

Rachel Bilson Reunites with Ex-BF Hayden Christensen In Barbados



“This time, we’re really done.” We’ve all heard these famous last words in the midst of an on-again off-again relationship. Rachel Bilson seems to know this pattern all too well, as she was once again spotted with on-and-off beau Hayden Christensen. UsMagazine.com reports that the *Jumper* co-stars were caught in Barbados together on Friday. The two met on set in 2007, and were engaged a year later. Last June, their roughly two year engagement was called off. They took a month to decide if they should stay together, but wound up calling it quits in March. “They’re done this time,” said a source close to Bilson. “Engagement’s over, relationship’s over. She’s really had it.” Could things be better this time around?

What changes can you make to avoid an on-and-off relationship?

Cupid's Advice:

This is one cycle that once you're in, getting out can be tricky. Not to worry, though. Cupid's tips will ensure that you avoid this soon-to-be emotional train wreck:

1. Cut ties completely: If it's over, let it be. Ex-boyfriends may come back eventually, but fight the urge to text him or stalk his Facebook page. It's probably equally as hard for him, so let him be the one to take the initiative.

2. Don't be afraid of letting go: When you're with someone for a long time, it may be hard to imagine life without him or her. Develop a strong mind and focusing on yourself in order to move on and make the healing process easier.

3. Keep yourself busy: The more free time you have, the more you think about the issue and how you can fix it. Focus more on your studies or job, spend free time with people close to you and take up a new hobby. That way you won't be so consumed on your broken heart.

Tell us about your on-and-off relationship by commenting below.