

# TDS S7 E8

[00:00:00] **Samantha Baines:** I am joined by the lovely Desirée Burch comedian, performer, and content creator. Welcome to The Divorce Social.

[00:00:07] **Desirée Burch:** Thank you so much for that lovely, warm introduction. I feel like I'm someone I'm not, but that's kind of the biz, isn't it?

[00:00:13] **Samantha Baines:** You do do all those things. So

[00:00:15] **Desirée Burch:** that true. That's true,

[00:00:16] **Samantha Baines:** But how does it feel me welcoming you to The Divorced Social?

[00:00:20] **Desirée Burch:** Well, I guess everybody goes through this. I mean, if they've been divorced, then it's be easier. If like me, I've never been married, so I've never been divorced, but I have been through a breakup, I guess, a notable one. I mean, the other things aren't breakups, they're just. Guys being shit, but

[00:00:39] **Samantha Baines:** Yeah. So how long ago was this particular breakup?

[00:00:44] **Desirée Burch:** So we would have broken up in 2017,

[00:00:51] **Samantha Baines:** where were you in your life in 2017? Like what was going on for you? Where were you in the world?

[00:00:56] **Desirée Burch:** Well, I was here in the UK. Basically, [00:01:00] I did my show Unfuckable at the Fringe that year and I drove up sobbing because I knew we were over and it's something about being in transit. Like I do the most crying on trains. And then followed by that planes, um, like any film on a plane that's remotely, you know, sad at all. There is something about, you know, the distance between your body going high speeds and your spirit going at slower speeds that like, lets you take it all in. And so I drove up like just crying, uh, cause yeah, because I just knew and then we didn't break up until I came back.

[00:01:39] I mean, it was weird because. I think we're both the kind to expect to get broken up with or left. So I was in the position of doing the breaking up,

even though we both knew it was done, he was like, well, what do you want to say? Cause I think he needed me to do it.

[00:01:56] **Samantha Baines:** Yeah. Yeah. I can definitely relate to that with my [00:02:00] relationship of, there was sort of a little bit of like that conversation started and then.

[00:02:05] No one would make the final decision and the new going through all this turmoil. And what was it like for you for that month? Being a fun, happy comedian, making people laugh at the Edinburgh Fringe 24/7, and also having the back of your mind. My relationship's going to ship, presumably

[00:02:25] **Desirée Burch:** I have been pretty good at compartmentalizing from a young age, so it wasn't the worst because the Fringe is so all consuming, particularly that one, because that was the one that sort of launched everything. Like then everyone was like, 'You're doing it, you're making it!' And I'm like, 'Really? Cause I'm dying'. This is horrible. So, you know, it was one of those things that like had to happen, but someone had to initiate the conversation and I can't remember, but I do remember him being like, 'so what do you want to say?'

[00:02:56] At the conversation. I can't remember which one of us was like, 'We need to [00:03:00] talk', but it was obvious, you know, and it was so interesting because I was sort of rising in one part of my life and having to let go of this weight on another part of my life. And this relationship was a lot more than a weight, but in this particular metaphor, that's how it is, is serving at this point, because you know, you always break up too late.

[00:03:23] Like, I mean, not too late, but far later than you should have. You always, you always leave it, you know, just to be sure that you can't stand the other person or your life anymore, the way you're living it. No, one's like, I'm going to preempt this. 'Let's break up'. Like, but you know, if that person does that, that's amazing, but I bet they're like a psychopath for the rest of their lives

[00:03:43] **Samantha Baines:** Yeah, it does feel like you're always like so miserable just before you break up, like you've left it to the point of no return before you do,

[00:03:51] **Desirée Burch:** I guess you want to be sure.

[00:03:52] **Samantha Baines:** Yeah, exactly. It's really interesting talking about this success when you're going through a terrible time, because yeah, I do  
[00:04:00] remember as a fellow comedian, that show being like your

[00:04:04] well, amazing year and everyone was talking about you and Edinburgh and like, your show is going so well. And, um, that stuff behind wasn't. And I remember when I was getting divorced, I was in Magic Mike and, you know, doing this big show in the west end and everyone was like, 'Oh wow, you're living the life.' And then I was also like going through a divorce. Why does that happen to us?

[00:04:26] **Desirée Burch:** I mean, it might just be that, you know, sort of it never rains, but it pours type of rhythm to life that it's, um, easier in some ways to have these massive intersections where all of these things are happening at once just to kind of get them done.

[00:04:43] I also think that, a lot of times the friction becomes too much the friction or the sort of, I don't know, fusion is the pulling apart of these things of where you were and where you're going, you know, and also the pulling apart of paths between you and this other person where [00:05:00] the road is diverging to a point where you can no longer see them running parallel to you, you know?

