

/r/Divorce_Men

TOP POSTS

www.TheRedArchive.com

ABOUT THIS ARCHIVE

The 1,000 most upvoted posts from **/r/Divorce_Men**, as held by TheRedArchive.

About /r/Divorce_Men. A subreddit that addresses the unique challenges facing men during divorce - from custody to assets, finances, attorneys and social issues. TheRedArchive has archived 30,001 of its posts, collected since March 2014 and still growing.

About TheRedArchive. TheRedArchive is a free, public archive of the Red Pill community, built so that none of this writing can quietly disappear. It holds **1,738,212 posts** and **40,089,258 comments** from 45 subreddits and 58 blogs. Much of it survives nowhere else — the accounts deleted, the subreddits banned, the websites long offline. All of it is free to read, search and download, and always will be, at www.TheRedArchive.com.

Support the mission. This Red Pill archive is free — no paywall, no account — but keeping it online isn't. I pay for the servers, the storage and the bandwidth myself, so that this valuable knowledge stays online. If you want to support the mission and archive, become one of the people who help keep it online at www.TheRedArchive.com/#help.

Share this file freely, and keep a copy of your own. What sits on one server can be taken down; what sits on a thousand hard drives cannot.

Best regards,

/u/dream-hunter

Founder of TheRedArchive
August 21, 2026

CONTENTS

1,000 posts

Reminder: Wait at least one year after Divorce before dating.	21
I served my wife divorce papers while she was blowing her date in a car	24
Fuck you. I'm still standing.	25
Please check in on your friends going through a divorce.	26
This morning I filled the dishwasher and nobody told me that I had done it wrong.	27
The divorce subreddit is sickening!!!!	28
I'm a lesbian and this sub is a breath of fresh air	29
Guys, the peace of mind and silence is truly worth it	30
Conditional Love	31
No one cares about men	32
Women Silently Emotionally Disconnecting and Checking Out Is Cowardly	33
My thoughts on Walk Away Wives	34
Fucking killing this single dad life	35
Why the fuck would anyone get married again?	36
Divorce has been one of the best things to ever happen to me.	37
The treatment for divorce that worked for me	38
Gentleman we got her.	39
She's upset that I moved on so quickly - and she's the one who left	40
TO ALL MEN EXPERIENCING DIVORCE - USE IT OR NOT	41
A meme I wish I had seen in my early twenties.	42
Joy of a divorced man	43
The real fight in divorce isn't about the money or the blame. It's the internal shit no... ..	45
Why won't married women have sex?	46
To the newcomers here, listen to this closely.	47
Karma Finally got her	48
To my ex who still wants to be friends	49
Right now, your ex is ruining someone else's life now. Don't Worry, You're safe.	50
MAKING THE EX FEEL THE BURN	51
Well the affair partner just called me.	52
8 Mistakes Men Should Avoid During Divorce	53
When She Says She Wants Out, Step Aside and Show Her the Door	54
Farewell Brothers	55
Alimony goes poof	56
Some of These People and What They Say on The r/Divorce Subreddit are kinda funny ? ? ?	57
She's not the woman you married	58
It's officially over. Here are my tips.	59
Grass wasn't greener ? ? ?	60
Listen you fucks!	61
Listen fuckers	62
Don't become a stepdad when you already have kids, and don't get remarried again.	63
The trap waiting for you 3 years from now	64
Ex-wife asked me if I was interested in becoming "friends with benefits". It was the... ..	65
My ex was told to pay me \$7k and she basically broke down.	66
New studies indicate why women hate men and it is very telling.	67
It's the little joys of being divorced	68
In case you are missing your ex-wife today... ..	69
I wish someone told me this	70
Tom Brady was cheated on too	71
Do yourself a favor, go on a solo trip.	72
After nearly 4 years, Karma finally pays that B!#%H back big time.	73
Just wanna give a big shout out to every god damned salt of the earth man in here	74
For recently divorced men	75

Met with Ex After 7 Months	76
Had my wife not cheated.... ..	77
If Your Getting Married In The U.S Remember These 3 Things	78
Well boys I gave it my all in the divorce subreddit today ?	79
She's banging someone else	80
She Plotted	81
You can't make this shit up.	82
Now wife works out and loses weight	83
Them leaving is the best thing to ever happen to you ?	84
I finally had sex with someone new!	85
Financially ruined after divorce	86
"Making" her get a job was the best decision I had ever made.	87
What I realized - healthy relationships	89
Fucking bitch	90
Prevalence of the Modern Walk Away Wife	91
My kids basically begged me to stop the big weekends... so I said forget it and bought a... ..	92
Friend of mine recently died of cancer at 47. He spent 20 years in a toxic marriage... ..	93
I Won	94
This is my current state with finalized divorce. This is the way!	95
New Study Shows Approx. 55% of Men in US are Covert Narcissists.	96
Very very few women actually lift a man up and make them better people	97
1 year update: She's upset that I moved on so quickly - and she's the one who left	98
The Down & Dirty Truth About Becoming a Divorced Dad	99
"Marriage is the process of finding out what kind of man your wife would have preferred"... ..	100
Most marriages these days seem to end with a walkaway wife/divorce	101
The moment I realized my "Duty" meant nothing to the court	102
Divorce is devastating but you can come out ahead	103
When the "wife goggles" are taken off	104
As a woman... I just wanted to say I'm sorry and I see you	105
Who's Got Two Thumbs, The House, Car, and His Entire Retirement? This Guy!	106
Her boyfriend reached out to me	107
One of the strangest parts of this process is how normal you still have to look while... ..	108
No wife happy life	109
What I love about being divorced	110
My kids hacked STBEXW email	111
DeSantis ends permanent alimony in Florida	112
How do women keep guys in bad marriages	113
There is always someone else	114
Nobody knows the pain of divorce	115
The mid life, divorced man and women's perception	116
The day finally came that I felt grateful to my ex wife... ..	117
One month post divorce. First full night alone at my new place. Celebratory steak for... ..	118
Well boys, I'm done	119
She tried to break me. But I'm still standing—stronger.	121
To Every Divorced Man Who's Still Standing	122
Wait at least one year after Divorce before dating.	124
She wanted to prove she could do it without me ?	127
Even in death it's hard	128
Officially divorced today.	129
Get divorced to be the fun dad you always wanted to be	130
She left because I was "broke". 6 months later, my income has 8x and expenses cut in... ..	131
How I let a woman destroy my life - 41m. Young men: Do not ever get married.	132
It wasn't revenge it was a must- after 3 years of marriage she left me for a family... ..	133
Beginning to get some justice.	134
"He's a good man, but..."	135
The 'after-divorce' trap	136

