

# 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!**

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## **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!

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## New Celebrity Couple? Sofia Richie & Jaden Smith Get Close at the Beach



By Carly Silva

In the latest [celebrity news](#), Sofia Richie and Jaden Smith

were spotted getting flirty with each other at an L.A. beach last Saturday. The stars, who briefly dated in 2012, were photographed holding hands in the ocean, starting rumors that the two are starting things up again. According to *UsMagazine.com*, Richie's previous relationship, with *KUWTK* star Scott Disick, was confirmed to have ended only two weeks before her beach date with Smith. Disick and Richie's [celebrity relationship](#) was on an off a few times this year because of Disick's complicated relationship with co-parent and ex, Kourtney Kardashian, but he and Richie are said to be completely over this time around.

## **In celebrity couple news, Sofia Richie may be moving on after her split from Scott Disick with Jaden Smith. How do you know you're ready to move on after a break-up?**

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

Moving on after a break-up can be one of the hardest things to do. There are a few ways to tell if you're ready to start thinking about moving on, so if you're thinking of trying to start dating again, Cupid has some advice for you:

**1. Make sure you're over your ex first:** The last thing you want to do is start up a new relationship when you're still not healed from your old one yet. This will make it harder to fully invest in someone new and might cause problems if you're still hung up on your ex. Before rushing into a rebound, focus on taking care of yourself and making sure you've had time to heal before starting something new.

**Related link:** [Celebrity Break-Up: Scott Disick & Sofia Richie Officially Break Up After 3 Years](#)

**2. Take it slow:** If you think you're ready to start dating again, but you're still feeling hesitant, try to take it slow. It's okay to try and put yourself back out into the dating game, but consider moving your next relationship slowly, so you're able to stop at any time.

**Related link:** [Celebrity Exes: Scott Disick is Always Flirting With Best Friend Kourtney Kardashian](#)

**3. Reflect on what you've learned:** Think about your past relationship and figure out what went wrong. Try and focus on what you have learned and how you've grown, so you'll be ready to start a new, healthier relationship.

**What are some other tips for getting back into dating after a break-up? Start a conversation in the comments below!**

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## **Celebrity News: Find Out Where Scott Disick and Sofia Richie's Relationship Stands As He Vacations with Ex Kourtney Kardashian**







By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) and Sofia Richie's on-again, off-again relationship seems to be off as he vacations with his [celebrity ex](#), [Kourtney Kardashian](#), and their kids. A source close to the [celebrity couple](#) tells *EOnline.com* that "they are still in contact and have seen each other multiple times in the last month but are not as inseparable as before." While Disick vacations with Kardashian in Coeur d'Alene, Idaho, Richie is "hesitant about getting back together" with him, according to the source,

**In celebrity news, Scott and Sofia are definitely on the outs right now. What are some ways to keep your partner from being jealous of your ex?**

**Cupid's Advice:**

It's normal to sometimes feel jealous of your partner's ex, even in the happiest relationships. But obsessing over that jealousy can cause serious harm. If you need help getting your partner past their jealousy, Cupid has some advice for you.

**1. Reassure them:** Remind your partner that you and your ex broke up for a reason. Remind them that you chose to be with them, not your ex. It's easy to get lost in overthinking, so reassure your partner of your feelings. Ask if there's more you can be doing to help them feel comfortable.

**Related Link:** [Celebrity News: Scott Disick Seen Dining With Kourtney Kardashian Amid Sofia Richie Split](#)

**2. Get to the root:** Find out why your partner is so fixated on your ex. It's normal to feel jealous, but if jealousy is consuming your partner, there might be an underlying issue. It's likely that your partner is feeling insecure (we've all been there!), but make sure there isn't something more serious going through their head.

**Related Link:** [Celebrity News: Kourtney Kardashian Says She Has 'Responsibility' to Teach Kids About White Privilege](#)

**3. Focus on your relationship:** Actions speak louder than words. Put extra energy into your relationship and show your partner that you're choosing them and your future together. Strengthening your relationship will not only bring you closer but help calm any anxiety your partner may be feeling.

**How do you help your partner get past jealousy? Start a conversation in the comments below!**

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# Celebrity News: Scott Disick Seen Dining With Kourtney Kardashian Amid Sofia Richie Split



By Ellie Rice

In the latest [celebrity news](#), Scott Disick was spotted dining out with ex-Kourtney Kardashian and their kids. The sighting has fans on high alert as Disick and longtime girlfriend Sofia Richie's recent split was said to be because of his former flame. According to *UsMagazine.com*, Disick's focus was always on Kardashian and their kids rather than Richie. We hope all these celebrity exes can get along!

