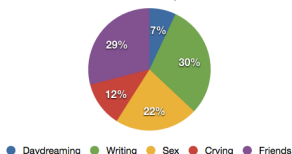


DATING

## HEARTBREAK IS GOOD FOR WRITING & OTHER REVELATIONS

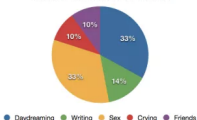
written by Danielle Ma | March 28, 2015

### CASUALLY DATING, UNHAPPY

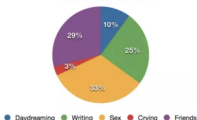


Lately, I've been doing a lot of thinking about my time and how I spend it. I quickly realized that there are a lot of interesting patterns in the way my behavior fluctuates based on my relationship status. Here's how it plays out:

#### COMMITTED RELATIONSHIP, SUPER HAPPY



#### CASUALLY DATING, HAPPY



#### CASUALLY DATING, UNHAPPY



#### ALONE, HEARTBROKEN



Before we dive into the correlations, key learnings, and hilarity of it all, let's talk about what I didn't cover. I didn't include the factors in my life that stay relatively constant. For example, regardless of my relationship status, I'm always going to commit a good amount of time and energy to my work. I love it and the people I work with. Another example is my family. No matter where my love life stands, I seem to have a consistently sporadic relationship with them. Not to be confused with a bad or unhealthy relationship. I'm just always the girl who forgets to call home, responds late to Mom's texts, and needs to reschedule lunch with my brother twice before getting it right.

I also only outlined four main relationship statuses. These are where I find myself most often, the most-played songs on my playlist. The other possibilities seemed like interim stops on my way to somewhere else—if I were unhappy in a committed relationship, I would leave. Or if I were emotionally stable and single, I'd be inclined to start dating.

Some surprising and some very unsurprising conclusions to emerge from my introspection:

- Heartbreak makes for great writing material; happiness is kind of boring.
- There is a direct correlation between my happiness and my sexual activity.
- If I'm super sad or super happy, my friends shouldn't expect to see much of me. BRB, obsessing over someone.
- Speaking of obsession, I daydream a lot. The Achilles' heel of being a romantic?
- Committed relationships come with a lot of intense feelings. For me, intense feelings come with tears. It's an inevitability.

How would your time spent break down into a pie chart?

0 comment | 0 | f t g+ e



DANIELLE MA

Danielle is a passionate twenty-something living in New York City with too many interests and not enough time in the day. She works at a boutique ad agency next to her favorite building, the Flatiron, and spends a lot of time in parks with coffee. She frequents food festivals, listens to science podcasts, explores comedy clubs, and writes, a lot. She diarizes the moments and conversations in her life, writing mostly about dating, love, and sex in the city on her blog. Here's The Thing.

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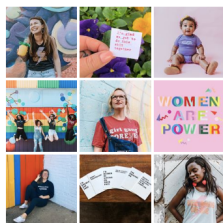


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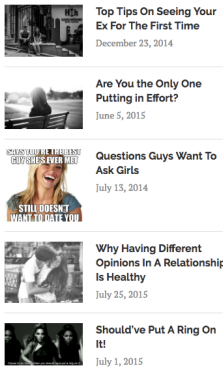
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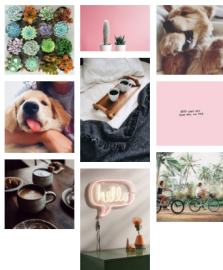
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