My advice to those starting down this path...	137
For those of you in the middle of divorcing...	138
Just something all you guys need to read.	139
Shocking trends with women and divorce	140
Same sex divorce cased must be Hell for judges. How do they know who to screw?	141
Super depressed about money	142
Three years after divorce - alternative point	143
A Guy I Work With....	144
Ex-wife is pregnant. It finally comes out.	145
update # 1: She's upset that I moved on so quickly - and she's the one who left	146
I just want to say I made my final child support payment today.	147
Get out when the mask falls	148
So weird how many of us saw our wives get addicted to scrolling TikTok constantly.	149
I feel bad for some of you on here. I am Enjoying my divorce!	150
The best revenge is to be happy	151
After my divorce, I found a GF who pays me half of utility bills in cash (never asked...	152
It's Over!	153
There is an end	154
Wife comes clean	155
Dating in your 40s	156
What we all knew already	157
She seems to be struggling...	158
I won primary custody of my kids today!	159
I won my parental alienation case	160
An unexpected benefit...	161
Far too many men live comfortably miserable.	162
I won	163
Don't work so hard brothers	164
Say goodbye ☹️ cheating wife	165
Don't Give Up	166
"The spark is gone" is a poor reason to leave a marriage.	167
If your marriage isn't working and there are no kids involved — leave sooner rather than...	168
Wife just called me and screamed at me after getting my lawyer's response to the...	169
Noticed a trend, they always leave when it gets hard	170
I knew what I signed up for	171
Funny what happens when you can't weaponize divorce anymore...	172
How Do They Turn It Off So Completely?	173
Why are you guys seriously dating shortly after divorce?	174
Divorce just got fucking awesome	175
Why is she rewarded for blowing up our family. It's got to stop.	176
"Are we Dating the Same Guy?" Facebook Groups	177
Remember	178
Who else has no desire to date anymore?	179
The forgive your ex crap really pisses me off	180
Exwife's most recent disaster. The fix? Get money out of ex-husband!	181
My Wife Is In A Coma	182
Never Have to Walk Through That Back Door Ever Again.	183
Merry Christmas Lads... You Got This ☹️	184
I (M/46) just started dating a widow (F/38).	185
Why do men become the boiled frog so often?	186
3 Friends, 3 divorces, 3 outcomes...NOT ME.	187
A few words about purpose. Surviving a cheating wife.	188
You served a purpose	189
Disgusted	190
Visited the other divorce subs and I'm shocked...	191
Do you need to hear this?	192

Some observations on 50/50 after 1 year.	193
Met the other guy	194
An update for the community, two years after my separation. With a big "Thank You"	195
She would never cheat, right?	196
As a 21 year old lurking in this sub, you guys have motivated me to never get married.	197
Remind me never to get married again	198
She is officially out	199
Divorce generate \$50 billion annually in the U.S. it's a business fuck you kids	200
I got my daughter back!!!	201
Spinning the block	202
Disrespect	203
Am I an asshole for saying this:	204
Hello. I'm just 22 yo guy and I'd like to thank you for your stories you posted. I've... ..	205
First full weekend with my son since moving to my new place. We kept it simple for dinner	206
Don't worry fellas	207
They never loved us	208
Why do women complicate their lives so much?	209
Update: She's OUT!	210
A follow up to my post the other day about walkaway wives.	211
Any other men here feel like you were left for dead?	212
It wasn't entirely your fault. Adultery should never be forgiven.	213
wife is ruining me financially. i need advice	214
My honest wife lied	215
This BS about how she grieved the marriage for a long time... ..	216
Had a nice little surprise yesterday	217
I'm in the anger stage of grief, and it has opened my eyes to the truth of marriage.	218
I talk a tough game	219
Ex wife message	220
Useless at 50	221
You guys were right, you always are	222
Divorce Realization: Housework is really not that much 'work'	223
That's a wrap	224
It's done!	225
To everyone going through it right now, there IS light at the end of the tunnel. I promise	226
The "I checked out a long time ago" excuse	227
Joke: no sex tonight	228
Divorce future.	229
SURPRISE! You are getting a divorce. A Man's Checklist of things to do right now.	230
Ex wife having regrets	232
Holy Shit! I'm not that guy anymore!	233
Divorce Woman Effects on Married Women	234
I'm currently laying on my 10 year old sons empty bed crying like I would if I had lost... ..	235
This says so much!!!!!! I had my own similar fantasy. Did you?! 29 M. Divorced this year	236
Who is she?	237
There's hope guys	238
Banned	239
Haven't seen my ex in over a year. I just saw her Facebook photo.	240
I have been divorced over 13 years and have moved on to live a happy life. What am I... ..	241
I have the deepest empathy for all divorced men.	242
Who else has noticed... ..	243
Anybody else having an absolutely dog shit 2024?	244
My role as a man in my former marriage has turned me off from dating	245
Thinking About Divorce? Read This First.	246
Every "single mom" in OLD	248
Why is r/FemaleDatingStrategy allowed but r/MGTOW not?	249
The justice system is so one sided against men in a divorce	250