# In celebrity couple news, Scott Disick was seen out with ex-Kourtney Kardashian amid his split from Sofia Richie. How do you know if you're still hung up on an ex?

## Cupid's Advice:

Missing an ex is a common and sometimes inevitable occurrence. If you're wondering if you may fall into that category, Cupid has some advice for you:

**1. You're constantly thinking about them:** If the one thing that seems to always be on your mind is your ex, then chances are you're not over them. Think about the good and bad within the relationship and why it ended. If you went your separate ways for reasons that were fixable or poorly timed, then maybe reconciliation is in your future. For those whose relationship ended for valid and critical reasons, then you need to remember why the split took place. Nostalgia plays a selective highlight reel through our memory and focuses on the highest of highs, don't let this cloud your judgment.

**Related Link:** [Celebrity Exes: Scott Disick is 'Always Flirting' With 'Best Friend' Kourtney Kardashian](#)

**2. You stalk their socials:** Are you glued to your phone and constantly checking in on your ex's profiles? If that sounds like you, then you're probably not over them. This definitely isn't a healthy step in the moving-on process or any for that matter! Once you've split, unfriend and unfollow your partner. Cutting off this visibility is crucial for you to embark on the next stage of your life. Constantly checking in or stalking their pages isn't going to do you any good and may lead to your feelings getting hurt all over again.

**Related Link:** [Celebrity Couple News: Kim Kardashian & Kanye West Are on 'Different Pages' Amid Quarantine](#)

**3. You're still reaching out:** Closure is a crucial part of the breakup process. It's important that the two of you have an open and honest discussion about why things ended so you're both walking away without any lingering questions. Once this has happened, it's important that you move forward with your life and work towards finding your own happiness. Stop trying to rehash the past or continue to ask your ex what went wrong. Accept that it wasn't the right path and focus on yourself.

**Are you still hung up on an ex? Start a conversation in the comments below!**

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## **Celebrity Break-Up: Scott Disick & Sofia Richie Officially Break Up After 3 Years**





By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) and Sofia Richie called it quits after their three-year relationship. Richie ended things to give Disick space to work on his mental health and addiction issues, which he has struggled with long before the pair got together. These [celebrity exes](#) remain on speaking terms, despite Disick spending his birthday weekend with ex-wife [Kourtney Kardashian](#).

**In celebrity break-up news, Scott and Sofia are calling it quits. How do you cope with the loss of a long-term relationship?**

**Cupid's Advice:**

The end of a long-term relationship marks a new chapter of your life. It doesn't matter who initiated the break-up; both parties will have to deal with heartbreak. If you're unsure of

how to move forward, Cupid has some advice for you:

**1. Allow yourself to grieve:** This is your chance to accept your new reality without your ex. You have the time to reflect on the relationship and your own actions, which will allow you to move on. This is your time to establish a new routine without your ex and untangle them from your life.

**Related Link:** [Celebrity News: Scott Disick Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie](#)

**2. Focus on yourself:** Long-term relationships often have you focusing more on “we” than on “me.” This is your chance to do things that make you happy. This could be finding a new hobby, going out to your favorite places, or spending more time with people who support you.

**Related Link:** [Celebrity Couple News: Scott Disick and Sofia Richie Are on a Break Post-Rehab](#)

**3. Lean on friends and family:** Your loved ones are there to cheer you up! They can be a shoulder to cry on, an ear to listen, or a distraction from the break-up. Spending time together will lift your spirits no matter what you do and it will remind you you’re not alone.

**What do you do to heal after a relationship? Start a conversation in the comments below!**

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# Celebrity News: Scott Disick

# Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie



By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) spent his birthday with ex-wife [Kourtney Kardashian](#) and their kids. According to *UsMagazine.com*, Disick and his long-time girlfriend, Sofia Richie, recently took a break from their relationship so he could work on his mental health. In the wake of this [celebrity break-up](#), Disick and Kardashian spent their Memorial Day weekend with two of their children, Penelope, 7, and Reign, 5, in Lake Powell, Utah.



# In this celebrity news, exes Scott and Kourtney made his birthday a family affair. What are some reasons to keep things civil with your ex?

## Cupid's Advice:

The end of a relationship is painful. Many people choose to cut their ex out of their life, but there are many reasons you might want to keep an ex in your life. If you're debating whether you should stay civil with an ex, Cupid has some advice for you:

**1. You need closure:** A break-up hurts less when it ends on good terms. This isn't always possible, but if your ex can have a conversation with you about the relationship, it may help you better move on and keep things drama-free in the future.

