you feel that you have grown and learned from your last relationship, you may be ready to move on and start a new one. If you're still feeling lost and heartbroken, then take some more time to heal and grow before starting something new.

**Related Link:** [Celebrity News: Kylie Jenner & Travis Scott Spark Romance Rumors After Steamy Shoot](#)

**3. You're completely over your ex:** When you're starting a new

relationship after a split, you definitely want to make sure that you're completely over your ex. If you find yourself thinking about them or wanting to talk about them, then you made need more time to process the break-up, but if you are completely moved on and done thinking about them, you may be ready for a new relationship.

**What are some other ways to tell you're ready for a new relationship after a split? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Sofia Richie Unfollows Scott Disick Amid Bella Banos Dating Rumors**





By Nicole Maher

In the latest [celebrity news](#), Sofia Richie officially unfollowed her celebrity ex Scott Disick on social media. According to *UsMagazine.com*, Richie recently unfollowed both Disick and his other ex, Kourtney Kardashian, on Instagram after rumors of his involvement with Bella Banos began to surface. Richie and Disick first made their [celebrity relationship](#) official back in 2017 before announcing their [celebrity break-up](#) in May of this year. The couple appeared to briefly rekindle their relationship afterward, but has since split for a second time.

**In celebrity break-up news, Sofia Richie unfollowed her ex Scott Disick on social media as he was spotted with a new woman. What are**

# some steps you can take to get over your ex?

## Cupid's Advice:

No matter how amicable the situation may have been, breaking up with your partner and beginning the process of getting over them can be challenging. If you are looking for some steps to take to get over your ex, Cupid has some advice for you:

**1. Remove them from your feed:** It's hard to get over someone if you are constantly aware of what they're doing or who they're with. By limiting how much of the other person you see on social media, you will stop yourself from seeing anything you are not ready for. Whether it is muting, unfollowing, or blocking, there are many different options to limit your exposure to your ex.

**Related Link:** [New Celebrity Couple? Sofia Richie & Jaden Smith Get Close at the Beach](#)

**2. Take down your posts:** While removing them from your feed is helpful, so is taking down whatever posts you have of the relationship on your account. It may not be necessary to completely delete these posts, but archiving them or setting them as private is a good way to show you're moving on. Once you start conveying to other people that you are past the relationship, you will begin to believe it yourself.

**Related Link:** [Celebrity Break-Up: Ant Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina](#)

**3. Limit other forms of communication:** Depending on the situation, it may not be possible to cut off all communication right away. Be sure to set boundaries between you and your ex to establish how much communication you are comfortable with. These boundaries can always be lessened or strengthened as the

situation changes.

What are some other ways to help someone get over an ex? Start a conversation in the comments below!

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## Celebrity News: Find Out Where Scott Disick and Sofia Richie's Relationship Stands As He Vacations with Ex Kourtney Kardashian





By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) and Sofia Richie's on-again, off-again relationship seems to be off as he vacations with his [celebrity ex](#), [Kourtney Kardashian](#), and their kids. A source close to the [celebrity couple](#) tells *EOnline.com* that "they are still in contact and have seen each other multiple times in the last month but are not as inseparable as before." While Disick vacations with Kardashian in Coeur d'Alene, Idaho, Richie is "hesitant about getting back together" with him, according to the source,

**In celebrity news, Scott and Sofia are definitely on the outs right now. What are some ways to keep your partner from being jealous of your ex?**

**Cupid's Advice:**

It's normal to sometimes feel jealous of your partner's ex, even in the happiest relationships. But obsessing over that jealousy can cause serious harm. If you need help getting your partner past their jealousy, Cupid has some advice for you.

**1. Reassure them:** Remind your partner that you and your ex broke up for a reason. Remind them that you chose to be with them, not your ex. It's easy to get lost in overthinking, so reassure your partner of your feelings. Ask if there's more you can be doing to help them feel comfortable.

**Related Link:** [Celebrity News: Scott Disick Seen Dining With Kourtney Kardashian Amid Sofia Richie Split](#)

**2. Get to the root:** Find out why your partner is so fixated on your ex. It's normal to feel jealous, but if jealousy is consuming your partner, there might be an underlying issue. It's likely that your partner is feeling insecure (we've all been there!), but make sure there isn't something more serious going through their head.

**Related Link:** [Celebrity News: Kourtney Kardashian Says She Has 'Responsibility' to Teach Kids About White Privilege](#)

**3. Focus on your relationship:** Actions speak louder than words. Put extra energy into your relationship and show your partner that you're choosing them and your future together. Strengthening your relationship will not only bring you closer but help calm any anxiety your partner may be feeling.

**How do you help your partner get past jealousy? Start a conversation in the comments below!**

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# Celebrity News: Scott Disick Seen Dining With Kourtney Kardashian Amid Sofia Richie Split



By Ellie Rice

In the latest [celebrity news](#), Scott Disick was spotted dining out with ex-Kourtney Kardashian and their kids. The sighting has fans on high alert as Disick and longtime girlfriend Sofia Richie's recent split was said to be because of his former flame. According to *UsMagazine.com*, Disick's focus was always on Kardashian and their kids rather than Richie. We hope all these celebrity exes can get along!

# In celebrity couple news, Scott Disick was seen out with ex-Kourtney Kardashian amid his split from Sofia Richie. How do you know if you're still hung up on an ex?

## Cupid's Advice:

Missing an ex is a common and sometimes inevitable occurrence. If you're wondering if you may fall into that category, Cupid has some advice for you:

**1. You're constantly thinking about them:** If the one thing that seems to always be on your mind is your ex, then chances are you're not over them. Think about the good and bad within the relationship and why it ended. If you went your separate ways for reasons that were fixable or poorly timed, then maybe reconciliation is in your future. For those whose relationship ended for valid and critical reasons, then you need to remember why the split took place. Nostalgia plays a selective highlight reel through our memory and focuses on the highest of highs, don't let this cloud your judgment.

**Related Link:** [Celebrity Exes: Scott Disick is 'Always Flirting' With 'Best Friend' Kourtney Kardashian](#)

**2. You stalk their socials:** Are you glued to your phone and constantly checking in on your ex's profiles? If that sounds like you, then you're probably not over them. This definitely isn't a healthy step in the moving-on process or any for that matter! Once you've split, unfriend and unfollow your partner. Cutting off this visibility is crucial for you to embark on the next stage of your life. Constantly checking in or stalking their pages isn't going to do you any good and may lead to your feelings getting hurt all over again.