They really are delusional....	251
Just Ride It Out	252
I can't believe my 4 years of life savings are gone just like that...	253
Marriage is Lonely	254
Dating Mid 40s	255
Nice side effect of divorce	256
Just bumped into ex-wife. I'm okay	257
I hate the modern mindset	258
Divorced in 20 min	259
Social Media to Men: Abusive Wives are HILARIOUS!!!	260
5 years later and the ex is finally get a taste of real life	261
Being a step dad is a joke	262
You guys were right...	263
It's crazy how many women of this generation don't even care to try and fix issues in...	264
She's Not Yours, Its Just Your Turn	265
It never ends	266
I really appreciate my x wife	267
Ran into my ex and her partner today	268
She wanted this...why is she increasingly so hateful?	269
Don't lose your cool.	270
My wife is whoring around	271
Don't Mistake Sex for Love	272
Some advice for young men (from the mom of a newly divorced young man)	273
I wanted to believe it wouldn't happen...but you guys prepared me.	274
Wife is now the breadwinner and wants a divorce	275
Imagine being bitten by a snake, and instead of focusing on healing from the poison, you...	276
Well I lost...	277
No more support payments	279
It's done	280
Just got taken to the cleaners last week... but its over :)	281
The person you divorced isn't the person you married.	283
Another thing I won't miss from the ex...	284
Knew it was coming...	285
Went to a cuddle party...	286
Didn't want the divorce/ blessing in disguise	287
Ex showed up with her new boyfriend to drop off our son	288
The Damage and Destruction of Divorce	289
Best ever	290
Never give up and never let anyone determine your self worth!	291
I sat on a bench for 7 hours	292
Great Day To Be A Man in Texas	293
I'm starting to think that being single is the way to go	294
Had trial yesterday. Lost the kids. How to cope with this? Please share your tips.	295
Am I the only here who is seriously considering never marrying again even if I find my...	296
Sometimes You Have To Be The Bigger Man	297
The BEST parts about being divorced	298
She fucked another man	299
Just discovered long affair while on vacation	300
Time to Deploy the Nuclear Option	301
Sex after divorce.	302
Just found out my 38f wife is having an emotional affair...	303
The 9 Stages of Divorce Every Man Goes Through	304
1 year since my divorce and think I finally found bliss boys	305
If you are newly separated, please heed this advice. 4 months out, here are my biggest...	306
For All the men here * Please read*	307
Karma got the AP so good, and it just doesn't stop.	308

Campsite Observations	309
Divorced Men On The Dating Market With Kids - Let the goal for the second round be about... ..	310
Why are women always so quick to advocate divorce?	312
My wife wanted me to kill myself so she could keep the money and get the attention.	313
Fellas please send me your thoughts\prayers\good vibes.....I'm struggling after divorce	314
Did your Wife start seeing a Therapist before she filed for Divorce?	315
30 years	316
Ex-Wife Reaction to me dating	318
Merry Christmas to all this band of brothers	319
Reminder to my fellow man.	320
Wife had a 3 year affair with my brother!	321
Why do they never level up?	322
Something I can never get past	323
Social media has destroyed everything in this world	325
I've come to the realization that marriage and divorce are all about the woman in life... ..	326
the system creates "deadbeat" dads	327
Lift heavy shit	329
Ex wife got arrested tonight	330
I have conspiracy theory about TikTok and divorce	331
Anyone else's wife lose her mind after kids?	332
Divorcing Wife Vocabulary	333
Nothing is sacred anymore	334
Wife started calling me "weak" and talking about divorce after I had a rough couple of... ..	335
Getting intimate with new people sucks.	336
Finally Divorced!!	337
How do I deal with this rage	338
It's incredible how all this changes you	339
Got cheated on, feel like a simp.	340
Lost interest in women	341
STBXW admits why she does not apologize when she is wrong	342
Divorce Plunged in Kentucky. Equal Custody for Fathers Is a Big Reason Why.	344
Maybe Divorce Made Me a Chauvinist	346
She did not think it was funny... ..	347
Reconciliation is foolish, please stop	348
Don't fear asking your wife/girlfriend to do what she is supposed to do in the marriage	349
For Those that did ALL the housework	350
Therapy is worth it	351
"Family"	353
It gets better	354
She told me today. Christmas Eve	355
I hope my reversed role success story, helps my fellow men feel a sense of hope.	356
Freedom!!!!!!	357
What's The Point?	358
Walked away from my wife and her daughter	359
Won but Feel Bad	360
Well homies, we did it!	361
Decided I'm not going to let her go.	362
Divorcing after 22 years of Marriage	363
She is going to have to work for the first time in her life hahaha	364
"Happier After Divorce"	365
Some women look for a 'bailout man' over and over	366
You suffering is not her punishment.	367
My Wife Changed From Warm and Loving To Cold And Cruel - Hormones, the big disruptor of... ..	368
She's a walking cliché	370
I am fucking sick and tired of these court of whores.	371
"Women cheat because of emotion" is honestly a Coping Mantra to help our male ego, and... ..	372

