

# Celebrity News: Pamela Anderson's Ex Adil Rami Denies Abuse Allegations



By [Emily Green](#)

In the latest [celebrity news](#), Pamela Anderson's ex boyfriend denied the allegations Anderson recently made against him claiming that he abused her during their relationship, according to *UsMagazine.com*. This former [celebrity couple](#) announced their split on June 25 in a post on Anderson's Instagram, saying "It's hard to accept. The last (more than) 2 years of my life have been a big lie."

# This celebrity news has drama written all over it. What are some ways to avoid drama after a tough split?

## Cupid's Advice:

A break up with a significant other is never easy, especially if it wasn't mutual. While sometimes drama comes with the breakup, it is always possible to sit down and talk with your ex to work out your issues before you go your separate ways so there are no bad feelings residing. Here are a few of Cupid's ways to avoid drama after a tough split:

**1. Assess the situation:** Sit down with yourself and do a bit of self reflection- what exactly is leading to this break up? How have you reacted to things? How has your partner? Find the root of your worries and think about how you want to address them with your ex, so you can work out those feelings before anything gets out of hand.

**Related Link:** [Celebrity Break-Up: 'Bachelorette' Jed's Ex Haley Cries After Learning He Allegedly Cheated](#)

**2. Leave the past in the past:** The past is the past for a reason. Every day you grow into a new and better version of yourself, you are not who people may believe you once were. Focus on the here and now, and who you are today.

**Related Link:** [Celebrity Break-Up: Bradley Cooper & Irina Shayk Split After 4 Years Together](#)

**3. Stop pleasing others:** There is always a reason for every break up. If you decide to split from your partner because it was not right for you to be with them anymore, so be it! You have to do what is best for you and only you, no matter what

others may say or think.

**What are some other ways to avoid drama after a split? Let us know in the comments below!**