**Related Link:** [Celebrity Couple News: Kim Kardashian & Kanye West Are on 'Different Pages' Amid Quarantine](#)

**3. You're still reaching out:** Closure is a crucial part of the breakup process. It's important that the two of you have an open and honest discussion about why things ended so you're both walking away without any lingering questions. Once this has happened, it's important that you move forward with your life and work towards finding your own happiness. Stop trying to rehash the past or continue to ask your ex what went wrong. Accept that it wasn't the right path and focus on yourself.

**Are you still hung up on an ex? Start a conversation in the comments below!**

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## **Celebrity Exes: Scott Disick is 'Always Flirting' With 'Best Friend' Kourtney Kardashian**





By Alycia Williams

In latest [celebrity news](#), Scott Disick and Kourtney Kardashian spent some time in Utah with all three of their kids for Disick's 37th birthday. According to *UsMagazine.com* these [celebrity exes](#) have been through so many ups and downs since the beginning of their relationship, but after their celebrity break-up, they seem to get along much better, especially when it comes to co-parenting. Recently, Disick and Sofia Richie called their relationship quits after three years. Many wonder if Kardashian is the reason they broke up, so that she and Disick can get back together.

**These celebrity exes are keeping things way above and beyond friendly. How do you know if you're still hung up on your ex?**

**Cupid's Advice:**

After a long relationship ends, it's incredibly easy to get held up on the idea that you guys might get back together. If you think you are still hung up on your ex, Cupid has some advice for you:

**1. Do you stalk them on social media?:** If you constantly find yourself going to your ex's social media pages a few times a day, then you are definitely still hung up on them. Trying to look on their pages to see what they're doing, who they're hanging out with, and if they're seeing anyone else, just isn't healthy. Try deleting the apps from your phone to stop yourself from going to their pages. The longer you go without thinking about them, the better.

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**2. Do you still refer to them as your partner?:** When you're talking to someone else about your ex partner and you refer to them as your boyfriend, girlfriend, husband, or wife accidentally, then you are still not over them. This can be really hard to correct, especially when you're fresh out of a relationship, but after a few months you should be looking to correct yourself. Have your friends and family point it out to you every time you say it. Or, you can use the swear jar method, expect only put a dollar in the jar when you refer to your ex as your partner.

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**3. You're not interested in dating again:** If you find yourself not finding anyone attractive or not wanting to get back out there and go on dates, then you are still holding on to your past relationship. You don't want to go on dates because you're still in a "relationship" kind of head space, when you should be in a single state of mind. Try to get back out there in the dating world and go a little out of your comfort zone;

consider someone completely different than your ex.

What are some other ways you know your still hung up on your ex? Start a conversation in the comments below!

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# Celebrity Break-Up: Scott Disick & Sofia Richie Officially Break Up After 3 Years



By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) and Sofia Richie called it quits after their three-year relationship. Richie ended things to give Disick space to work on his mental health and addiction issues, which he has struggled with long before the pair got together. These [celebrity exes](#) remain on speaking terms, despite Disick spending his birthday weekend with ex-wife [Kourtney Kardashian](#).

## In celebrity break-up news, Scott and Sofia are calling it quits. How do you cope with the loss of a long-term relationship?

### Cupid's Advice:

The end of a long-term relationship marks a new chapter of your life. It doesn't matter who initiated the break-up; both parties will have to deal with heartbreak. If you're unsure of how to move forward, Cupid has some advice for you:

**1. Allow yourself to grieve:** This is your chance to accept your new reality without your ex. You have the time to reflect on the relationship and your own actions, which will allow you to move on. This is your time to establish a new routine without your ex and untangle them from your life.

**Related Link:** [Celebrity News: Scott Disick Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie](#)

**2. Focus on yourself:** Long-term relationships often have you focusing more on "we" than on "me." This is your chance to do things that make you happy. This could be finding a new hobby, going out to your favorite places, or spending more time with people who support you.

**Related Link:** [Celebrity Couple News: Scott Disick and Sofia Richie Are on a Break Post-Rehab](#)

**3. Lean on friends and family:** Your loved ones are there to cheer you up! They can be a shoulder to cry on, an ear to listen, or a distraction from the break-up. Spending time together will lift your spirits no matter what you do and it will remind you you're not alone.

**What do you do to heal after a relationship? Start a conversation in the comments below!**

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## **Celebrity News: Scott Disick Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie**







By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) spent his birthday with ex-wife [Kourtney Kardashian](#) and their kids. According to *UsMagazine.com*, Disick and his long-time girlfriend, Sofia Richie, recently took a break from their relationship so he could work on his mental health. In the wake of this [celebrity break-up](#), Disick and Kardashian spent their Memorial Day weekend with two of their children, Penelope, 7, and Reign, 5, in Lake Powell, Utah.

**In this celebrity news, exes Scott and Kourtney made his birthday a family affair. What are some reasons to keep things civil with your ex?**

**Cupid's Advice:**

The end of a relationship is painful. Many people choose to cut their ex out of their life, but there are many reasons you might want to keep an ex in your life. If you're debating whether you should stay civil with an ex, Cupid has some advice for you:

**1. You need closure:** A break-up hurts less when it ends on good terms. This isn't always possible, but if your ex can have a conversation with you about the relationship, it may help you better move on and keep things drama-free in the future.

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**2. You run in the same circles:** Sometimes staying civil with an ex is all about practicality. If you share a group of friends or a workplace, you want to remain on speaking terms with an ex to avoid future drama and awkwardness.

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**3. You still trust them:** If your relationship had a clean ending, you might still want them as a supportive friend in the future. By ending on civil terms, it opens the door for your ex to come back into your life when you're ready.

**Do you try to keep things civil with your ex? Start a conversation in the comments below!**

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## Celebrity Couple News: Scott

# Disick and Sofia Richie Are on a Break Post-Rehab



By Ellie Rice

In the latest [celebrity news](#), Scott Disick and Sofia Richie have decided to take a break from their relationship. Sources exclusively shared with *UsMagazine.com* that Disick needs to get his act together before getting involved with their relationship again. Disick was seeking treatment to work through his past traumas, but left the facility after photos of him in attendance were leaked. We wish nothing, but the best for these two and hope they can work it out!

