

Cameron Diaz and Alex Rodriguez Vacation in Mexico for Thanksgiving



Cameron Diaz and

on-again-off-again Yankee boyfriend, Alex Rodriguez were caught canoodling in Mexico over the Thanksgiving holiday last week, according to [Us Weekly](#). The pair spent time in the sand showing off their beach bods and taking dips in the water.

The two were originally spotted together over the summer, but kept things cool in October. "They break up and get back together all the time," says a source. **Is an on-again-off-again relationship healthy?**

Cupid's Advice:

If you find yourself continuously cutting things off only to get back together a few weeks later, it may not be healthy.

Cupid has some tips on how to evaluate your relationship:

1. Look at the big picture: Step back and try to see your relationship from an outside perspective. Breaking up and getting back together may seem normal to you, but it may be destructive behavior.

2. Make a list: Sometimes a pros and cons list can help sort out confused feelings. Take a page from Miranda in the *Sex And The City* movie, as she used one to determine her feelings for her husband, Steve. It's an old stand-by for a reason.

3. Question it: Ask yourself, "Why am I going back?" If you can't answer the question with clarity, getting back together may be the right decision. If not, calling it quits may be the way to go.