

# Celebrity News: Kate Beckinsale's Ex Matt Rife Tells Pete Davidson to 'Run'



By [Mara Miller](#)

According to *UsMagazine.com*, Matt Rife had some advice for Pete Davidson about [celebrity ex Kate Beckinsale](#) in [celebrity news](#). "Advice for Pete? Man to man...run," Rife told TMZ. Beckinsale and Rife were first linked in 2017 after her divorce from Len Wiseman. They dated for a year. Beckinsale and Davidson have been in a [celebrity relationship](#) for about two months.

# In celebrity news, Kate Beckinsale's ex isn't saying good things about his former love. What are some ways to keep your ex from ruining a new relationship?

## Cupid's Advice:

When you decide to move on from your former relationship, an ex can get jealous or want to slander your name. Here's some advice from Cupid on how to stop them from ruining your new one:

**1. Reassure your current partner:** If something your ex says about you makes your new partner question your relationship, reassure them by answering any questions they might have about your past.

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**2. Don't engage:** Getting in contact with your ex after they say something inappropriate might make your new partner suspicious of why you're contacting them in the first place. Not talking to them while they try to cause trouble is the better thing to do.

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**3. Think of your new partner first:** Putting their needs and wants above that of your ex is more important than caring about what the other person says to you. If your previous relationship ended on a bad break, it's better to leave it be rather than to put what your new relationship needs to have prioritized.

**What are some ways to keep you've kept your ex from ruining your new relationship? Let us know in the comments below!**