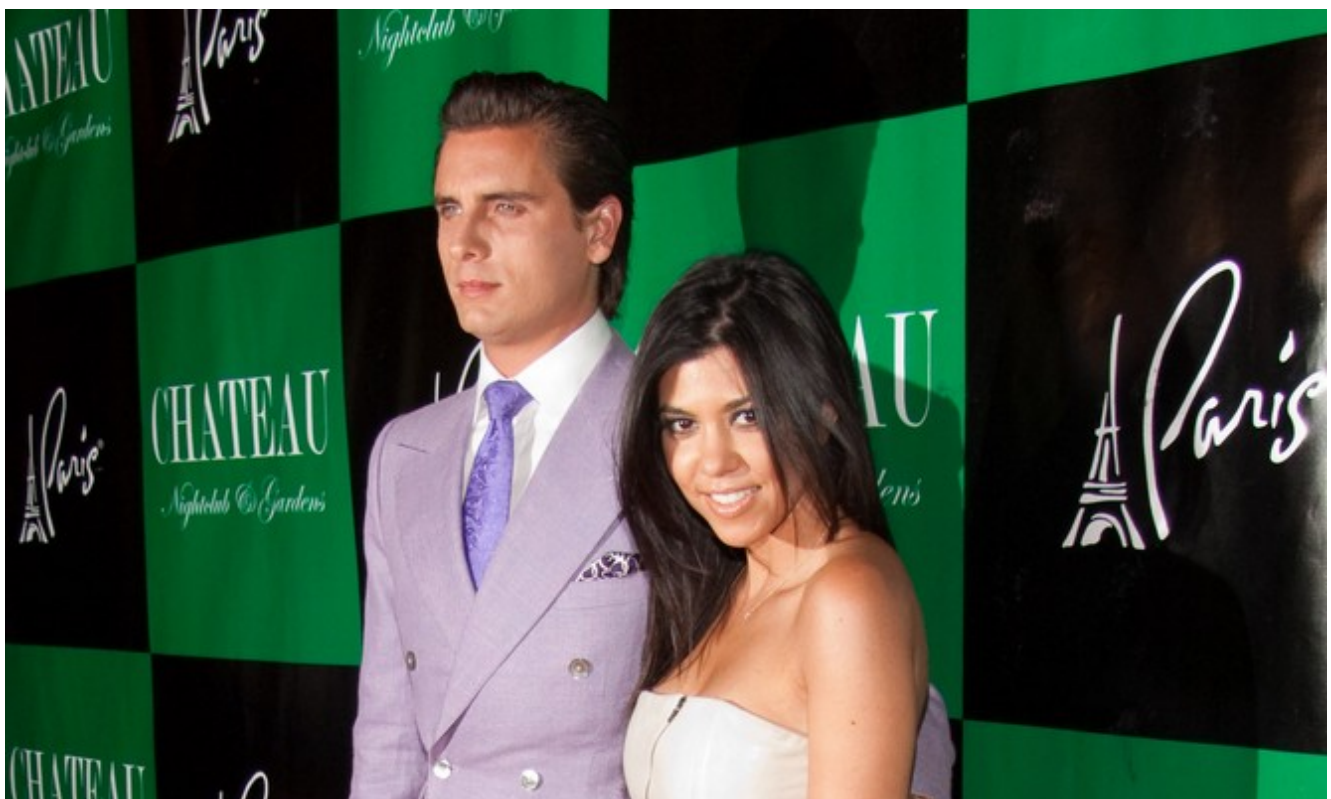


# Scott Disick & Kourtney Kardashian Are in a “Good Place”



Scott Disick's out-of-control alcoholic behavior in past episodes of *Kourtney and Khloe Take Miami* has left the Kardashian sisters worried. However, the girls say they have seen huge changes in Kourtney's beau. In an interview with [E! Online](#), Kim defends Disick, saying, "I have seen a big change in Scott and I have actually seen him make a transition." Kourtney added, "We're in a really good place," but admits that it's hard to watch these episodes. "I think that it escalated to a point where he would even get scared," added Kim. "He has made so many changes that are so obvious that I can't help but accept him now."

## Can a leopard change its spots?

### Cupid's Advice:

Change can be hard – should you ever expect someone to truly change their habits? Cupid has some advice to help you weather the storm:

**1. The want to change:** According to psychotherapist Michelle Gottlieb, “People can change if there is enough motivation.” It’s harder to change personality traits, compared to habitual traits like Disick’s, but in both cases, it *is* possible, depending on how much effort and willpower a person puts forth.

**2. Roadblocks:** As people encounter roadblocks, they are most likely to slip back into their old habits (e.g. you’ve quit carbs but your friends eat them in front of you, which may make you order carbs). Make your attempt at change public so your friends and family are less likely to put you in tempting situations.

**3. Slow and steady:** Just because you decided to make a change in your life doesn’t mean that you have get there by tomorrow. Make realistic goals, like smoking one less cigarette each day. Take your time, and the results will slowly progress.