

# Scott Disick Gets Sober and Nicer



It looks like Scott Disick, Kourtney Kardashian's on-again off-again boyfriend, has finally cleaned up his act. Disick, who has a 1-year-old son with Kardashian, has had problems with addiction in the past. But Disick insists that now he's committed to staying sober for his family. He told [People](#), "There's times that it's difficult but, you know, the good outweighs the bad... It's nice having a healthier lifestyle than I used to have." Disick also said that being sober has made him a better person. "You know, I just realized there's bigger things in the world than just being a selfish, self-centered, pr-k."

**How do you deal with a partner who drinks too much?**

## **Cupid's Advice:**

Some people have major problems with drugs and alcohol, and if your partner is one of them, read on for Cupid's tips on how to help:

**1. Get help:** Don't take on your partner's addiction issues alone. Get him or her professional help, whether that means a psychiatrist or rehab.

**2. Prevent bad behavior:** If you know your mate tends to go overboard at a club or bar, try laying off the late night scene for a little while. Suggest going to a movie or doing something active instead.

**3. End it:** If your partner refuses to change his or her ways, it's time for you to move on. You deserve someone who has things figured out and won't bring extra drama to your life.