

# Celebrity News: Scott Disick Has Breakdown Post-Split from Kourtney Kardashian on 'KUWTK'



By Abbi Compel

Former [celebrity couple](#) Scott Disick and [Kourtney Kardashian](#) went through a rough break-up a few months ago, and Disick is still not over it. According to [UsMagazine.com](#), on the most recent *Keeping Up with the Kardashians*, Disick called Khloe Kardashian expressing his love for Kourtney and how he couldn't live without her. This [celebrity news](#) is really sad. Hopefully Disick and Kardashian can work on their [celebrity relationship](#), romantic or not, especially for their children.

# This celebrity news proves that even celebs have trouble with break-ups. What are some ways to stay positive after a split?

## Cupid's Advice:

Break-ups are never easy. It can really hurt when you lose someone who was such a huge part of your life. Cupid has some advice on how to stay positive after a break-up:

**1. Focus on you:** Take some time for yourself. This break-up has probably been rough on you and you need some time to breathe and find yourself again. You are the only person that matters right now.

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**2. Call your friends:** If you're feeling lonely, call your friends. Ask them to bring over some wine and popcorn and binge watch *Scandal*. Or go out for a night out on the town. Anything that will make you smile.

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**3. Find hobbies:** Get back to doing the things you like to do. Or even better, find new hobbies. Try new yoga classes or pick up a new book. It will make you feel better trying something new.

**What do you think are some ways to stay positive after a break-up? Comment below!**