Posting this for a friend. Just over 2 years post divorce and his ex ended up exactly...	373
This is a post from divorced women page... you can't make this shit up. I will never marry...	375
Never let her see you bleed	376
My attorney likes to say...	377
It's been 1 year post divorce. (Long)	378
Found out my wife is a garbage human.	379
Keep yourself #1	380
Divorced Female friends.	381
It really gets so much better gentlemen	382
Keep the faith. I'm moving on. Life gets so much better.	383
True love.	384
Is anyone else thinking about deliberately staying single as a life decision?	385
Got everything I wanted at court	386
You can't have a successful relationship with someone who doesn't know how to be happy...	387
I'm allowed to use refried beans again	388
I heard a story today..	389
Enforcing Boundaries	390
Ex wife just living it up	391
Divorce has made life quieter and more peaceful, but also a lot harder	392
4 Years Update	393
Fundamentals: Marriage counseling does not work	394
"Congratulations you two!"	398
Wife told me she wasn't in love with me and wanted a divorce end of march. I moved out 3...	399
Divorce is finalized	400
So, this happens a lot? Women just leave out of the blue with 0 chance for reconciliation?	401
Perspective	402
Sad because it's true	403
Friendly Neighborly Reminder...	404
I got a sock today and 60/40 split	405
Considering suicide. Divorce destroyed my life.	406
If a new love interest is worried you're not over your ex...	407
The sad reality I've faced: there is zero justice in all of this.	408
My wife wants a divorce	409
Had a win last night with my son.	410
Tips from a Top Divorce Lawyer	411
To the guys struggling right now especially during the holidays	412
Most guys don't lose themselves in divorce because of the legal process...	413
Divorce Finalized Last Week: Burning all photos in a 55 Gal Drum	414
Difference in Women vs Men After Divorce	415
I supported her and sacrificed my own progress for 10 years for nothing.	416
1st vacation day together	417
CAUTION: r/Divorce is NOT friendly to men!	418
Just found out the full extent of my ex's fuckery	419
It gets so much better	420
When Did This Forum Get the Ridiculous Mod?	421
Ex Wife showed her true colors	422
Need support - How did you know it's time to end the marriage	423
Has anyone been on the r/Divorce subreddit? I feel like it's run by women and is 90%...	424
Finally part of the "It Gets Better" club.	425
Gentlemen, after losing my dog in my divorce I finally got past it to go get my own dog...	426
My soon to be Ex-wife almost made me cry from laughter	427
You don't Divorce the same woman you married	428
Are AP's really this dumb?	429
Move on is the only answer	430
I never want to do this again.	431
"Marriage saves money. You will be on a double income and get tax breaks. So many...	432

Reason for divorce	433
Just Let It Go, What the Fuck Does That Mean - a guide	434
Dating in this time period is wild!	436
According to study, "Women with divorced girlfriends are more likely to divorce... ..	437
I'm...very messed up.	438
Question for Women in this sub	439
I truly hate being divorced	440
Wife left me today	441
Full Circle with Affair Partner	442
Tired of the gaslighting BS	443
So are all divorced men narcissists?	444
Affair confirmed	445
2 very long years!	446
I wasted half my life	447
Divorce is GREAT for middle aged women isn't it???	448
I will never forgive myself	449
Why Women are Walking Away	450
Quote to repeat to yourself EVERY DAY	452
Went overseas to date women... kind of stunned really.	453
Delayed Anger	454
The Bullet wasn't Silver	455
My Friend Said Something That Made Me Smile.... ..	456
This existence is profoundly absurd.	457
Update, 2 years post divorce	458
My only regret.	459
The hypocrisy of reddit when a woman cheats is borderline hilarious	460
My wife ended it tonight... ..	461
The Coldness After	462
He's at my goddamn house right now	463
Officially Divorced! BOOM!	464
It got better, way better. (I know you're tired of hearing this)	465
fuck that bitch	466
I won, supposedly.	467
Who all is spending Valentine's Day alone?	468
I am getting worse, not better	469
I made it	470
Wife dragged it out for 4 months, treated me like dirt, and now might want counselling?... ..	471
Got action my first night alone	472
A year after my divorce, I noticed something funny.	473
You find out who she really is when you're getting divorced	474
Is there a scientific or evolutionary reason so many women are so negative towards their... ..	475
Well, wife wants to go to the streets	476
I'm glad I took the high road.	477
My wife is leaving me	478
Just found out there was another man... you were right (Support)	479
Asking your husband to do as much chores as you when you are a SAHM is abuse	480
I moved out of our house today. 32 years together	481
Wife's New Perspective differs from Reality	482
Relationships seem like a boring & annoying waste of time now.	483
She's not in a hurry to get divorced all of the sudden	484
Divorce is over. Such a relief	485
Name one of the best things that has come from your divorce.	486
I scored a little victory today with the mediator... ..	487
It's All Done	488
Leaving my wife.	489
The best financial decision a woman can make in her life is marriage followed by divorce	490

