

Celebrity News: Find Out Where Scott Disick and Sofia Richie's Relationship Stands As He Vacations with Ex Kourtney Kardashian



By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) and Sofia Richie's on-again, off-again relationship seems to be off as he vacations with his [celebrity ex](#), [Kourtney Kardashian](#), and their kids. A source close to the [celebrity couple](#) tells *EOnline.com* that "they are still in contact and have seen each other multiple times in the last month but are not as

inseparable as before.” While Disick vacations with Kardashian in Coeur d’Alene, Idaho, Richie is “hesitant about getting back together” with him, according to the source,

In celebrity news, Scott and Sofia are definitely on the outs right now. What are some ways to keep your partner from being jealous of your ex?

Cupid’s Advice:

It’s normal to sometimes feel jealous of your partner’s ex, even in the happiest relationships. But obsessing over that jealousy can cause serious harm. If you need help getting your partner past their jealousy, Cupid has some advice for you.

1. Reassure them: Remind your partner that you and your ex broke up for a reason. Remind them that you chose to be with them, not your ex. It’s easy to get lost in overthinking, so reassure your partner of your feelings. Ask if there’s more you can be doing to help them feel comfortable.

Related Link: [Celebrity News: Scott Disick Seen Dining With Kourtney Kardashian Amid Sofia Richie Split](#)

2. Get to the root: Find out why your partner is so fixated on your ex. It’s normal to feel jealous, but if jealousy is consuming your partner, there might be an underlying issue. It’s likely that your partner is feeling insecure (we’ve all been there!), but make sure there isn’t something more serious going through their head.

Related Link: [Celebrity News: Kourtney Kardashian Says She Has](#)

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3. Focus on your relationship: Actions speak louder than words. Put extra energy into your relationship and show your partner that you’re choosing them and your future together. Strengthening your relationship will not only bring you closer but help calm any anxiety your partner may be feeling.

How do you help your partner get past jealousy? Start a conversation in the comments below!