

# Celebrity News: Scott Disick Seen Dining With Kourtney Kardashian Amid Sofia Richie Split



By Ellie Rice

In the latest [celebrity news](#), Scott Disick was spotted dining out with ex-Kourtney Kardashian and their kids. The sighting has fans on high alert as Disick and longtime girlfriend Sofia Richie's recent split was said to be because of his former flame. According to *UsMagazine.com*, Disick's focus was always on Kardashian and their kids rather than Richie. We hope all these celebrity exes can get along!

# In celebrity couple news, Scott Disick was seen out with ex-Kourtney Kardashian amid his split from Sofia Richie. How do you know if you're still hung up on an ex?

## Cupid's Advice:

Missing an ex is a common and sometimes inevitable occurrence. If you're wondering if you may fall into that category, Cupid has some advice for you:

**1. You're constantly thinking about them:** If the one thing that seems to always be on your mind is your ex, then chances are you're not over them. Think about the good and bad within the relationship and why it ended. If you went your separate ways for reasons that were fixable or poorly timed, then maybe reconciliation is in your future. For those whose relationship ended for valid and critical reasons, then you need to remember why the split took place. Nostalgia plays a selective highlight reel through our memory and focuses on the highest of highs, don't let this cloud your judgment.

**Related Link:** [Celebrity Exes: Scott Disick is 'Always Flirting' With 'Best Friend' Kourtney Kardashian](#)

**2. You stalk their socials:** Are you glued to your phone and constantly checking in on your ex's profiles? If that sounds like you, then you're probably not over them. This definitely isn't a healthy step in the moving-on process or any for that matter! Once you've split, unfriend and unfollow your partner. Cutting off this visibility is crucial for you to embark on the next stage of your life. Constantly checking in or stalking their pages isn't going to do you any good and may lead to your feelings getting hurt all over again.

**Related Link:** [Celebrity Couple News: Kim Kardashian & Kanye West Are on 'Different Pages' Amid Quarantine](#)

**3. You're still reaching out:** Closure is a crucial part of the breakup process. It's important that the two of you have an open and honest discussion about why things ended so you're both walking away without any lingering questions. Once this has happened, it's important that you move forward with your life and work towards finding your own happiness. Stop trying to rehash the past or continue to ask your ex what went wrong. Accept that it wasn't the right path and focus on yourself.

**Are you still hung up on an ex? Start a conversation in the comments below!**