Ex-wife friend reaches out to me with this below	491
Oh gentlemen, how I hate my life	492
Ex brings homewrecker bf to my kids' events on my days with them.	493
Lol - why is every man a "narcissist"	494
Every now and then you get a good little reminder	495
I think I get it: she will never admit it.	496
My 20 month divorce summed up in a gif. (Hang in there fellas)	497
Late 30s dating...oof	498
Dating Culture in the U.S. is Broken; Seeking Honest Opinions	499
Once married, never again.	500
We had our day in court	501
It's the same story!!	502
Termination of Alimony	503
The Quiet Patterns of Split Custody Nobody Tells You About	504
You can see the day I discovered my wife was cheating... but damn, I'm looking good!	506
A positive note	507
If you get married you're a fucking IDIOT	508
Hit with a hard dose of reality	509
Got my Final Decree Today! Beyond happy!	510
Had sex with a friend last night after a year without any. I hated it. I was not ready.	511
Did Anyone Else Divorce a Slob?	512
Help: Just seen my ex wife on dating app.	513
I'm glad to be getting divorced	514
Wife confessed to affair	515
Fundamentals: Do Not Move Out	516
Half a fucking million.	519
Her career is tricking men to marry her, then soon after she divorces them and takes... ..	520
A positive thing about divorce	522
The hardest truths of divorce	523
My [40m] 5 year marriage to my wife [40F] just blew up and my wife ended up in jail and... ..	524
The Struggle of being divorced	525
Light at the end of the tunnel, hang in there	527
Men, Marriage and Michelle Obama	528
Anyone thinking of dating a single mom?	529
Just Like That, 26 Years.	530
Divorce is Great, It's Time! DIG IT!	531
A small, almost petty win	532
No More Mr. Nice Guy	533
Everything collapsed at once and my wife just asked for a divorce	534
I finally broke last night	535
Why do we allow women into our community?	536
Common theme I have heard from women including my ex wife: I never loved him. Rant.	537
I bought a recliner!	538
Immediately after she left, my income doubled.	539
It's official	540
Barely surviving	541
What a bizarre end to a marriage.	542
Happy birthday?	543
Your going to be ok !!	544
I'm lost. My wife doesn't love me anymore and wants separation and divorce. I am... ..	545
Resentment Process, Walkaway Wife	546
Looks like im joining the club I never wanted to be a part of...im heartbroken and not... ..	547
A reflection on a 35M who experienced work burnout and divorce in less than 60 days.	549
Told the kids today	550
Marriage is the biggest dice roll ever	551
Holy smokes	552

Do I tattle on my ex wife and her paramour? (After divorce is final)	553
[deleted by user]	554
Heaven help you if you end up with a magistrate like I had! It was like he had... ..	555
As a man you will live and die alone	556
Well, it finally happened, r/Divorce ban	557
How Much Divorce Has Cost Me Financially	558
Watching your wife go from your partner to your adversary is one of the most insane... ..	559
Nice Guys Who Get Trapped "Raising" an Immature Princess Wife are Always Disposable at... ..	560
It is FINAL	562
Believe what she says	563
January Divorce Warning	564
Finally.	565
I didn't realize how much I was leaking until I started tracking it... ..	566
I'm Finally Divorced	567
You Know It's Over When... ..	568
Just when I think things can't get any worse, they do!	569
I miss my family!!!	570
"Happy Wife Happy Life"	571
She confirmed it.	572
Wife says she has "Outgrown our Marriage"	573
Oh how the turn tables have turned	574
I feel like being a "good husband" is the worst job on Earth.	575
Update: Ex Wife Showed her True Colors	576
Would you have gotten married and had kids if you knew how the sex "turns off" with your... ..	577
Worst mistake of my life	578
Divorced Men - Advice from Someone Who's Been There	579
So how many of you believe your ex wife is/was having a midlife crisis?	580
Guys it's really simple. Don't get married period!	581
Had to lawyer up on my ex =/	582
This sub saved me.... ..	583
Tales from the monkey branch	584
Can't imagine myself ever being in a relationship again	585
Let me be the bad example	586
Survived a High-Conflict Divorce with Kids - Lessons From the Trenches	587
26 years together meant nothing	589
I Hope This Helps One Of Y'all Because That's What We're Here For ?	590
What I learned from being married	591
Doesn't always work as planned does it? Lol	592
When a woman say she was/is in an abusive relationship or marriage, Abusive is a Code... ..	593
Wanted to share a victory with you all.	594
It finally clicked	595
I saw my x wife at Walmart and I felt	596
I Can't Stop Crying Today	597
Today's my bday.	598
Married men should never buy a house; always rent from your parents	599
'Not in love'	600
What's even the point of Marriage? Or am I just bitter?	601
"I don't care about her income"	602
Bumped into ex today	603
Stay away from alcohol	604
Sister Cheated, Wife and Daughter Exploded, My Marriage Is Ending	605
House Sale Drama	607
The Entitlement	608
Basically, I going to go from being married with two teenage daughters to a single... ..	609
It's had taken 7 years.	610
It seems the less attention you give them the more they want to be with you	611

The Divorce Template	612
My ex mother in law called me 5 years later	613
Did anyone end up being Happy their Wife Divorced them?	614
After 20 years she blindsides me with "i dont want to be married anymore"	615
The next time someone tells you that the family courts are fair to dads.....	616
I hate this shit.	617
I Sense She is Regretting Big Time	618
So F'ing Sad	619
How little people care	620
A Brief, Humorous Tale of "Mental Load".	621
"We don't miss our ex's, we miss what should have been."	622
The fight is long, hard, and ridiculous at times... but it does end.	623
Unplanned family discussion.	624
Bittersweet sock day, but sock day nonetheless	625
F^*k You	626
Thoughts now that I'm divorced and almost 'done' with her.	627
Its never enough.	628
I won. Here's how	629
'Narcissist' the most over used word of 2023/2024	631
I am really sad for the men that do family activities with the SBTXW	632
I, A MAN, won in court, but "winning " still costs.	633
Ex-wife's planning on marrying her former coworker	635
50 something yo Divorced Cougars picking up 30 year olds	636
Advice from the other side, Post 1.	637
Tik Tok and ChatGPT making women's brain melt?	639
[UPDATE] Alimony goes poof	640
Ex wife's' current Boyfriend called me to ask about "My Side of the Story"	641
The Numbers Don't Lie	642
My soon to be ex moved out today, but not before I played the ultimate prank!	643
Saying goodbye to this sub. Thank you!!!	644
Things I've Done On My Own	645
Happy Mother's day to all the single fathers out there pulling double duty.	646
Does anyone else think alimony is BS?	647
Divorce happens little by little and then all at once	648
My ex wife ain't shit	650
Kevin Costner divorce	651
The cold hard truth	652
Why did you pick the wrong woman?	654
Some prospective...5+ years post divorce	655
Fundamentals: You Need A Family Law Attorney	656
The divorce was my fault and I miss her.	663
First dating rejection post divorce	664
After mediation in WA (no-fault state): 56% and \$3,700 per month to her	665
Very depressed.	666
Being Alone Sucks	667
She's dating already	668
How many wives admitted they regret the divorce?	669
Happy fucking Thanksgiving.	670
Found the affair yesterday	671
It's better... ..	672
Wife's Having An Affair.	673
Reminder: 50% of all Marriages in Divorce. 90% of all divorces/separation is initiated... ..	674
Sending Love!	675
From a younger guy, thank you to everyone	676
Kid of Divorce here	677
Kids...get out... ..	678