[00:05:05] And you can also see this vista in front of you. And so I don't know why, but I feel like it's the most efficient way for any sort of sensible universe to deal with things is to get them all out of the way. Having said that I'm very good at compartmentalizing things. I don't believe it's a great way to exist live or really thrive.

[00:05:24] And you know, you can't have certain things going on in one part of your life that are so extremely good and other things that are so extremely bad without like, Uh, an explosion occurring. So I guess that sort of these times where change occurs, it just kind of like, it has to be this sort of big bang and you need opposing forces, I guess.

[00:05:45] I don't know. I'm going to pretend that's physics. I have no idea.

[00:05:49] **Samantha Baines:** Yeah. I'm imagining like the extinction of the dinosaurs and the start of a new age. Like that's how we see this period of change

[00:05:57] **Desirée Burch:** Pretty much. Yeah.

[00:05:58] **Samantha Baines:** But do you think there's also something [00:06:00] in that when you know, something's ending the reckless abandon of 'Well everything's shit. So I'm just going to go for it.' And then one area of your life starts to go really well, like your career, because you're just throwing caution to the wind.

[00:06:15] **Desirée Burch:** Well, I think you're both throwing caution to the wind and you're throwing any life left in you into the avenue in which it's free to operate, you know, because if your relationship is a roadblock, you have to throw that into something. Otherwise it's just hopelessness. So, yeah. And yeah, you're right, there is a certain kind of reckless abandoned that makes you a lot better. At, um, uh, being a performer in a certain way. Um, you know, for sure that that allows you to push yourself to places that you may otherwise, you know, fear to tread.

[00:06:46] **Samantha Baines:** I'm always interested in how other performers like deal with these periods in their life.

[00:06:51] Like, there's the thing we all say of when something bad is happening. We're like, well, 'At least I'll make great material'. Is that the way you process kind of [00:07:00] trauma and grief? Like how soon do you start writing?

[00:07:03] **Desirée Burch:** Uh, I don't start writing very soon. Um, I'm not that person and, you know, respect to the comedians who can do that.

[00:07:11] I think that's one way of dealing with things. I don't think that it actually deals with the problem in your life. Uh, I think that it's like throwing a bunch of spaghetti on the wall and it all sticks and everyone's like, 'Look at what I made?' And that's cool, but you still have to go home to your problems.

[00:07:24] Like grieving something often comes out way later and maybe the material has come before, but usually when something horrible is happening, I'm just trying to survive. Which means I'm doing material about stuff that I'm pretending is present that isn't. So I can have a screen for me to figure out what the fuck I'm doing, but, you know, like just be the woman behind the curtain until the next string needs to be pulled.

[00:07:45] Like we pretend that comedy is therapy. And it's not fair, happy in the sense of us really expiating the demons from the material we're talking about as much as it is being around people who [00:08:00] are listening and

accepting what we're saying. Like, I think the act more than the words, uh, is the therapy.

[00:08:07] **Samantha Baines:** Yeah. Also in some respects, I think when I was going through my divorce, it was nice to be on stage with people looking at me because I was getting attention from someone because I wasn't getting attention from my ex anymore. So there's all of these. I feel like all the divorced people listening in are going to be like, 'Oh, okay. I need to be a stand-up comedian'. That's what the,

[00:08:28] **Desirée Burch:** I mean, I think it wouldn't hurt. I bet you, if you go and did a couple of open mics, if you're coming out of a relationship, you probably would find it fun. It probably would help you get some perspective on it. And you'd probably, more so than comedians who should realise this, realise that comedy is not your calling, but it's very useful to like talk about personal things and to find people who relate to you through personal things.

[00:08:53] Because I would imagine, you know, uh, having not gone through a divorce, but having gone through a breakup, I have no concept of how  
[00:09:00] much the, the sort of it exponentially grows in grief or pain or anything else when it is a bond like marriage versus something that isn't, you know, my, ex and I were together for four years. But you know, there is, there's something about like the, the not being alone. You know? Although interestingly, there were times in my relationship when I was more alone than I've ever been in my life, even on my own, you know, like there's nothing quite as alone as laying in a bed next to someone and feeling profoundly alone, like, you know, untouched, unloved the whole thing.

[00:09:34] And you're like, this is the worst thing ever. Like I, all the times when I was crying about being single, do not compare to this feeling right now

[00:09:41] **Samantha Baines:** Yeah, I can totally relate to that. Also, just want to say your experience at breakup is very valid and there is no competitions in the breakup divorce world.

[00:09:50] Everyone's welcome. But yeah, no, totally. I think I've spoken on the podcast before about crying in bed. Next to my ex while he slept [00:10:00] and just feeling. Yeah. Feeling utterly alone.

