

New Celebrity Couple: Sofia Richie Is Dating Matthew Morton After Scott Disick Split



By Carly Silva

In the latest [celebrity couple](#) news, Sofia Richie has been spotted moving on with Matthew Norton after her recent split from [reality TV star](#) Scott Disick. According to *UsMagazine.com*, the two were spotted at Nobu restaurant in Malibu last weekend, and sources confirmed that the two are definitely seeing each other.

In new celebrity couple news, it looks like Sofia and Scott have really moved on this time around. How do you know you're ready for a new relationship after a split?

Cupid's Advice:

Starting a new relationship after a split can be a difficult journey, especially if you're not sure if you're ready. If you're looking for ways to tell that you're ready for a new relationship after a split, Cupid has some advice for you:

1. You're doing it for the right reasons: If you are completely over your ex, it may be a time to start a new relationship. But, if you are dating because you are jealous of their new partner, or if you are trying to make them jealous, then you may not be ready for a relationship just yet. Give yourself some time to heal from the split before you start dating to make sure your intentions are healthy.

Related Link: [Celebrity Break-Up: Sofia Richie Unfollows Scott Disick Amid Bella Banos Dating Rumors](#)

2. You've learned more about yourself: A great way to tell if you are ready for a new relationship is to evaluate what you have learned. If you feel that you have grown and learned from your last relationship, you may be ready to move on and start a new one. If you're still feeling lost and heartbroken, then take some more time to heal and grow before starting something new.

Related Link: [Celebrity News: Kylie Jenner & Travis Scott Spark Romance Rumors After Steamy Shoot](#)

3. You're completely over your ex: When you're starting a new

relationship after a split, you definitely want to make sure that you're completely over your ex. If you find yourself thinking about them or wanting to talk about them, then you may need more time to process the break-up, but if you are completely moved on and done thinking about them, you may be ready for a new relationship.

What are some other ways to tell you're ready for a new relationship after a split? Start a conversation in the comments down below!