# In celebrity couple news, Scott Disick and Sofia Richie are on a break after his latest stint rehab. What are some ways to support a partner or ex-partner recovering from addiction?

## Cupid's Advice:

Supporting a loved one recovering from addiction can be difficult and emotional. If you're looking for a little guidance, Cupid has some advice for you:

**1. Take it slow:** The recovery process is a long and continuous road for your partner and your relationship. Don't expect everything to change overnight, as your significant other is on their own healing journey. As they find their inner strength, so will your relationship. Be supportive and communicative with them by creating an open and honest environment at home. Allow them to transparently convey their emotions and feelings towards you, so you both can understand where your relationship is at. If you have an ex-partner going through recovery who is still a part of your life, be supportive of them as well. Check-in with them and spend time together participating in fun and lighthearted activities.

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**2. Build a support network:** Letting your partner know that you support them and are with them every step of the way is so important. They need to feel love and care on the homefront. Remove any triggers from your home environment that you think could get in the way of their recovery process. Take them to

their meetings or try engaging in couples therapy to continue rebuilding your relationship. Have family and loved ones provide support as well to show your partner how important they are.

**Related Link:** [Celebrity Couple News: Kim Kardashian Needs Space From Kanye West](#)

**3. Get adventurous:** Come up with fun and exciting activities to go out and experience with your partner! Finding ways to celebrate each other and rekindle your relationship by engaging in substance-free activities is crucial. Go for a walk down the beach or go take a hike. Create a list of things or places that make you both happy and go from there. Rebuilding your relationship in alcohol and substance-free environments will be a great way to strengthen your bond and help your partner on their journey.

**How would you help a partner going through a difficult time? Start a conversation in the comments below!**

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## **Celebrity Couple News: Scott Disick Is 'Really Happy' Kylie Jenner Is Close to Girlfriend Sofia Richie**





By [Katie Sotack](#)

Long time friends [Kylie Jenner](#) and Sofia Richie are on the mend, and no one is happier than Richie's boyfriend, [Scott Disick](#). The inter-tangled friend/family history has made the relationships difficult to parse out from one another, but Disick is grateful to his baby mama's sister, Jenner, for welcoming his girl back into the family. The celebrity friends were seen bikini clad and rejoicing on a tropical vacation to Turks and Caicos, reaffirming to the world that everything was a-ok between the two.

**In [celebrity couple news](#), Scott Disick enjoys having the support of Kylie Jenner when it comes to his relationship. What are some ways to support your ex's new relationship?**

**Cupid's Advice:**

With all the complicated feelings that even thinking about your ex brings, having them bring their next S.O. into the family is tricky to say the least. Jenner is supporting Disick and Richie's relationship like a mature and respectful ally. Here are relationship tips to root for your ex's new love:

**1. Keep your distance:** You see your ex repeating similar patterns, you don't think their new lover is treating them right, etc. It's so tempting to pinch the lovebirds on the shoulder and straighten them out. *Don't do it.* When you get the temptation to meddle, take a deep breath and walk away. By commenting on their current situation, you are adding your baggage with ex-bae to their new love. It's better to keep your distance here.

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**2. Accept their new partner:** Possibly the biggest thing you can do to support their relationship is accepting their new partner. It doesn't have to be as a close confidant, though friendship is a great way to start this process. Welcome the partner into your family space and accept them as a potential life long member.

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**3. Show social media support:** If your friends and family can see you liking and commenting on your ex's new relationship status, they're more likely to show support as well. If you're acting bitter, it's only natural they'd want to have your back and criticize the couple. Be the bigger person and show no negative will toward your ex.

**How do you support your ex's new relationship? Share in the comments below!**



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# Celebrity News: Kourtney Kardashian & Scott Disick Vacation in Costa Rica Without Sofia Richie



By [Mara Miller](#)

In the [latest celebrity news](#), everyone keeps asking, “Where’s Sofia?” [Celebrity exes Kourtney Kardashian](#) and Scott Disick were spotted on June 19 on a [celebrity vacation](#) without Disick’s celebrity girlfriend, Sofia Richie, according to *UsMagazine.com*. The [celebrity exes](#) hit the beach with their



three kids, 9-year old Mason, 6-year old Penelope, and 4-year old Reign, as well as [Kim Kardashian](#) and her daughter, North West, in Costa Rica. But don't think the [celebrity couple](#) has called it quits just because Richie didn't go on the vacation. *Popsugar.com* reported that while Disick and Kardashian are no longer romantically involved, they are committed to remaining a family and parenting their children. Richie remained in the States, attending events in New York and Los Angeles, including a gathering for Miranda Kerr's Kora Organics.

**In celebrity news, the words on everyone's lips are, "Where's Sofia?" What are some ways to keep your jealousy in check when your partner interacts with his or her ex?**

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

Despite the rumors that may be flaring up because Kourtney and Scott took their kids on a vacation, Sofia seemed comfortable enough to remain home so she could attend work events. Sometimes we can't help it if our partner has to interact with their ex if they have children together. Cupid has advice on how to keep your jealousy in check:

**1. Remember, your partner is with YOU:** Your partner and their ex split up for a reason. Even if they are on friendly terms, you have to realize they didn't work for a reason. Your partner would not be in a relationship with you if what you have between you both isn't working.

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**2. They might not have a choice:** This is especially true if your partner has children with their ex. Would you want to keep a parent away from their children? It's healthier for kids to have parents who don't fight, so try not to let jealousy get in the way of your partner's relationship with their kids. Your relationship may be in jeopardy if you try.

**Related Link:** [Celebrity Vacation: Porsha Williams Spotted on Vacation Amid Dennis McKinley Cheating Rumors](#)

**3. Talk to your partner:** If your jealousy and insecurities are getting the better of you, it's a good time to sit down and talk to your partner. Talk to them about how you feel. Chances are, they'll understand, and they'll help you put any worries at ease.