[00:10:03] **Desirée Burch:** Oh, they sleep like babies. They sleep like little infants who have just been put down to the lullaby, don't they? As you're like quietly drowning in your own tears, you know?

[00:10:13] **Samantha Baines:** Silent cry is the worst.

[00:10:15] **Desirée Burch:** Yeah. Or even gasping for air. They still don't wake up. Yeah.

[00:10:20] **Samantha Baines:** And you felt like you're shaking the whole bed. Like how can you sleep through this?

[00:10:24] **Desirée Burch:** Like 'I'm shaking the house at this point. How can you sleep through this?' And they're like, 'Oh, finally, a woman's tears will put me to a dream state.'

[00:10:34] **Samantha Baines:** So you said you, um, you waited a while after your breakup to write material about it and you obviously compartmentalised it when you were in Edinburgh.

[00:10:44] So then what happened when you got home?

[00:10:46] **Desirée Burch:** So I get home, we have the conversation not too long thereafter, you know, I think I, you know, I mean, I got home and I probably, you know, like slept for the better half of a week or whatever, but, you [00:11:00] know, we did sit down and, and, you know, we'd had, such a disengaged relationship leading up to that, that we could go days without necessarily like speaking.

[00:11:11] Like, I mean, we'd speak, but like, you know, that kind of cursory just sort of like getting by kind of thing

[00:11:16] **Samantha Baines:** Housemates

[00:11:16] **Desirée Burch:** Yeah. But. You know, we basically had a conversation. He went 'ladies first' basically was like, okay, well,

[00:11:26] **Samantha Baines:** Oh thank you so nice of you!

[00:11:27] **Desirée Burch:** Thank you. So yeah, so gentlemanly, but, where I essentially said that, you know, 'I think we can both agree that our paths are diverging'. You know? Like, 'I don't harbour ill will toward you, but you know, like there are things that I need that are not unreasonable that you can't or won't, you know, provide in the relationship. And I presume that there are things that you need and want that I just am not capable of doing.' But I mean, I still [00:12:00] very much care about this person.

[00:12:01] You know, they're a part of my life, but I just, you know, I was just like, I can't, I can't go down with this ship and like that's the direction. It feels like it's going to me. Yeah. It was funny. I think we had, I think we had, like, we had one conversation, uh, at home. And then we had another one at a Pizza Express, I think.

[00:12:23] **Samantha Baines:** Sure. was it in Woking?

[00:12:26] **Desirée Burch:** Exactly. Everyone was sweating. Um, but uh, now, cause we lived in Croydon at the time. So it was like near that, like the big, uh, Ikea park. We went to that Pizza Express. I mean, they should put that 'At Pizza Express, a place to break up!'

[00:12:42] **Samantha Baines:** A place for all your difficult conversations.

[00:12:46] **Desirée Burch:** A place to end things one way or the other also pizza!

[00:12:51] **Samantha Baines:** We should say that we have no ill will towards Pizza Express.

[00:12:56] **Desirée Burch:** Love pizza! Like yes, . I mean, I mean, I, I guess I can't [00:13:00] promote or denigrate Pizza Express, they are a pizza chain other pizzas are available, but also like I bless a Pizza Express. Do you know what I mean? Like love them.

[00:13:10] Yeah. That's why we went. I mean, the thing is like, If you're going to feel sad, you may as well be able to eat like

[00:13:16] **Samantha Baines:** melted cheese and sadness

[00:13:18] **Desirée Burch:** I'm just saying yes, I have. cried, that is not the first pizza I've cried over. It's

[00:13:25] **Samantha Baines:** But why is pizza such a cry over food?

[00:13:29] **Desirée Burch:** I don't know. There's a presumed absorbency and it's also kind of like an edible blanket.

[00:13:34] So there's like a, there's circle of comfort, which is a song that Elton John's should have written, um, that is provided when you're sad over pizza.

[00:13:44] **Samantha Baines:** You said you had one conversation at home and then one conversation in Pizza Express, which do you consider as the breakup? The Pizza Express one?

[00:13:52] **Desirée Burch:** The one at home was the breakup, the one in the, sort of at the dining room table. was the breakup. I think the Pizza Express one was, [00:14:00] you know, I don't know, I've never gotten it all done in one. So there were probably things lingering, but more importantly, they were like logistics, you know, I didn't wind up moving out, uh, for quite a few months after that actually. So the rest of the autumn was me sleeping in the second bedroom for the most part, which is fine.

[00:14:17] And I, I already kind of done that. So, you know, when I, when I would do like runs of shows and I would get home late, I would just go and sleep there as opposed to like interrupting. And so it was just easier to kind of continue doing that. And it's so weird because it very much mirrors, uh, you know, the relationship my parents had at a certain point, it was like the same thing.

