

# Kristin Cavallari Dating Doug Reinhardt



*The Hills* star Kristin Cavallari was spotted out and about this weekend with another alum of the show, Doug Reinhardt, reports [RadarOnline.com](http://RadarOnline.com). Reinhardt was briefly featured on *The Hills* when he dated long-time Cavallari rival Lauren Conrad. Conrad has since left the show and is currently dating actor Kyle Howard. **How do you deal when your ex dates your enemy for revenge?**

## Cupid's Advice:

Though Reinhardt and Conrad were not the first castmates to find love on the show, drama always seems to follow love on the MTV hit. However, the Conrad versus Cavallari rivalry was well documented in the press, so Conrad needs to be careful about any comments she makes regarding the Cavallari-Reinhardt

romance. It's key to find a balance between being uninvolved but still supportive in this situation.

**1. Don't butt in:** Unless your ex tries to get you involved in his or her new relationship, it's important to remain aloof. If your ex is trying to send you a message by getting with your rival, getting involved only makes the situation stickier.

**2. See their side:** No matter how you feel about your enemy, if your ex is genuinely happy and not just looking for revenge, then keep your opinions to yourself. See how their relationship progresses before you pass judgment.

**3. Concentrate on you:** No matter what other drama is going on around your ex or your enemy, you need to work on yourself first. Focus on you and your relationships, and try not to let your ex put a damper on your life.