**What are some other ways to keep your jealousy in line if your partner interacts with their ex? Let us know in the comments below!**

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# **Celebrity News: Kaitlyn Bristowe Slams Nick Viall's Reasons for Joining 'The Bachelorette'**



By Megan McIntosh

Though they are no longer a [celebrity couple](#), Kaitlyn Bristowe is still has opinions about ex Nick Viall after their [celebrity break up](#). According to *UsMagazine.com*, though it was all fun and games, Bristowe didn't hesitate to diss her ex in a word association game saying Viall's name negatively in association with "the right reasons." Though it's been years since they've dated, it's clear there's still bad blood even after all this time.

**In celebrity news, these exes are clearly not on good terms after their break-up. What are some ways**

# to keep old hurts from your exes from affecting your current life?

## Cupid's Advice:

It can be hard to move on from an ex when you've broken up on bad terms. It's best not to let those old wounds reopen and keep you from living your life. It's not always easy to be friends with your ex, like Kourtney Kardashian is with Scott Disick, but it is possible to prevent that old relationship from holding you back like [Khloe Kardashian](#) after her break up with Tristan Thompson. Cupid has some tips:

**1. Be comfortable moving on:** Sometimes when you're afraid of being alone, you tend to hold on to toxic people. Holding on to exes who are not good for you can lead to being resentful and holding onto bitterness, like Bristowe with her ex Viall.

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**2. Let go of any possible future together:** If you're still holding onto the idea of you and your ex being together, it stops you from building a life with someone else. It also stops you from growing as a person because you may be stuck in the past.

**Related Link:** [Celebrity Exes: Khloe Kardashian & Tristan Thompson Reunite at True's 1st Birthday Party](#)

**3. Don't talk about your ex:** Don't talk about your ex-partner. Just don't. Talking about them is a sign that you're not over them. If you talk about them, you're thinking about them. If you're thinking about them, you're not moving on. Stop talking about them and you will stop thinking about them and you'll finally move on to better things.

**What are some other ways to keep old hurts from a past**

relationship from affecting your current life? Share your thoughts below.

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# Celebrity News: Kourtney Kardashian Fights with Scott Disick After He Introduces Kids to Sofia Richie



By Ivana Jarmon

In [celebrity news](#), according to [People.com](#), things are looking

tense between [celebrity exes Kourtney Kardashian](#) and Scott Disick. In a sneak peak at Sunday's episode, the two exes sit down to discuss the three children they share. The conversation comes after Disick decided to introduce his 20-year-old girlfriend Sofia Richie to their children. Disick and Richie have been dating for almost a year now. Although the relationship caught some unexpected glances at first, a source confirmed that as long as it helps the father of three to remain happy and healthy, he has the Kardashians' blessing.

## **In celebrity news, Kourtney Kardashian isn't pleased that her ex Scott Disick introduced their kids to his new girlfriend. What are some ways to navigate new relationships when you have kids?**

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

It's never easy dating, and it's even harder when you have children. Cupid has some ways you can navigate a new relationship when kids are involved:

**1. Be honest:** Put all your cards on the table. Be true to yourself and your significant other, as you are not forming just a relationship, but creating a family. Be honest about your expectations and what you are looking for.

**Related Link:** [Celebrity Couple Scott Disick & Sofia Richie Enjoy Date Night As She Introduces Puppy No. 2](#)

**2. Communication is key:** Talk and listen to your girlfriend or boyfriend. Talk and listen to your children. Communication is key to making any relationship work.

**Related Link:** [Why Celebrity Exes Kourtney Kardashian & Scott Disick Are Happier Than Ever](#)

**3. Dating with your kids:** Plan a date, but include your child. Let your significant other see you with your children. Let them know who you are as a parent. Let them observe and experience first-hand what life is like with a child.

**What are some ways to navigate a new relationship when you have kids? Share your thoughts below.**

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## **Celebrity Couple Scott Disick & Sofia Richie Enjoy Date Night As She Introduces Puppy No. 2**





By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple](#) Scott Disick and Sofia Richie enjoyed a [date night](#) after Richie posted videos of the couple's puppies on social media, according to [EOnline.com](#). Hours after Richie posted the adorable videos on Instagram, the couple was photographed leaving Shibuya, an Asian restaurant, in Calabasas. The couple was dressed comfortably and casually on their night out. Disick and Richie seem to be really happy together. How cute!

**This celebrity couple is still going strong and enjoying dates. What are some ways to keep the spark alive in your relationship?**

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

There are plenty of ways to keep the spark alive in your relationship. Sometimes it happens naturally because of who



you are and sometimes it requires work. Either way, Cupid has some [love advice](#) for you:

**1. Don't stop flirting:** In the beginning, flirting gave us that fluttery feeling in our stomachs (yeah, butterflies – remember those?). This keeps that “new” feeling going. Sometimes couples stop with the compliments, stop with the flirtatious and promiscuous comments, and that can take some of the fun out of your relationship. Every couple is different, but if you both enjoyed flirting before, you should definitely still be doing it. Send text messages, and do it in person!

**Related Link:** [Kristen Bell Shares The Secrets to Her Healthy Relationship With Dax Shepard](#)

**2. Continue going on dates:** Go to different places and even continue going to places where you're both regulars. Bottom line: don't stop going on dates. Spending quality time together is essential, whether it's a date outside or an indoor at-home one. Continue to do things together – share experiences and make more memories. Schedule at least one date a week.

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**3. Role play:** Whether you role play while flirting or in the bedroom, you can spice things up this way. Acting things out can be enough for some and others want to take it the whole way and dress up as well. Being comfortable with one another is important. Have some fun and enjoy being someone other than yourself. Many couples try filling in the roles of cops, prisoners, teachers, nurses, and/or dress up elegantly and take it from there.

**What are some ways you have kept the spark alive in your relationship? Share below!**

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# Why Celebrity Exes Kourtney Kardashian & Scott Disick Are Happier Than Ever



By [Carly Horowitz](#)

After continuous break-up drama, [EOnline.com](#) reveals that [celebrity exes Kourtney Kardashian](#) and [Scott Disick](#) are very happy with their new normal. Kardashian and Disick have figured out how to successfully co-parent their three children while still very much enjoying their personal lives. Both celebrity exes have seemingly moved on relationship-wisely as Kardashian dates Younes Bendjima and Disick has his arm around

Sofia Richie. Kardashian and Disick schedule time to spend both as an entire family together, and individually with their children. In [latest celebrity news](#), Disick is still part of the Kardashian family, as he also spends time with [Khloe Kardashian](#) and [Kris Jenner](#).