[00:14:37] And I, there were so many things that happened in that relationship where you kind of understand all of the, um, psychology books about transference and how all these things happen and how these patterns happen. And you you've kind of, you know, it's just like, there's. There are so many things that my mother was like, don't ever let this happen to you.

[00:14:54] That suddenly were happening to me in this relationship, because I was just like, 'Why would that ever happen to me?' You know, and [00:15:00] being in a relationship in which I was necessarily at first, the first part of it dependent on someone else, put me in a position that I hated that was awkward. That didn't make me feel secure.

[00:15:10] That compelled me to work super hard so that I could, you know, to one, get a visa that I could actually work in this country as a comedian, and then to work super hard, to try to make a life of that. And it was always this sort of push and pull of my star rising. And our relationship fracturing, but I think that that initial fracture had happened before any of it.

[00:15:35] It was just sort of like a matter of it, evolving into what it became.

[00:15:40] **Samantha Baines:** So was he the reason you came to the UK?

[00:15:43] **Desirée Burch:** Yeah. Yeah, he is. Yeah. So yeah. Uh, when I moved in 2015, it was because we reconnected and, you know, uh, the sort of long distance. Uh, love, affair, whatever it had kicked up.

[00:15:57] **Samantha Baines:** So how do you feel about that now? [00:16:00] That he was the reason you came over here?

[00:16:02] **Desirée Burch:** Great. I feel great about it. Do you know, like I was 35 at the time. If I was ever going to move somewhere for love, that was the time because the older you get the less you're going to, you know, drop your whole life. But I was ready to do that cause I had been needing to drop my life

[00:16:18] Yet to this day, it feels a bit like just, you know, serendipity, providence, whatever you want to call it. Really it's because this ultimately very, uh, kind person who wasn't the right person, who was a good person, uh, especially for me to learn what I really want and need in a relationship because I really hadn't had them before.

[00:16:40] You know, I'd had lots of like whatever. I had friends with benefits, you know, random fuck boys. And just like other hookups. Like, I didn't have anything that was two people trying to grow together, uh, because it's extraordinarily difficult to do in New York city. And also it's extraordinarily difficult to do [00:17:00] when you have, um, quite wobbly self-esteem to be honest,

[00:17:03] **Samantha Baines:** What did you do in the aftermath of that? Because you say about your wobbly self-esteem and the aftermath of that breakup after the Pizza Express, which I think is actually a good idea to go to like a neutral place to discuss, like what's going to happen practically

[00:17:19] **Desirée Burch:** Work out the term

[00:17:21] **Samantha Baines:** The tip yeah, because it's Pizza Express. What did you do after that to help you recover?

[00:17:28] **Desirée Burch:** I mean, it was difficult to do anything much until I got out of the house. Then I moved, I moved into a flat share, uh, that, you know, in a different part of town with better lighting, and better trains. And, you know, a roommate who had a cat. And all of those things are great. Um, and I don't think that I did particularly healthy things because I persisted in just working really hard, which is, you know, which is a way to avoid lots of things.

[00:17:59] [00:18:00] It kind of kept me going. On sort of like, 'It's fine. And, you know, I knew it was going to be this way and it's fine. And you know, we haven't been really together for a while'. So I've been processing this this whole time and I have a friend who's going through a divorce now who says the same things to me.

[00:18:14] And I just go, 'Yeah. Yeah.' Because that's a wonderful lie that you tell yourself because I, you know, wound up actually processing it after, you know, like, fucking a couple dudes, because you need to do that, just to remember that like your body works and that it deserves like sex, um, and, and pleasure and companionship and all those things.

[00:18:35] **Samantha Baines:** I had a full sexual explosion, which I talk about heavily during series one and two of this podcast.

[00:18:42] **Desirée Burch:** That's important. I honestly think that that is important and valid. It is very important for you to rediscover your body on its own in the space with other bodies and to fully try to cauterise the wound, you know, like, like seal things up by like moving in a different direction.

[00:18:59] You know, [00:19:00] it's, it's does require a lot of mindfulness about, you know, you're going to go to some dark places with yourself, but it's all about if you can recognise in the present moment that this has gotten to a dark place and then you can stop, like, you know, we're, you're going to push it too far. Just like, we're all going to wait too long to break up.

[00:19:16] I mean, I would've pushed it further if I'd had a means and opportunity, but there were things that those partners brought up in me about that relationship, but it wasn't until I tried dating this dude, that was like a legit, like 'I'm interested in dating you'. And it was complicated and what not, but, he's a Gemini, which means, it was over, over after a month because that's what happens with every Gemini I've ever dated in my life.

