

# Celebrity Break-Up: Sofia Richie Unfollows Scott Disick Amid Bella Banos Dating Rumors



By Nicole Maher

In the latest [celebrity news](#), Sofia Richie officially unfollowed her celebrity ex Scott Disick on social media. According to *UsMagazine.com*, Richie recently unfollowed both Disick and his other ex, Kourtney Kardashian, on Instagram after rumors of his involvement with Bella Banos began to surface. Richie and Disick first made their [celebrity relationship](#) official back in 2017 before announcing their [celebrity break-up](#) in May of this year. The couple appeared to

briefly rekindle their relationship afterward, but has since split for a second time.

## **In celebrity break-up news, Sofia Richie unfollowed her ex Scott Disick on social media as he was spotted with a new woman. What are some steps you can take to get over your ex?**

### **Cupid's Advice:**

No matter how amicable the situation may have been, breaking up with your partner and beginning the process of getting over them can be challenging. If you are looking for some steps to take to get over your ex, Cupid has some advice for you:

**1. Remove them from your feed:** It's hard to get over someone if you are constantly aware of what they're doing or who they're with. By limiting how much of the other person you see on social media, you will stop yourself from seeing anything you are not ready for. Whether it is muting, unfollowing, or blocking, there are many different options to limit your exposure to your ex.

**Related Link:** [New Celebrity Couple? Sofia Richie & Jaden Smith Get Close at the Beach](#)

**2. Take down your posts:** While removing them from your feed is helpful, so is taking down whatever posts you have of the relationship on your account. It may not be necessary to completely delete these posts, but archiving them or setting them as private is a good way to show you're moving on. Once you start conveying to other people that you are past the

relationship, you will begin to believe it yourself.

**Related Link:** [Celebrity Break-Up: Ant Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina](#)

**3. Limit other forms of communication:** Depending on the situation, it may not be possible to cut off all communication right away. Be sure to set boundaries between you and your ex to establish how much communication you are comfortable with. These boundaries can always be lessened or strengthened as the situation changes.

**What are some other ways to help someone get over an ex? Start a conversation in the comments below!**