## These celebrity exes are proving they can be successful at co-parenting. What are some tips for successful co-parenting?

### Cupid's Advice:

It is important to maintain a happy and healthy relationship with your ex as you co-parent your children. It may be hard at first to put your personal feelings aside, so Cupid has some advice:

**1. Practice empathy:** Try to put yourself in both the shoes of your children and of your ex-partner. It is beneficial to try and understand how they feel in order to act accordingly and make the best of the situation at hand.

**Related Link:** [Parenting Tips: Co-Parenting During the Holidays](#)

**2. Put your children's well-being first:** Even if for some reason you are in an argument with your ex, keep in mind that your children don't want their family outing rescheduled because their parents can't get along. Take a deep breath, and make sure you don't brush off your children's feelings.

**Related Link:** [Parenting tips: 5 Tips for Co-Parenting](#)

**3. Make a clear schedule:** Take time to organize the availability you have for family time – just time with your kids, and personal time. It's all about balance!

How do you successfully co-parent your children? Comment below!

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## Celebrity Getaway: Scott Disick & Sofia Richie Enjoy PDA on Mexican Vacation



By [Jessica Gomez](#)

[Kourtney Kardashian](#)'s ex [Scott Disick](#) and girlfriend Sofia Richie were all lovey dovey during their [celebrity vacation](#) in Mexico, according to [EOnline.com](#). The [celebrity couple](#) posted

photos on Instagram. Both were having fun and a ton of PDA was going on. According to a source, the couple is very happy, always have fun, and were making out and all over one another often during the vacay.

## **This celebrity getaway is getting steamy. What are some things to consider when it comes to public displays of affection?**

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

PDA is a controversial topic. Some people are fine with it, and some people are hardcore against it. There are different levels of PDA, from holding hands to make out sessions and butt grabbing – so different levels call for different measures. Cupid has some tips on things you should consider when it comes to public displays of affection:

**1. Are there kids around?:** This matters depending on the level of PDA of course. Are you just kissing one another innocently or is it to the point of someone telling you to get a room? Children are innocent and you wouldn't want to influence them in a particular way, especially if they aren't your kids.

**Related Link:** [Prince Harry & Meghan Markle Plan Vacation Ahead of Wedding](#)

**2. Are you making others uncomfortable?:** Generally, we are told to not care about what others think. However, it can be annoying when a group of friends are hanging out, and there's that couple all over each other the whole time. Do as you please, but try to keep in mind whether or not you're overdoing it. Everything in moderation.

**Related Link:** [Macaulay Culkin Steps Out with Brenda Song in](#)

## [Paris](#)

**3. The place:** PDA stands for public displays of attention (as we all know), but certain public places may be more acceptable than others. For example: work, school, a funeral home, children's playgrounds, and hospitals are obvious places where most people would agree couples should stray away from intense PDA. So just keep your eyes open and be aware of your surroundings, and of course pay attention to the level of PDA.

**What do you think about PDA? Comment below!**

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# Celebrity Couple News: Scott Disick is Telling Friends He's 'in Love' with Sofia Richie





By [Rachel Sparks](#)

According to a source, 34-year-old [Scott Disick](#) said that he is “in love” with 19-year-old girlfriend Sofia Richie. According to [UsMagazine](#), the couple have shared their intimate moments around the world where it’s easier to remain private. Richie’s friend Chloe Bartoli, an old fling of Disick’s, has stopped talking to Richie, but it’s no loss. Richie’s father Lionel Richie claims his daughter is just as infatuated with with Disick. Despite the three children Disick has with [Kourtney Kardashian](#), the [celebrity couple](#) are receiving support from the Kardashian clan.

**This celebrity couple must be getting more serious if Scott Disick is using the “L” word. What are some ways to know when to tell**

# your partner you love them?

## Cupid's Advice:

Dropping the "L" word for the first time is nerve-wracking, but it's exceptionally exciting. It takes the relationship to a new stage and shows the commitment both people have for each other. There's a sense of security and a renewed sense of infatuation for each other. But how do you know it's the right time to take your relationship to the next level? Read Cupid's [relationship advice](#) below:

**1. You know you're capable:** Loving another person is a delicate and healthy balance of self-awareness and selflessness. You have to know what you need in a relationship just as much as you need to know what your partner needs. Are you willing to make the sacrifices your partner may ask of you? When you feel confident that you can provide selflessly for another person and are aware of your own needs and how to ask for them in a healthy and respectful manner, then you know that you are ready to say the all-powerful phrase.

**Related Link:** [Celebrity Couple News: Sofia Richie Kisses Scott Disick on Private Plane](#)

**2. You're confident the relationship is ready:** At some point, the two of you have talked about the future you see for yourselves, both independently and together. You never want to drop the "L" word too soon, but you don't want to wait too long. If you're worried about scaring your significant other away, then hold off on saying anything. Respecting your partner's need to become confident in their decision and the time it takes to reach that is a sign of a loving and supportive relationship.

**Related Link:** [Dating Advice: When to Say "I Love You"](#)

**3. You're committed through the tough times:** You know every



relationship is going to hit a tough time, so are you ready to stick it out through that? If you are, saying “I love you” is a sign of that commitment you’re making to each other. Those times will be hard, and you may not feel like you love that person during those struggles, but “love” is a word of commitment, security, and trust.. Are you ready to make that promise to each other?

How do you look past those nervous butterflies in your stomach to know it’s the right time to say “I love you?” Share your advice below!

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## **Celebrity News: Scott Disick is Upset Kourtney Kardashian Didn't Invite Him to Khloe's Surprise Party**





By [Karley Kemble](#)

Uh oh, it looks like [celebrity exes Scott Disick](#) and [Kourtney Kardashian](#) are making [celebrity news](#) yet again. According to [EOnline.com](#), Disick was very upset he was not invited to her sister, [Khloe Kardashian](#)'s surprise birthday party. In a preview for next week's *Keeping Up With the Kardashians* episode, a disgruntled Disick confronts his ex, saying, "I would have wanted to be there for her" because he still considers himself part of the family. When asked for explanation, Kardashian explained that she was worried about the photos and press attention – but later reveals that she simply did not want her celebrity ex to be there. The preview ends with Disick calling his celebrity ex "really fake" for not being honest with him. Yikes!