[00:19:40] **Samantha Baines:** Oh, wow. Good tip

[00:19:43] **Desirée Burch:** For me, it's a month of beauty and then just poof, you know,

[00:19:49] **Samantha Baines:** What star sign are you?

[00:19:51] **Desirée Burch:** I'm an aquarius so you would think it would work. We're both air signs, but yeah.

[00:19:56] **Samantha Baines:** I think that doesn't work. Does it?

[00:19:57] **Desirée Burch:** Yeah, exactly. So [00:20:00] that whatever it was, that month of dating, and I don't know if there is a word yet German or otherwise for that relationship, that isn't a relationship.

[00:20:11] Uh, it's a heavily emotional relationship. Might be sexual might not be sexual, but that like goes really intense, really deeply, really quickly and leaves you voided when it's gone. That was this person. And it was like everyday constant, like white on rice. Like, you know, we're talking all the time. We're going through his , he's got some trauma he's dealing with with his family.

[00:20:34] You know, I'm suddenly, you know, the person he's talking to all the time and, you know, while this is happening, You are under the mindset that you are, you know, going further down the Primrose path of like love and relationships and not being emotionally used. Um, but at the end of it, I was upset about him.

[00:20:54] I was upset about my ex like all of it. Like it was that relationship that helped me to go, [00:21:00] 'Oh, I'm not over this one iota, you know, and I actually haven't had a chance to fully process it.' Like it kind of came up with like one or two of the boys before, but it really hit home after I was just gutted after this, like month long, uh, not even fling, like we didn't even hook up, you know, we just sort of like dated and it may be, it was going to go there and it was all like handholding and possible romance leading to nothing. But that was the thing where I kind of was like, 'Oh, I haven't actually processed this at all.' And, you know, as far as functional things, like, I don't know that there were loads of them, to be honest, you know, I mean, I think I definitely started investing a little bit more in, I hate the phrase self care. Because it sounds like taking a bubble bath and getting your nails done, but it can also be sort of things like trying to set up a physical practice or, [00:22:00] you know, a spiritual practice or, you know, things like that. Like once I moved on my own, it's been helpful to like have a regular gym to go to with a trainer that I see and like punch things with and like, you know, Uh, like hitting sort of progress from all of these angles and by progress I just mean like trying to get to more of what is essentially me. And that has taken some time, but I think it was what led to me being able to actually find love after that because I needed to reevaluate, like, you know, that thing they say, like, 'Ask the universe for what you want, whether it's in a partner, anything else.' And I had done that before I met my ex and after we broke up, I realised I hadn't asked for enough. I needed to get more specific. So I did that. But even within that, at some point I had resolved to just

be single forever. Like I, right before I met my boyfriend, I was like, Yeah, I think that I'm [00:23:00] there, isn't a lid for every pot and that's cool.

[00:23:03] And if I kind of call off the search team, now I can stop wasting so much time and, and desire, like, you know, wasting time on want and feeling empty because of that want or because of some need and realizing that I don't need anything or anyone else, and actually searching for that in myself. So I think that helps because anytime a guy sees you happy on your own, he's like, 'Oh, I got to get in here! What are you doing? What's happening over here?' It's like going to a pub and reading a book or writing in a journal. It's like asking for every asshole in there to come and talk to you and like, 'What are you writing? What are you reading?' It's like, 'Fuck off. I'm doing this because I don't like people and I do like booze. What don't you get about this?'

[00:23:47] **Samantha Baines:** I think it's funny because everyone, well, lots of people that I've spoken to. And I think I've had that realisation too, of being like, 'I might never meet anyone!' And you sort of accept it at some [00:24:00] point. And actually it sounds horrible, but it's actually a lovely thing. It feels like relief.

[00:24:08] **Desirée Burch:** Yeah. Yeah. It is a relief. And it's also like when you get to the place, when you are like your own sustainable universe. That's the point at which someone wants to like pop into your universe, you know? But yeah, it's really comforting to hear that everybody else got to the like, 'Oh, I'm going to be alone.'

[00:24:26] And, but there's so much about our upbringing in our society that tells us that there's a problem with that and getting it, it takes a lot of understanding and discovery and realisation and acceptance to get to the point where you're like, 'it's actually okay. Like I actually quite like myself and my space and spending my time, the way that I want to, and, and having time to spend with friends and, you know, and I, and it's actually nicer not to hope'. Like not to sound super Buddhist about it, but a little bit, you know, it [00:25:00] is such a relief to be hopeless in that regard. At some point of just being like, I'm not searching.

[00:25:06] **Samantha Baines:** Yeah. Stopping the searches is very relieving. It's like getting into a warm bath and painting your nails

[00:25:14] **Desirée Burch:** Exactly.