**Related Link:** [Celebrity Couple News: Scott Disick and Sofia Richie Are on a Break Post-Rehab](#)

**2. You run in the same circles:** Sometimes staying civil with an ex is all about practicality. If you share a group of friends or a workplace, you want to remain on speaking terms with an ex to avoid future drama and awkwardness.

**Related Link:** [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

**3. You still trust them:** If your relationship had a clean ending, you might still want them as a supportive friend in the future. By ending on civil terms, it opens the door for your ex to come back into your life when you're ready.

Do you try to keep things civil with your ex? Start a conversation in the comments below!

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## Celebrity Couple News: Scott Disick and Sofia Richie Are on a Break Post-Rehab



By Ellie Rice

In the latest [celebrity news](#), Scott Disick and Sofia Richie have decided to take a break from their relationship. Sources exclusively shared with *UsMagazine.com* that Disick needs to

get his act together before getting involved with their relationship again. Disick was seeking treatment to work through his past traumas, but left the facility after photos of him in attendance were leaked. We wish nothing, but the best for these two and hope they can work it out!

## **In celebrity couple news, Scott Disick and Sofia Richie are on a break after his latest stint rehab. What are some ways to support a partner or ex-partner recovering from addiction?**

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

Supporting a loved one recovering from addiction can be difficult and emotional. If you're looking for a little guidance, Cupid has some advice for you:

**1. Take it slow:** The recovery process is a long and continuous road for your partner and your relationship. Don't expect everything to change overnight, as your significant other is on their own healing journey. As they find their inner strength, so will your relationship. Be supportive and communicative with them by creating an open and honest environment at home. Allow them to transparently convey their emotions and feelings towards you, so you both can understand where your relationship is at. If you have an ex-partner going through recovery who is still a part of your life, be supportive of them as well. Check-in with them and spend time together participating in fun and lighthearted activities.

**Related Link:** [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

**2. Build a support network:** Letting your partner know that you support them and are with them every step of the way is so important. They need to feel love and care on the homefront. Remove any triggers from your home environment that you think could get in the way of their recovery process. Take them to their meetings or try engaging in couples therapy to continue rebuilding your relationship. Have family and loved ones provide support as well to show your partner how important they are.

**Related Link:** [Celebrity Couple News: Kim Kardashian Needs Space From Kanye West](#)

**3. Get adventurous:** Come up with fun and exciting activities to go out and experience with your partner! Finding ways to celebrate each other and rekindle your relationship by engaging in substance-free activities is crucial. Go for a walk down the beach or go take a hike. Create a list of things or places that make you both happy and go from there. Rebuilding your relationship in alcohol and substance-free environments will be a great way to strengthen your bond and help your partner on their journey.

**How would you help a partner going through a difficult time? Start a conversation in the comments below!**

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**Celebrity Couple News: Scott Disick Is 'Really Happy' Kylie Jenner Is Close to**

# Girlfriend Sofia Richie



By [Katie Sotack](#)

Long time friends [Kylie Jenner](#) and Sofia Richie are on the mend, and no one is happier than Richie's boyfriend, [Scott Disick](#). The inter-tangled friend/family history has made the relationships difficult to parse out from one another, but Disick is grateful to his baby mama's sister, Jenner, for welcoming his girl back into the family. The celebrity friends were seen bikini clad and rejoicing on a tropical vacation to Turks and Caicos, reaffirming to the world that everything was a-ok between the two.

In [celebrity couple news](#), Scott

# Disick enjoys having the support of Kylie Jenner when it comes to his relationship. What are some ways to support your ex's new relationship?

## Cupid's Advice:

With all the complicated feelings that even thinking about your ex brings, having them bring their next S.O. into the family is tricky to say the least. Jenner is supporting Disick and Richie's relationship like a mature and respectful ally. Here are relationship tips to root for your ex's new love:

**1. Keep your distance:** You see your ex repeating similar patterns, you don't think their new lover is treating them right, etc. It's so tempting to pinch the lovebirds on the shoulder and straighten them out. *Don't do it.* When you get the temptation to meddle, take a deep breath and walk away. By commenting on their current situation, you are adding your baggage with ex-bae to their new love. It's better to keep your distance here.

**Related Link:** [Celebrity Couple News: Duchess Meghan Comments On Her Relationship with Prince Harry to Pharrell](#)

**2. Accept their new partner:** Possibly the biggest thing you can do to support their relationship is accepting their new partner. It doesn't have to be as a close confidant, though friendship is a great way to start this process. Welcome the partner into your family space and accept them as a potential life long member.