I don't think I want to live in this world...	679
Who are these men that go through divorce once and then *get married again,* and WTF...	680
Don't let your hate towards your ex wife turn into hatred of women	681
No more dates with girls that have no kids	682
The pain of losing your kids	683
Won 50/50 Custody—Now My STBX Hired a Celebrity Law Firm to Break Me	684
At marriage counseling today...	685
It's final	686
Its Over	687
The Worst Story I Ever Heard	688
She brought him home	689
Remember: YOU'RE the prize.	690
Never settle. Never live comfortably miserable	691
Brotherhood is Amazing	692
slightly annoyed that toxic female traits are just laughed at like it's normal	693
Living my best life	694
Don't give women, rather the exs, the power to think you still need them. You don't. I...	695
Dating so-called spiritual women seems to always be a losing proposition.	696
She wants a divorce after 40 years	697
She finally signed	698
Finalized Separation Agreement - fucked less than trial - still fucked.	699
It was "just" an emotional affair	700
I hate that men call victims of cheating "cucks"	701
Did anyone else experience a complete 180 like this before divorce?	702
Complete mind F today by my ex.	703
Remind Yourself: How They Treat You in the End is All you Need to Know	704
Almost a year later	705
Just had the talk	706
Fellas...the truth always gets out. Don't defend yourself.	707
I am proud of all of you for doing what I cannot.	708
Why don't fathers tell sons not to get married?	709
You can really tell who the Walk-Away Wives are on r/divorce, can't you?	710
Why do stbex's memory of the past differ so much from reality?	711
Oh, The Schadenfruede...	712
Wife trying to come back after leaving me for affair partner	713
Went by the Ex's house yesterday and I'm honestly worried about her... and also relieved.	714
I found out about her emotional affair, finally I could sleep a bit	715
Checked my messages for the first time in forever, to a very interesting butt dial.	716
Why isn't there a national support hotline for men going through divorce?	717
Life is cruel	718
Man you guys are always right.	719
You know what I think? I don't think these chicks really wanted marriage and kids to...	720
To the daughter I am losing slowly	721
In retrospect, are you ever just COMPLETELY baffled at how you ignored the red flags?	722
I'm NEVER taking another woman seriously again.	723
After 7 years and a 2 year old, wife wants divorce.	724
For those men that filed first, what was the final straw?	725
Saw that the ex was using miles we were saving up as she pleased. This was the coolest...	726
Why did I ignore all the red flags? Sex.	727
I made up the 3% of divorce cases. I stuck to my guns and won.	728
I f*cked up. I just want my family back	730
Wife asked me to move out this morning...	731
Why isn't this more well known?	732
Just slept with another woman again and ended up crying in my bathroom	733
Cheating - Confirmed	734
My wife is begging me now to stopt the divorce process!	735

Believe everything they do not what they say	736
You know what fucking hurt	737
How do you get past the fact that your ex technically "has it easy" now... with her... ..	738
My wife wants a divorce and we're still living in the same house. I feel like I'm losing... ..	739
The "first time" after divorce	740
Lessons Learned: Never Ignore Your Wife's Relationship with External Validation--Social... ..	741
How I Stayed Centered When Everything Was Falling Apart	743
Ever Get the Feeling You Were Used?	745
Someone just offed his ex wife and himself over custody and divorce	746
She's taking half of everything after spending our marriage doing nothing.	747
The five-star rating for divorced men	748
Finally hate my wife.	749
I feel like I now hate women	750
If you think you've ever done some stupid stuff just remember this.	751
Walkaway Wife	752
I just did my "new" budget. What's the fucking point?	753
How to let go of the bitterness? Adult daughters tried to manipulate me to leave the... ..	754
It can get worse.	755
Life is good, men in your 40s	756
My wife has no idea how bad she is fucking up	757
She filed for divorce, but now wants to call it off	758
Spent \$40K on defending in mediation back and forth. Finally went to court and her... ..	759
I'm done!!!!!! With the spousal support!!!	760
Wife had an affair	761
"You should be over it by now"	762
What Is Behind the Trend of Women Initiating Breakups and Divorces?	763
Well, well, well.	764
Has your view of women in relationships changed?	765
Red Pill helped explain the breakup...but it had nothing for what came next	766
Post Divorce Guilt	768
I remember getting conditioned to look at Divorced men as "strange"	769
Not even worth it	770
It's over, we won	771
700 pleadings, 12 years, and i won full custody with 364 overnights per year	772
Update	774
Bad Bill of Goods	775
"Verbally and emotionally abusive."	776
This is about how I feel!	777
I won the lottery	778
Holy shit	779
Recently divorced and royally screwed my wife when I left her after 11 months of abuse	780
Early Christmas Present	781
Cheating Wife's lawyer reached out it's divorce time	782
The NET costs of Divorce	783
Spent Memorial Day alone... ..	784
Anyone else cry and do a bunch of embarrassing shit when their wife asked for a divorce?	785
Let her go!!	786
The best part about being divorced.	787
Anyone ever feel like never wanting a relationship again?	788
I Feel Robbed	789
Good night	790
Wife shifts the Blame for Consequences of her Decision to File for Divorce	791
I "make" \$11.05 per hour".	792
Some great advise I found for those of us that feel completely alone	793
My wife left me and I'm struggling with understanding why.	794
How to move on from feeling taken advantage of?	795