[00:25:15] **Samantha Baines:** Because I think that the interesting thing is when you decide that, like I had a moment of like, 'I might just be on my own.' But I'm happy on my own, so cool. But then how do we deal with the outside world? Which sort of doesn't seem to want us to be happy on our own?

[00:25:31] **Desirée Burch:** Yeah. I mean, it's, it is difficult. I think you do have to find your comradery, whether it's an other single people, whether it's in, you know, authors or people who talk about that, whether it's just a Netflix, but like, I think it's important to have the right support network of people who just honor you for what and who you are. A lot of people's mothers, aren't that support network, unfortunately, you know, because they are offloading and projecting a lot of their own fears onto [00:26:00] you, you know, when you're fine being on your own. And they're like, 'Oh, well, you're never gonna do all these things that you don't actually want to fucking do, so watch out!'

[00:26:09] **Samantha Baines:** 'I want grandchildren. Hurry up!' And you're like, 'What?What? No, you might never get them. I've got a dog I just like a dog!'

[00:26:19] **Desirée Burch:** Yes, yeah.

[00:26:20] **Add:** It's the ad break. So it's a perfect time to remind you to hit subscribe, to be notified about more episodes. You can also leave us a lovely review because honestly it makes a difference to the chart positions and one. I was in the charts next to Michelle Obama and I was really thrilled about it. So it'd be nice to do that again. Uh, you could also join in the conversation on social media. We're on Twitter and Instagram at divorce pod. We have a website, the divorce, social.com. And you can also join us for our like nineties style divorced chat room [00:27:00] experience over on Patriot. So just go to [patrion.com](http://patrion.com) forward slash some month of Baines, B a I N E S. And it starts at two pounds a month and we all have lovely and awful and amazing chats. See you there

[00:27:14] **Samantha Baines:** And having gone through all of that and the like recovery of it, and now having found love again, which is lovely to hear, what's it like in your current job? Which many people may know, right now, which is voicing a show about sex and love Too Hot To Handle. What's it like watching other people go through that after your experiences?

[00:27:39] **Desirée Burch:** It feels similar to when I did test prep and tutoring, because I was tutoring, teenagers around their junior year of high school. So 16, 17. And there was something about doing that, that was very healing for me

while also educating for them because, you know, it was [00:28:00] interesting to be in this sort of adult role that wasn't their parent or sibling, but it was also like seeing people in that time, in their lives over and over and over again, helped me to kind of recognise how, very little control, we have over any of this, you know, like looking at 16 and 17 year olds, you're like, most of that is hormone. If you can get cut through any of the testosterone, estrogen, or progesterone or what other, other growth hormones are going through their bodies at that point, if they hear you at all, you have done a miracle. And now watching people who are slightly older, you know, I, I don't have any kind of skin in that game in terms of like, I'm just like, 'Oh, like you're all so sweet!' Even if you are like terrible liars or, you know, like just like, 'Oh yeah, I like to go out and fuck.' I tell them, 'Yeah, I'm going to get some Dick. Whoa whoa!' And it's like, all of us, if we woke up tomorrow and we [00:29:00] were tens we would go out and abuse the fuck out of that power. It would be impossible not to because everyone who looks at you as like, 'Yeah I want to fuck you. Yeah. I want to'. You know, like, and it's hard to not respond to that with like, 'Okay, sure'. Because why not? And what everyone wants to be is fuckable, you know? And, 'and I'm it. So like, I gotta be it!' But it's all, it never ceases to amuse me when we get about four episodes in, when they start cracking and they're all like, 'Oh my best friend betrayed me. My dad, wasn't there all the other.' And you're like, 'Yeah, exactly. That's what it means to be a human being. And you were probably a weird kid before you became a beautiful one and in some ways, being over sexual is a defense mechanism, you know, to actually ever letting someone know you. And now you're in a position where someone actually might get to know you and that's far riskier than anything you've ever done at or after a club'. And so it is really [00:30:00] heartwarming to see them all reduced to just being people with lots of fears and insecurities and bad habits and other people being kind of like, 'It's okay because we're all messed up too'. You know, like, especially right in the middle of it. Like I think that's the part that gets me, you know, every time when we do it. It's, there's something, quite healing about it in a way, especially because I have to watch it over and over again in the voice voiceover booth, as we do various things. I just, I just look at them as like sweet kids who are trying to figure it out while also getting like a million Instagram followers or whatever. I, you know, like, cause I just think to me it's hard not to see the like sweetness underneath of like someone who actually is quite needy. It's nice to see that raw humanity underneath them, because these are all the people that we thought like owned us in high school or something, you know, like they were all just like, 'Oh, I'm never going to be that.'

[00:30:58] And we, you know, you [00:31:00] either covet that you hate that, or you're trying to like maintain the illusion of that. And like, that is nothing, you know?

