

# Celebrity News: Scott Disick Apologizes to Kourtney Kardashian After Rehab Stint



By Mackenzie Scibetta

Could there be a possible reunion for [celebrity exes](#) Kourtney Kardashian and [Scott Disick](#)? This week, [celebrity news](#) outlets explored that idea as Disick has been apologizing to everyone, especially Kourtney, after his fourth visit to rehab. According to [UsMagazine.com](#), Disick is really committed to his therapy treatment and his top priority is winning back his old flame. An insider revealed that he also wants to make a reappearance on *Keeping Up With the Kardashians* as “he needs the money.”

# It seems Scott Disick is always in celebrity news lately. What are some reasons to forgive your ex for their mistakes?

## Cupid's Advice:

Once you have lost trust, forgiveness is hard to give. However, sometimes finding in your heart a way to be compassionate is the right path to take. The inevitable mistakes that humans make should not always be punished with hatred. Cupid has a few reasons why forgiving an ex just might be the right move for you:

**1. It allows you to release difficult emotions:** Unless you acknowledge your irritable feelings of blame, guilt and anger then you will never be able to feel better. Forgiving does not mean forgetting and it also doesn't mean you have to let their actions slide. Forgiving does allow you to clear your mind and heal.

**Related Link:** [Celebrity News: Scott Disick Shares Adorable Instagram with Son Mason](#)

**2. It teaches us to keep our standards reasonable:** Sometimes we become so engulfed in an argument that we don't even realize how we are overreacting. We cannot be right 100% of the time so giving your partner the benefit of the doubt might help save your relationship and also show that we are setting the bar too high.

**Related Link:** [Celebrity News: Khloe Kardashian Reveals that Her Family Pushed Her to Leave Lamar Odom's Side](#)

**3. Forgiveness leaves room for love:** Even if you and your partner can't find a way to make it work together, you can

still have a feeling for love for them as a friend. Forgiving them allows you to keep that bond and blossom into something new and possibly better!

**Under what circumstances is it wrong to forgive an ex? Comment below.**