I told her I wanted a divorce. It did not go how I expected	796
20 month post seperation	797
Unbelievable interaction with the ex yesterday	798
If Hell exists, it has absolutely nothing on the horrific nightmare of being married to... ..	799
"I love you, But, I'm not in love with you" Not sure if this belongs here. But. My... ..	804
Don't end up like me	805
I'm Moving On Gentleman	806
Divorce saved my life.	807
And that's a wrap, folks	808
Last Alimony Payment	809
I think today was the day.	810
Dad committed Suicide after parents divorce of 18 years.	811
The road to divorce some lessons learned. Still early days	812
Wife gave me an insight into her angle to get more money during divorce.	813
Lost Trust in Women	814
How is it fair that your wife's financial irresponsibility becomes your burden, but your... ..	815
It's over	816
This Has Been Absolute Hell, But I Secured 50/50 Custody	818
I think I'm finally 'getting over the hump'.	819
Those of you who had wives who "changed" after marriage or children.	820
Stock market Loss, she filed for Divorce	821
To those whose marriages ended because of an affair, ...	822
Marriage is love. Divorce is business.	823
Ex Wife new boyfriend left her	824
What I Wish I'd Figured Out Sooner About This Divorced-Dad Thing (It's Definitely Not... ..	825
Just found out my wife has been recording me since she met with a lawyer	827
1 year ago she left me with only the man in the mirror. Today, I thank her.	828
What I've learned from this sub so far	829
She finally called the police	830
Don't put her name on the house title if you can get away with it.	831
Thank you to the attention seeking, entitled, obnoxious women posters in this sub!!!	832
She just does not know how to be happy	833
Forgive the rant but I need to air all this out.	834
Happy story from the other side	836
Dying alone... We shouldn't be scared of that.	837
What do young women care about these days? I guess having a baby together wasn't enough.... ..	838
If your wife has a "work husband" assume they will eventually hook up	839
Why does everyone call their ex a narcissist?	840
It WILL get better gentleman. I was where you are now... ..	841
She said, "You could just pick up the dog poop without me asking. You see it just like I... ..	842
No love for Divorced Men	843
It never ends	844
Wife admitted to not loving me	845
You are enough. You were ALWAYS enough.	846
Butt kicked in court	847
Funny Story	848
You win	849
Called my kids to pass along the news.	850
Update on Divorce	851
Cunning Cunners.	852
Rebuilding seems impossible	853
Officially divorced today!	854
I just realized recently that in 10 years of marriage, she never made me a cup of... ..	855
I Hate that She Put me Here: Dating in 2026 is Horrendous	856
Wow, I really DID let myself go during my marriage... ..	857
Divorce Myths that Destroy Men	858

A California Father: "Child Support interest has created a Slave race with no end of...	859
4 years post divorce check-in	860
When the grass wasn't greener!	861
I hate her..	862
Now she wants to work on it, lol.	863
I have a chair!	864
Female Nature: Never take responsibility	865
Why did she cry?	866
Anyone here feel like they're just never gonna date again?	867
The r/ask post about "why so many dads abandon their kids" is outright nonsense	868
I've decided to abandon my children and feel indifferent about the whole thing.	869
Getting back put there sucks	870
Has anyone's Ex-wife ever apologized for putting them through hell?	871
Don't give up on being happy	872
Why do we seem so rare?	873
Is this the best forum for men?	874
Am I the only one that finds it hard to trust women with my feelings ever again?	875
My Ex Wife has no shame	876
A man alone	877
Found out my ex cheated on me multiple times	878
Marriage is Dead	879
My wife has gone insane.	880
She is done, I can't fix this, here is my story.	881
Divorce is a (financial) set back, not ruin	882
Unwinding 34yrs Together	883
The Good Person Trap: Why "Taking the High Road" Is the Single Worst Strategy in...	884
Beware of all DVPO consequences	886
Dating was awesome, Wedding was unbelievably fun. But being married was brutally awful....	887
Got remarried after 2 months finalized....she's loud and requires A LOT of attention but...	889
When your baby mama comes to beat you up but gets busted with drugs	890
A little karma paid back	891
It's Finally Done!	892
It's done	893
When The Marriage Wasn't Bad and You Can't Hate...	894
I just found out that I'm going to be forced to sell my house and pay around \$1,500...	895
My Ex wants to adjust her income to \$0 on CS calculator	896
Social media infection.	897
I have summited the mountain. 10 years this month.	898
Had to Sue Her, Today	900
Happiness	901
Why are you and mommy not gonna be married anymore?	903
Gentlemen, I'm filing tomorrow. Wish me luck.	904
What's the pettiest thing she did?	905
9328 days from us saying "I do." to the judge saying "You don't."	906
You eventually become the person you needed	907
I caught my wife cheating and will divorce her in maybe a year, but have to pretend I...	908
Tips & Lessons	910
The equity in the house was worth more than my freedom.	911
It's very lonely being a single guy	912
My wife is blindsided me and I'm still broken.	913
Final for a few months now New place is coming along nicely. I think I'll keep it up all...	914
Almost there	915
Too late for me, but I have a buddy who is heading in this direction. I thought he was...	916
Just a note, banned from r/coparenting for telling a dad to demand 50/50 custody because...	917
Does anyone else have zero interest in dating post-divorce?	918
Judge Judy - Fathers Are Not Second Class Citizens	919