[00:31:09] **Samantha Baines:** That's what's so interesting, I think by the end is you're like, 'These are lovely people!' And at the beginning you kind of maybe hate them a little bit

[00:31:17] **Desirée Burch:** Yeah totally.

[00:31:18] **Samantha Baines:** By the end, you're like, 'Oh my god!'

[00:31:20] **Desirée Burch:** They all come out and you are like, 'Yeah you're kind of scummy.' Or just like, not even scummy, just kind of like.

[00:31:26] **Samantha Baines:** The worst person in the pub like that you see .

[00:31:30] **Desirée Burch:** Yeah, we're just like, 'Oh, you're the people who the like shitty VIP room is for!' Like, you are the people who are like dancing and thongs on top of tables and getting bottle service and like, that's why there needs to be a bouncer in this club and he needs to be annoying. So yeah, it is nice to see that veneer gets stripped away. I hope it allows people to remember that we're all human, no matter what we look like, but you never want to be too hopeful

[00:31:55] **Samantha Baines:** But also sometimes it's just hot people snogging and that's quite fun too.

[00:31:59] **Desirée Burch:** That is quite [00:32:00] fun. Yeah.

[00:32:00] **Samantha Baines:** Is there anything you've learned about relationships from doing the show?

[00:32:05] **Desirée Burch:** From doing that show? Um,

[00:32:07] **Samantha Baines:** 'No' it's a valid answer here, if that's what you feel.

[00:32:10] **Desirée Burch:** I don't know that I learned this from the show, but it's definitely been reinforced like the importance of time and waiting it out. Like you see a lot of panic at the disco, a lot of freaking out, and then a lot of like, rushing to do things because I've got to do this now and you know, you see it resolved two episodes later and you're like, you know, you can do all of that struggle and strife and hurt yourself and others. Or you could just wait. And I get that for these people, they're probably on this island for like two, three weeks, you know, max, and this is all cut together over, you know, to look like a

series of days. But I imagine it's a few weeks, you know, and it's kind of like a showmance, you know, where it's like all of these intense emotions and whatnot happen, you know, during the, the length of the rehearsals and the run of the [00:33:00] show.

[00:33:00] And then those things sort of like dissipate at the end, you know, like context is very important. Yeah. Like I think just the time a lot of things will resolve themselves when people are able to walk away, think about it and come back or just like time passes and people kind of forget about things.

[00:33:15] **Samantha Baines:** That's great advice just for life. Like all situations. I'm so bad at waiting. I'm a very, like, 'Let's just do it now!' Person. And as I've got older, I'm learning.

[00:33:27] **Desirée Burch:** I think we're all I'm well, it's very Aries of you, but also I think we're all bad at waiting. Yeah. A lot of times when you just want to like vibe in someone's face and be like, 'Now, now I need an answer now, how can we not bla bla bla? And now bla bla bla!' It's just like, this is going to feel different tomorrow. It's going to feel different in two days and all the problems that you have, aren't real problems when you give them enough air to breathe and go like, oh, this was just some part of my ego that needed to be heard. And so I created a problem where there wasn't one. It's beautiful to be able to see that with these people in real time, [00:34:00] like, and watch it happen over and over which is like, time will tell. But I think that that is wisdom from a bygone era that we need to try to relearn somehow.

[00:34:09] **Samantha Baines:** Definitely if anyone's listening and they can really relate to your story. Do you have any words of wisdom or advice for anyone going through that now?

[00:34:19] **Desirée Burch:** I mean, I think it's related to the last thing we said time. Because some of it is time that you're just living and it's just going to take time and you have to allow for that. Like I was in that relationship for four years, I needed the better part of one just to start to be able to feel things again, because I'd had to really bury feeling in order to survive in that relationship in general.

[00:34:42] And that's also something that is been echoed in my upbringing and otherwise. So there's time, but also undistracted time. You can only process things, in space, you know, and you need to create like space-time right? And so you need time that you're not [00:35:00] forcing yourself to work or otherwise be distracted to actually feel the things. And the thing is you're gonna feel them.

There's no point in trying to outrun them. In fact, you do yourself a favor and save more time in the end. If you let yourself feel the things now, or soon. But everyone processes differently. But I think that many of us will find whatever our favorite distractions are and that's valid. That's valid. That's important. Give yourself that because that shit hurts. But then at some point you kind of can have enough space to go, 'Okay. I can feel these things'. And yeah, I, what I would have loved to have been able to give to myself in 2018 was more space in between work and trying to be everybody's everything on every panel show and the other thing in the world to just go, 'Oh yeah, that's right. A major sort of a rupture has [00:36:00] happened in my life'. And if I don't feel good, that means that my body and psyche are working. Because this probably shouldn't feel good. So yeah, I think that if you can make that time, carve that time out for yourself, it might be the better part of a year of you sitting there trying to meditate and just sobbing instead. But whatever it is, it's there it's real. It needs to, you know, come out, you know, it needs to be seen, it needs to be heard so that it can kind of like fly away. Anyway, sorry. I could go off on a tangent, but.

