

# Pamela Anderson and Rick Salomon: Filed for Divorce Again



By Laura Seaman

Second time isn't the charm! It seems like this couple just wasn't meant to be, as Pamela Anderson and Rick Salomon recently split up yet again. The couple has been married twice, with the first marriage ending in 2008 only months after the wedding. According to [UsMagazine.com](http://UsMagazine.com), they were then spotted together on the beach in 2013. "It's recycling," Anderson joked, then saying "No, I'm very happy. We're happy. He's a great guy." The couple secretly got remarried, but are now filing for divorce for the second time in their on-again-

off-again relationship.

**What are some things to learn from an on-and-off relationship?**

**Cupid's Advice:**

On-and-off relationships can go one of a few ways: They could constantly follow the pattern and you'll never truly have a stable relationship, the cycle breaks and you decide to really dedicate yourselves to the relationship, or the cycle breaks and you decide to part ways for good. No matter how your rocky relationship ends, here are some things to learn from it:

**1. Be happy by yourself.** Maybe you went back to your ex because you didn't like being single. It can be a big change if you've been in a lot of relationships or your previous one lasted a long time, but it's a change you have to deal with. You can't be happy with someone else until you're happy with yourself, so learn to be happy and single before considering your ex (or anyone else) again.

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**2. Get some impulse control.** Sometimes you might get the urge to text or call your ex 'just to chat', or to check their Facebook page to see how they're doing. Resist the urge and distract yourself. If you give in to these nagging wants, you'll only pull yourself back into the relationship without fully being out of it and having a clear head.

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**3. Make some changes.** If you had certain routines with your partner or had your schedule revolving around them, it might be difficult to get used to life without them. This can add to the pressure of wanting to get back together, but if you make some changes and live your life more like *you* want to, the pressure will slowly drift away.

**Have you been in an on-and-off relationship? What did you learn from it? Let us know in the comments!**