**Related Link:** [Celebrity Vacation: Joe Jonas & Sophie Turner Take Romantic Vacay After Second Wedding](#)

**3. Show social media support:** If your friends and family can

see you liking and commenting on your ex's new relationship status, they're more likely to show support as well. If you're acting bitter, it's only natural they'd want to have your back and criticize the couple. Be the bigger person and show no negative will toward your ex.

**How do you support your ex's new relationship? Share in the comments below!**

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## **Celebrity News: Kourtney Kardashian & Scott Disick Vacation in Costa Rica Without Sofia Richie**





By [Mara Miller](#)

In the [latest celebrity news](#), everyone keeps asking, “Where’s Sofia?” [Celebrity exes Kourtney Kardashian](#) and Scott Disick were spotted on June 19 on a [celebrity vacation](#) without Disick’s celebrity girlfriend, Sofia Richie, according to *UsMagazine.com*. The [celebrity exes](#) hit the beach with their three kids, 9-year old Mason, 6-year old Penelope, and 4-year old Reign, as well as [Kim Kardashian](#) and her daughter, North West, in Costa Rica. But don’t think the [celebrity couple](#) has called it quits just because Richie didn’t go on the vacation. *Popsugar.com* reported that while Disick and Kardashian are no longer romantically involved, they are committed to remaining a family and parenting their children. Richie remained in the States, attending events in New York and Los Angeles, including a gathering for Miranda Kerr’s Kora Organics.

**In celebrity news, the words on**



# everyone's lips are, "Where's Sofia?" What are some ways to keep your jealousy in check when your partner interacts with his or her ex?

## Cupid's Advice:

Despite the rumors that may be flaring up because Kourtney and Scott took their kids on a vacation, Sofia seemed comfortable enough to remain home so she could attend work events. Sometimes we can't help it if our partner has to interact with their ex if they have children together. Cupid has advice on how to keep your jealousy in check:

**1. Remember, your partner is with YOU:** Your partner and their ex split up for a reason. Even if they are on friendly terms, you have to realize they didn't work for a reason. Your partner would not be in a relationship with you if what you have between you both isn't working.

**Related Link:** [Celebrity News: 'RHOC' Alum Alexis Bellino Takes Next Step with Boyfriend Andy Bohns](#)

**2. They might not have a choice:** This is especially true if your partner has children with their ex. Would you want to keep a parent away from their children? It's healthier for kids to have parents who don't fight, so try not to let jealousy get in the way of your partner's relationship with their kids. Your relationship may be in jeopardy if you try.

**Related Link:** [Celebrity Vacation: Porsha Williams Spotted on Vacation Amid Dennis McKinley Cheating Rumors](#)

**3. Talk to your partner:** If your jealousy and insecurities are getting the better of you, it's a good time to sit down and

talk to your partner. Talk to them about how you feel. Chances are, they'll understand, and they'll help you put any worries at ease.

What are some other ways to keep your jealousy in line if your partner interacts with their ex? Let us know in the comments below!

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## **Celebrity News: Kourtney Kardashian Fights with Scott Disick After He Introduces Kids to Sofia Richie**





By Ivana Jarmon

In [celebrity news](#), according to [People.com](#), things are looking tense between [celebrity exes Kourtney Kardashian](#) and Scott Disick. In a sneak peak at Sunday's episode, the two exes sit down to discuss the three children they share. The conversation comes after Disick decided to introduce his 20-year-old girlfriend Sofia Richie to their children. Disick and Richie have been dating for almost a year now. Although the relationship caught some unexpected glances at first, a source confirmed that as long as it helps the father of three to remain happy and healthy, he has the Kardashians' blessing.

**In celebrity news, Kourtney Kardashian isn't pleased that her ex Scott Disick introduced their kids to his new girlfriend. What**

# are some ways to navigate new relationships when you have kids?

## Cupid's Advice:

It's never easy dating, and it's even harder when you have children. Cupid has some ways you can navigate a new relationship when kids are involved:

**1. Be honest:** Put all your cards on the table. Be true to yourself and your significant other, as you are not forming just a relationship, but creating a family. Be honest about your expectations and what you are looking for.

**Related Link:** [Celebrity Couple Scott Disick & Sofia Richie Enjoy Date Night As She Introduces Puppy No. 2](#)

**2. Communication is key:** Talk and listen to your girlfriend or boyfriend. Talk and listen to your children. Communication is key to making any relationship work.

**Related Link:** [Why Celebrity Exes Kourtney Kardashian & Scott Disick Are Happier Than Ever](#)

**3. Dating with your kids:** Plan a date, but include your child. Let your significant other see you with your children. Let them know who you are as a parent. Let them observe and experience first-hand what life is like with a child.

**What are some ways to navigate a new relationship when you have kids? Share your thoughts below.**