**This celebrity news shows that these exes aren't necessarily civil**

# all of the time. What are some parameters you can put on your relationship with your ex if you have children together?

## Cupid's Advice:

Breakups can be messy. Breakups with kids can be *really* messy. While Kardashian and Disick try and remain civil for the sake of their three children, it's clear they face their fair share of problems. If you're having trouble with an ex, Cupid has some tips that you can implement into your life:

**1. Kick the emotions to the curb:** You must keep your frustrations and all negative feelings about your ex between the two of you. It's easy to jump to conclusions and expect the worst from your ex if you ended on bad terms and continue to have drama. Your child (or children) are the most important commitment you two share, so when they're around, get along as best as you possibly can.

**Related Link:** [Celebrity News: Scott Disick Threatens Kourtney Kardashian for Dating Again](#)

**2. Have a clear-cut plan:** Early on into your separation or divorce, it is pivotal to have a clear and defined custody agreement. Between the two of you, decide on a visitation schedule and figure out how you will celebrate holidays and their birthdays. It won't be easy by any means, but it will really help you diffuse potential conflicts from arising.

**Related Link:** [Celebrity Couple News: Kourtney Kardashian & Younes Bendjima Getting 'Very Serious' and Enjoy Date Night in L.A.](#)

**3. Leave the new boyfriend/girlfriend out:** Introducing a new

person into your child's life can be complicated. It is best to leave the parenting to the parents until the relationship becomes very serious. That way, you and your ex can learn how to co-parent maturely and avoid playing the blame game with each other.

**How have you set up parameters with an ex you've had kids with? Comment below!**

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## **Celebrity News: Scott Disick Threatens Kourtney Kardashian for Dating Again**





By [Karley Kemble](#)

As we all know, [celebrity relationships](#) are prone to lots and lots of drama. If you've been following the Kardashians for a while, it's no secret that oldest sis [Kourtney Kardashian](#) and her ex [Scott Disick](#) seem to always have problems surrounding their former celebrity relationship. In the latest [celebrity news](#) from [EOnline.com](#), Kardashian reveals Disick has threatened that she "better watch her back" in next week's *Keeping Up With the Kardashians* episode. While Kardashian has been dating model Younes Bendjima since last year, it's clear that Disick still has complicated feelings for his ex. Hopefully they're able to sort things out for good, and soon!

**This celebrity news shows some drama that can happen post-breakup in a relationship. What are some ways to keep your ex from affecting**

# your new relationship?

## Cupid's Advice:

Kourtney and Scott certainly have a complicated past, which seems to always get in the way and prevent the two from moving on. Cupid has some [relationship advice](#) to help you focus on the present:

**1. Block him on social media:** Your business is his no more. He doesn't need to see what you've been up to! Blocking him will prevent you from seeing his posts, and also will make it easier to forget about him. Out of sight, out of mind, right?

**Related Link:** [Celebrity News: Scott Disick & Kourtney Kardashian Are Not on Speaking Terms](#)

**2. Delete those pictures:** Sure, there's nothing wrong with remembering the good times from your relationship. You can still remember those good times without pictures plastered all over your Instagram or Facebook. Stripping your social media is a freeing experience, and you can make room for tons of pics of your new guy.

**Related Link:** [Celebrity Vacation: Kourtney Kardashian & Younes Benjima Vacation in Egypt](#)

**3. Remain headstrong:** Above all, remember that your current relationship is a completely new chapter. While you may have been burned before, don't let the drama from the last ex ruin something good that could come from this new relationship!

**Have any other post-breakup tips to share? Comment below!**

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# Celebrity Couple News: Sofia Richie Kisses Scott Disick on Private Plane



By [Melissa Lee](#)

This unusual [celebrity couple](#) recently shared kisses on a private plane, courtesy of Sofia Riche's Snapchat story. Richie, 19, who is currently dating [Scott Disick](#), 34, has received a great deal of backlash after going public with her new boo. According to [UsMagazine.com](#), Richie and Disick have taken multiple trips together since the beginning of their relationship in September, so it looks like the two are keeping it romantic and positive – despite some of the negativity they've received. Good luck to this new celebrity

couple!

## **It looks like this new celebrity couple is keeping things romantic. What are some ways to know if your new partner is a keeper?**

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

Sofia and Scott are clearly basking in the romance of the beginning stages of their relationship, and we certainly can't blame them! If you're wondering if your new partner is a keeper, check out some of Cupid's advice below:

**1. Do you see a future with them?:** Although it's the beginning of your relationship, it's important to reflect on where you are in your life and whether you see your partner in your future. If you do, this is a key sign that your significant other is a keeper – talking about the future is always a good sign!

**Related Link:** [Celebrity News: Lionel Richie Is 'Scared to Death' Daughter Sofia Is Dating Scott Disick](#)

**2. Do they do nice things for you?:** While this isn't always the biggest variable in every relationship, it is always nice to feel valued and appreciated. If your partner occasionally does nice things for you or shows romantic gestures, that's definitely another sign that they are a keeper.

**Related Link:** [Celebrity Wedding: Kellan Lutz Confirms Engagement to Girlfriend Brittany Gonzales](#)

**3. Do they get along with your loved ones?:** A huge thing to make sure of is that your new lover gets along with your friends and family. If your loved ones get odd vibes from your



partner, that's something you should absolutely be wary of. At the end of the day, they also know what's best for you.

What are some of your tips on finding out whether or not your new partner is a keeper? Share your thoughts below.

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## Celebrity News: Lionel Richie Is 'Scared to Death' Daughter Sofia Is Dating Scott Disick



By [Ashleigh Underwood](#)

Dating can be complicated and nerve racking, especially for celebrities. Not only do they have to worry about typical relationship aspects, but they also have to deal with being in the public eye. Currently, this has become an issue for [celebrity couple Scott Disick](#), 34, and Sofia Richie, 19. With everything about Disick's romantic life out in the open, Richie's father, Lionel, is sure to have concerns. In a recent [celebrity interview](#) with [UsMagazine.com](#), Richie spoke of the [latest celebrity news](#) surrounding his daughter's relationship saying, "I'm scarred to death."

