

# 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.

**Related Link:** [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

**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!**