

# Celebrity News: Scott Disick Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie



By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) spent his birthday with ex-wife [Kourtney Kardashian](#) and their kids. According to *UsMagazine.com*, Disick and his long-time girlfriend, Sofia Richie, recently took a break from their relationship so he could work on his mental health. In the wake of this [celebrity break-up](#), Disick and Kardashian spent their Memorial Day weekend with two of their children, Penelope, 7, and Reign, 5, in Lake Powell, Utah.

# In this celebrity news, exes Scott and Kourtney made his birthday a family affair. What are some reasons to keep things civil with your ex?

## Cupid's Advice:

The end of a relationship is painful. Many people choose to cut their ex out of their life, but there are many reasons you might want to keep an ex in your life. If you're debating whether you should stay civil with an ex, Cupid has some advice for you:

**1. You need closure:** A break-up hurts less when it ends on good terms. This isn't always possible, but if your ex can have a conversation with you about the relationship, it may help you better move on and keep things drama-free in the future.

**Related Link:** [Celebrity Couple News: Scott Disick and Sofia Richie Are on a Break Post-Rehab](#)

**2. You run in the same circles:** Sometimes staying civil with an ex is all about practicality. If you share a group of friends or a workplace, you want to remain on speaking terms with an ex to avoid future drama and awkwardness.

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

**3. You still trust them:** If your relationship had a clean ending, you might still want them as a supportive friend in the future. By ending on civil terms, it opens the door for your ex to come back into your life when you're ready.

**Do you try to keep things civil with your ex? Start a conversation in the comments below!**