[00:36:33] **Samantha Baines:** No, I love it. And when you said we distract ourselves with our favorite distractions, I was like nodding along because I was like, 'Yeah, mine are work and sex.' And that is definitely what I did it. I just threw us over to both of those things.

[00:36:46] **Desirée Burch:** And that's a valid thing to do for a while. If you are aware that you are doing it, I think it's a little bit better. You know, because at some point the awareness means that you're going to get sick of yourself doing it. And then you're going to actually [00:37:00] institute the changes that need to be made. But if you're not aware and you're just like, 'This is the right thing to do. What do you mean? I got to get back on that wagon because that's how you meet the person of your dreams. And that's the only goal I have in my life!' Then yeah. You've got to start from like, you know, at square one.

[00:37:16] **Samantha Baines:** I mean, I was definitely in that for a while, but then the realisation came.

[00:37:21] **Desirée Burch:** Yeah. Great. How did the realisation come? Did you just wake up one day or was there someone who helped facilitate?

[00:37:28] **Samantha Baines:** I think I got annoyed with myself because I was like, 'No, I should be working loads. Work is what I love. This is all I need'. And then I was like, 'I should be having loads of sex because I love myself and my body and sex and that's fine'. And then I slowly started to realise, I think, as I got bored of just sleeping with people and not having a conversation with them,

that I was like, 'Oh! This isn't really what I want.' Like, it was fun. I'm glad I did it, but now I know that I'm doing this [00:38:00] because I'm avoiding feelings

[00:38:01] **Desirée Burch:** Yeah. But like I also feel I'm also a big advocate for doing that. Like, there is a time of life for everyone, particularly every woman to go and do that. We don't necessarily get to do that. And it's part of how you figure out what you want and who you are. Like, unfortunately for better, for worse.

[00:38:21] **Samantha Baines:** And I came out as bisexual, like after my divorce, and then I could have, you know, fun times and like sexual experiences with women. And so I am glad I did it because it did help me get closer to me, but I definitely, you know, yeah was ignoring a lot of feelings.

[00:38:39] **Desirée Burch:** Yeah. Yeah.

[00:38:40] **Samantha Baines:** Totally. Well, thank you so much for talking to me. It's been a joy,

[00:38:44] **Desirée Burch:** Absolute pleasure.

[00:38:45] **Samantha Baines:** Where can people follow you online and buy your things?

[00:38:48] **Desirée Burch:** Please come and follow me. Uh, I am on Twitter and Instagram @destheray D E S T H E R A Y. Um, you can go to my [00:39:00] YouTube page, which is like slash Desiree Burch. Um, super simple. Or you can go to my website, which is desireeburch.com. That's Burch, uh, like church, uh, but with a B like. So, not like the tree, you know what I mean, people, spell my name wrong all over the place. And I'm just like, 'Well, you're never going to find me that way!'

[00:39:18] **Samantha Baines:** I mean, same, but no definitely checkout Desiree. She's one of my favorite comedians. I have to say, I think you are hilarious.

[00:39:26] **Desirée Burch:** You are wonderful. Thank you so much. It's so wonderful to see you again too. And to see you happy. I think the last time I saw you, we were doing, radio over in east London. And it was before your divorce.

[00:39:38] **Samantha Baines:** Yeah.

[00:39:39] **Desirée Burch:** So I haven't seen you like in person and in conversations since before the end.

[00:39:45] And I'm glad to see you've come through the other side, like a Phoenix. It is beautiful to watch.

[00:39:50] **Samantha Baines:** Thank you so much. And I'm wearing a red jumper today just to emphasize the Phoenix.

[00:39:55] **Desirée Burch:** Yeah, emphasize your fire. You got it. Wield it!

[00:39:58] **Samantha Baines:** Although I tried to dye my hair [00:40:00] red, but I have black hair so It didn't really work.. So now I'm just like slightly red, if I stand under a lamp.

[00:40:05] **Desirée Burch:** Yes. When the sun is shining that 15 minutes of the day, if you go out, everyone's like, 'Oh, there's a red tinge!'

[00:40:10] **Samantha Baines:** Yeah, but I know that I have Phoenix hair, so that's all that matters

[00:40:14] **Desirée Burch:** Yeah that's really all that matters.

[00:40:16] **Samantha Baines:** Thank you so much.

[00:40:17] **Desirée Burch:** Absolute pleasure.