

Jersey Shore's Sammie and Ronnie: Officially Over?



It's official!

Jersey Shore couple Sammie "Sweetheart" Giancola and Ronnie Ortiz-Magro have split up, according to Entertainment Tonight. After dating on-and-off for three seasons of the hit reality show, the pair have ended their relationship for good.

The pair first connected on the first season of *Jersey Shore*, which was then followed by a second season picturing Ortiz-Magro in questionable scenes with other women. That said, Giancola told *People* that her on-again-off-again boyfriend is "an all-around good guy" despite their tumultuous relationship.

Are on-again-off-again relationships healthy?

Cupid's Advice:

The path to love can often be tough, and every relationship requires commitment and hard work. Cupid has ways to tell if your relationship is in need of a health check:

1. Reason for staying: Figure out what's making you stick around. If you truly care for the person and want to make things work, maybe going back to an ex isn't always the wrong decision. But if you're only going back to him because you're scared of change and don't think you can do better, don't do it!

2. Feeling of responsibility: Obligation is never a good reason to be with someone. Past feelings of guilt or just a feeling that you "should" be dating someone for a particular reason isn't something that a relationship should be based on. If you get back with an ex, make sure it's simply because you see a future with him.

3. Resolving issues: In order for your relationship to survive, resolve the issue that drives you both apart before getting back together. If neither of you want to change your ways, maybe it's time to move on and start over with someone else.