**In celebrity news, this dad is not thrilled at his daughter's rumored love life. What are some ways to deal if your parents aren't fond of your partner?**

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

When starting a new relationship, it is important to have support from those you love, especially your family. However, your parents may not always like the person you bring home. Here are a few ways to handle a situation like that:

**1. Talk with them:** Many times, the reason your parents don't like your partner is because they don't know anything about them. If your parents have heard rumors about them, only know about their past, or are making predetermined judgments of any kind, then they simply need to get to know your partner. Sit down with your parents and let them know how much you care about your partner and explain why. Often times, when they realize how much you like the relationship they come around.

**Related Link:** [Celebrity News: Scott Disick & Kourtney Kardashian Are Not on Speaking Terms](#)

**2. Compromise:** Sometimes the best thing to do when your parents dislike your partner is to compromise. If they have an issue with your partner coming to major family events, then don't bring them along. However, make your parents understand that it is important to you that your partner comes over to family night once in a while. This way, your partner still gets to be apart of your family dynamic, without impeding on your parents wishes

**Related Link:** [Relationship Advice: 5 Communication keys Every Relationship Needs](#)

**3. Accept it:** You can't force people to like each other and sometimes there is just nothing you can do. If your parents are dead set on not liking your partner, you will have to accept the situation as it is, and move on. As long as your parents understand that you and your partner are happy, and your relationship is important, then it shouldn't matter what they think.

**How do you handle your parents dislike of your relationship?  
Comment below!**

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## **Top 5 Kid-Friendly Fashions That Celebrity Parents Love for Their Own Children**





By [Noelle Downey](#)

There's no doubt about it, we all love to keep up with what the stars are wearing, whether on the red carpet or while stepping out of the gym, so we know what fashion standards to strive for with our own wardrobes. But what about when it comes to dressing our kids? While [celebrity fashion trends](#) for children featured in magazines can look adorable, are they actually kid-friendly? And do [celebrity kids](#) actually wear them? Well, now your fashion fears are over! We here at Cupid's Pulse have compiled a list of the top five most fashionable brands that celebrity kids wear and [celebrity parents](#) love that your own favorite kiddos can't help but enjoy too!

**Keep your kids in style with these  
celebrity fashion trends for  
children that celebrity parents**

# can't get enough of!

**1. Western Chief Rainwear:** If you want to keep your favorite kiddos dry and in style, why not invest in the brand that some of your favorite celebrity kids are wearing these days when the clouds roll in and the days get stormy. Western Chief is known for its adorable boots, raincoats, and umbrellas featuring characters your kid loves such as Batman, Hello Kitty, or Thomas the Train Engine. [Celebrity moms](#) from [Katie Holmes](#) to [Gwen Stefani](#) have been spotted out with their kids wearing these cute designs, so now is definitely the time to get the jump on this celebrity fashion trend for your kiddos! Keep them dry in this awesome rain gear so they can fashionably splash in puddles to their heart's content.

**2. The Mini Classy Harem Pants:** Every parent knows that kids love to run around and move freely when it comes to play time, so why not allow them to do it in style with these comfy harem pants from celebrity-approved line The Mini Classy? These loose and soft striped pants will give your kids plenty of wiggle room as they scramble up the climbing wall at the park or race to the dinner table for lunch. Not only are they comfy and fashionable, they're also (obviously) incredibly cute, and it's clear that celebrity parents everywhere agree. Superstars like reality TV star [Khloe Kardashian](#) and Mario Lopez have grabbed a pair of these pants for their favorite kids, and now you can too!

**Related Link:** [Satin Is the Newest Celebrity Style for Spring!](#)

**3. Burberry:** Although Burberry certainly isn't cheap, if you're looking to splurge on something red-carpet worthy for your little one, look no further than Burberry's kids line. Grab one of Burberry's signature checked coats to keep your child toasty on nippy fall nights or cold winter mornings, or bundle them in a Burberry sweater with matching scarf for a

chic look that will also keep them warm and glowing all winter long. After all, they'll certainly be in good company, with celebrity parents like [Victoria Beckham](#) and [David Beckham](#), [Tom Cruise](#) and Katie Holmes, and Khloe Kardashian and Scott Disick also choosing to dress their children in this fashionable line.

**4. Stella McCartney Kids:** If you're looking for a line that is probably one of the most-used when it comes to famous parents dressing their celebrity kids, look no further than Stella McCartney Kids. Stella McCartney not only features fashions for fabulous adults, she also caters to cute kiddos with a line featuring clothes that are both comfy for kids and incredibly fashionable. Who's been spotted dressing their kids in this brand name? Everyone from singing superstar Madonna to [Jessica Alba](#), [Angelina Jolie](#), [Brad Pitt](#), and David Beckham. If you're looking to dress your child in comfy clothes made for the stars, Stella McCartney Kids may just be the way to go.

**Related Link:** [Product Review: Get This Spring's Parenting Must Haves!](#)

**5. Luna Leggings:** For a fun and funky twist on a traditional black legging, try these fun, celebrity-parent-approved leggings, which mix fashionably bright patterns and colors with durability and comfort for a kids clothing item that's both on trend and on point. *How I Met Your Mother* star and celebrity mom Alyson Hannigan has been spotted out with her daughter Satyana sporting these leggings many times, and Sarah Jessica Parker and Matthew Broderick's adorable twin girls have also been seen in these Luna originals during some of their rare public appearances.

**What do you think of these celebrity fashion trends for kids? Are they too cute for words, or just not your cup of tea? Let us know in the comments!**

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# Celebrity News: Scott Disick & Kourtney Kardashian Are Not on Speaking Terms



By [Melissa Lee](#)

In [celebrity news](#), it has been revealed that [Kourtney Kardashian](#) and [Scott Disick](#) are no longer speaking to one



another. [EOnline.com](http://EOnline.com) reports that this is a result of Disick's recent trip to Cannes, where he hooked up with numerous new girls. Kardashian is still allowing her [celebrity ex](#) to see the three kids they have together, 7-year-old Mason, 4 year-old Penelope, and 2-year-old Reign, but there's no doubt that their relationship is strained. Best of luck to these co-parents!

