

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. 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.

Paris Hilton Goes Straight from Reinhardt to Waits





According to [TMZ](#) and [Perez Hilton](#), Paris Hilton (reality star, heiress of Hilton hotels empire), has disassociated herself with Doug Reinhardt (heir to frozen burrito empire). She's been seen with entrepreneur Cy Waits (owner of multiple Las Vegas nightclubs) for the last month or so.

How can you avoid falling into a rebound relationship?

Cupid's Advice:

Ending one relationship can sometimes lead straight into another one. Here are some ways to break that habit and take some time for yourself:

- 1. Be brave:** It's challenging to simply be single. Find activities to keep you occupied. You'll find that you won't crave the attention of someone else if your mind is busy on things you enjoy.
- 2. Lean on friends:** It's OK to find support in your inner circle. Tell them that you *aren't* looking for anyone right now to avoid being set up on a string or blind-dates.
- 3. Honesty:** Set realistic goals for yourself, and realize that independence takes time. When you feel you don't need to lean

on someone else for support is when you can consider stepping back into the dating scene.