**PODYPLOMOWE STUDIA DLA TLUMACZY TEKSTÓW SPECJALISTYCZNYCH**

**wrzesień 2009**

**SEKCJA JĘZYKA ANGIELSKIEGO**

**Dating Against Type**

These days, it seems like the remedy to a relationship gone wrong is hooking up with your ex’s total opposite. Experts say that this sort of 180-degree mate selection makes sense.

After a relationship, particularly if it was a bad one, it’s normal to think, ‘Okay, I can’t go there again,’ and purposely seek out a totally different kind of guy, says New York City psychotherapist JoAnn Magdoff. Dating a dissimilar man (whether in terms of looks, personality, or both) can also keep you from dwelling on your ex because with so little overlap, you’re less likely to compare your new guy to the standards set by your former love. Besides, spending time with a variety of dudes helps you figure out what you truly want in a partner, says psychiatrist Paul Dobransky.

As Magdoff observes, ‘Even if the new relationship starts out as a reaction to your last one, you can still end up learning something insightful about yourself and your desires.’ Of course, gaining that kind of perspective is only possible when the decision to break type comes from a healthy place.