## **This celebrity news has drama written all over it. What are some ways to keep drama out of your relationship?**

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

Kourtney and Scott might have been one of the most dramatic couples Hollywood has ever seen. Here are some tips to keep the drama to a minimum:

**1. Keep it private:** Constantly posting about your relationship – whether it be the good, the bad, or the ugly – could open the opportunity for other people to get involved. By keeping the social media to a minimum, drama definitely won't be a huge problem, as your relationship will remain between you and your partner.

**Related Link:** [Date Idea: Laugh Out Loud Fun](#)

**2. Communicate:** Conflicts or arguments tend to get even worse when there's poor communication. If there's something bothering you, be straight forward! Calmly explain to your partner that there is an issue that you'd like to work on, together. This opens the opportunity to have clear communication and a productive conversation to fix the problem. No drama here!



**Related Link:** [Relationship Advice: 5 Communication Keys Every Relationship Needs](#)

**3. Choose to let it go:** There are just some arguments that aren't even worth having (like that one about who's turn it is to empty the dishwasher?). Recognize that while conflict can be healthy at times – when it's productive – there doesn't always have to be a fight. Sometimes, you can just validate your partner's feelings, apologize, and move forward.

**What are some ways you keep drama out of your relationship? Share your tips below.**

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## **Celebrity News: Bella Thorne Says Cannes Isn't for Her After Scott Disick Hookup**





By [Whitney Johnson](#)

And just like that, it's over. According to [UsMagazine.com](#), Bella Thorne is over Cannes, France after [Scott Disick](#) was spotted kissing his celebrity ex Chloe Bartoli. The actress tweeted, "Yo this #cannes fancy life isn't for me." As previously reported in [celebrity news](#), Thorne and Disick were first seen at dinner in Los Angeles before they took their budding celebrity relationship to Cannes. There, they packed on the PDA and got cozy poolside. Interestingly, according to past celebrity news, Bartoli is the same [celebrity ex](#) that led to Disick's split from Kourtney Kardashian in July 2015.

**In celebrity news, that was certainly a short celebrity relationship! What are some ways to know quickly that a relationship is**

# not for you?

## Cupid's Advice:

Some relationships aren't meant to last forever; instead, they're just casual hookups, like Thorne and Disick's fling. So how can you quickly know that a relationship isn't for you? Consider this dating advice below:

**1. There's only physical attraction:** Sure, physical attraction is important in a relationship, but it can't be *all* that the two of you share. As Thorne and Disick showed us, making out will only get you so far! You need to connect intellectually too.

**Related Link:** [Find Out What's Going On with Former Celebrity Couple Kourtney Kardashian & Scott Disick](#)

**2. You don't want the same things:** If you and your partner don't want similar things for the future, chances are, your relationship will amount to nothing more than a short-lived fling. In this celebrity relationship, it was rumored that Thorne was just in it for the media attention.

**Related Link:** [5 Celebrity Couples Who Look Hot At The Beach](#)

**3. You have a feeling something isn't right:** Listen to your gut! Deep down, you'll know if someone isn't right for you. If you have a feeling that your relationship won't last, pay attention to it, and move on.

**What are some other ways to know that a relationship isn't for you? Tell us in the comments below!**

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# New Celebrity Couple? Kourtney Kardashian Cuddles with Younes Bendjima in France



By [Noelle Downey](#)

Is there a new [celebrity couple](#) on the horizon? According to [UsMagazine.com](#), [Kourtney Kardashian](#) was recently spotted getting cozy with hot model Younes Bendjima on what appeared to be a [romantic getaway](#) at Hotel du Cap-Eden-Roc in Antibes, France. Bendjima wrapped his arms around Kardashian from behind in a sweet embrace on the terrace of the hotel in an adorable photo snapped by press. However, although there are rumors that the pair have been spending time together since

December, a source claims that Bendjima and Kardashian are keeping it casual. “Kourtney and Younes are not serious,” the source explained, “they are hooking up.” Whatever the label on their [celebrity relationship](#), however, it’s been enough to stir up some trouble when it comes to Kardashian’s [celebrity ex](#), Scott Disick. When photos of Kardashian and Bendjima surfaced, a source claims Disick felt some real pain. “Scott is jealous of Kourtney’s relationship,” the source affirmed. Before this sweet cuddle in France, Kardashian and Bendjima were most recently spotted enjoying their [Hollywood relationship](#) in LA in early May.

## **This celebrity couple says they aren’t defining their relationship. What are some reasons to wait on labeling your relationship?**

### **Cupid’s Advice:**

If you’re unsure whether or not you should put a label on your relationship, here are the top three ways to know it may not be time to take that big step:

**1. When you’re not looking for a commitment:** If you’re more interested in a fun fling than a long term relationship, consider holding off on defining your relationship. Once labels are involved, talks of exclusivity and boundaries in your relationship are inevitable. If you’re looking to keep your flirtation fun but free, then don’t burden either you or the person you’re dating with a label the neither of you want. Keep things casual and tell your friends or any nosy family members that for right now, you two are just hanging out and enjoying each other’s company, with no pressure on either side to make it something more.

**Related Link:** [Celebrity Couple News: Kourtney Kardashian is Hooking Up with Sexy Model Younes Bendjima](#)

**2. When you want different things:** If you ever feel as though your partner is pressuring you into a label that you're not ready for, step back and call a time out on any further talks about your relationship's identity. Don't allow yourself to be pressured into making a choice you're not ready to make, and if your partner is absolutely adamant that you need a label in order to continue your relationship, than it might be time to say goodbye before either one of you gets hurt. You should never have to apologize for not wanting to be in a relationship with someone, so if you're not ready, you're just not ready. Don't force it.

**Related Link:** [Celebrity News: Scott Disick Reveals He Once Proposed to Kourtney Kardashian](#)

**3. When you don't have time:** There's no doubt about it, relationships take a lot of work and effort. If you just don't know how you'd fit in the demands of a relationship into the stress and business of your daily life, then it may not be a good idea to try for anything beyond a casual fling. To be in a healthy relationship, both partners need to be giving of themselves equally, and if you're not in a position where you can make room in your life for the needs and desires of another person, then hold off on the labels until you're in the right time of your life for that big step.

**Have you ever had a relationship without labels? How did it go? Let us know in the comments!**