Why do Women give up on their marriage more than men do?	920
How many you have come to the realization that... ..	921
What is divorce? A man's perspective.	922
And the picture is finally complete lol	924
The man always has to be in the wrong huh?	925
Too many of the online resources for men's emotional support seem to be red pilld garbage	926
My Son is giving my ex Wife absolute hell, and I kinda feel like she deserves it	927
I think I finally got my balls back... ..	928
Lessons from the other side...(3 year update)	929
Ex wife circles back 5 years later.	930
Men, there is hope!	932
Finally Free and Thankful for This Community	933
So it's been six months	934
Ugh. So I guess my wife & her mom have been planning this divorce. I feel betrayed &... ..	935
How did you find out about the affair partner?	936
Hope	937
Resentment	938
Ended my first real thing post divorce	939
Stupid stupid stupid	940
The best use of AI I've found so far	941
Dating After Marriage - Bit of Advice	942
Gave her a 2nd shot. Blew up in my face. Once a cheater	943
I bought myself flowers	945
Be safe out here fellas	946
"I never asked you to do everything you did for me"	947
If you are getting the "I want a divorce" talk....just know she's been planning it... ..	948
15 years of marriage down the drain	949
I got banned from r/divorced because a women was moaning about paying alimony to her x	950
Late 20s M never married, was engaged once and it fell apart. Grateful every day. I... ..	951
Thousands of dollars to the trash just because she wanted out	952
Girl (31f) I (33m) was dating was a divorcee with history of making out with someone... ..	953
A little brevity for you, gents!	954
After a long enough time here and in my own marriage, I'm seeing other people's... ..	955
It's over.	956
It was never about the chores	957
Hard day brothers... ..	958
Reach out if you need it fellas.	959
World changed right before my eyes.	960
Today is the day of my divorce and I'm just so sad.	961
First GF after divorce	962
Struggling with STBXW's glow-up	963
Update 3 months after divorce..	964
Redemption	965
Another restless night almost 10 months after divorce. Longing for a woman I shouldn't... ..	966
My Life Wasn't the Problem	967
Almost Got Killed Last Night	968
How do you get over the unfairness of a 50/50 financial split when you spent your entire... ..	969
Update to: 8th grade graduation tomorrow-changing the tone in public with my ex-it... ..	970
When does it stop?	971
Do you guys ever look at where the ex is now and feel bad?	972
Funny Story from Divorced Land - the woman you will meet.	973
Ashamed of my inability to get over what caused the divorce. I've become so cruel. I... ..	974
Man im in a dark space again	975
3 years removed from divorce, it's like the woman I knew died.	976
Well this a new one, wife tried to hire someone to kill me.	977
"I wonder why our teen is acting out?" ?	978

PSA: Pussy is expensive	979
Divorce was finalized today. Thanks gents.	980
It. Is. Over.	981
Every Friday I try to see the sunrise. This journey is long. The journey is emotionally... ..	982
Been dating a girl who I told I was in the process of getting divorced but otherwise... ..	983
Kevin Costner's STBXW says \$248,000 in monthly child support isn't enough. Men, here's... ..	984
X wife car not starting... ..	985
She just admitted it	986
Pleasant update 5 years later	987
Always the victim... ..	988
Got a Vasectomy Today	989
I hate my wife	990
So I am a good Dad.	991
Can't forget my wife's words... ..	992
Divorced Dating	993
Man, Tinder is a dumpster fire, lol	994
My Story...a summary of 15 years. Can you relate?	995
Divorce + Support = Financial Ruin	996
Two Years Later.	997
Wife took both kids as a deduction. Wtf.	998
Never enough	999
Five years later... ..	1000
The money is forcing me into reconciliation	1001
Ex wife pregnant with new boyfriend	1002
Where to meet women - Hot Yoga	1003
She downgraded	1004
There's hope.	1005
Thanks a million	1007
What are positive aspects of being divorced?	1008
Before you swipe right, know the new rule: Women aren't just Googling you anymore. Your... ..	1009
Hit me like a punch to the gut	1010
How to survive silver bullet divorce	1011
Happy Weekend Everyone	1012
Where you at, brothers!	1013
Today was a VICTORY!	1014
Alimony done! An inspiration for other men	1015
Today is my 2nd Divorce Anniversary	1016
Marriage, what a joke!	1017
Ex is already engaged and I find it...hilarious?	1018
The toxic friend	1019
Am I wrong..... ..	1020
Sad conversation	1021
How long have you guys stayed single?	1022
Happened to Me Too	1023
It's not what you think	1024
A year after the final trial and I am doing so great.	1025
It's finally over - thank god	1026
Tried to reconcile last night	1027
👉 Success: 50/50 Custody Secured 👉	1028
I believe my ex wife is days away from having a nuclear weapon	1029
Wife went psycho tonight	1030
Did any of you guys get cheated on by a wife who genuinely, truly seemed to regret it?	1031
Told my wife of 15 years that I was considering divorcing her.	1032
Men over 45 after 27 years of marriage I haven't been intimate with my wife for 4 years.... ..	1033
Don't let anyone convince you your entire worth is defined by your hardest moments.	1034
Women Typically Don't Leave for a Worse Situation..... Exceptions to the Rule?	1035

Important to remember this	1036
The people who have hurt me most in life have been women	1037
Finalized, judge finally signed off on the divorce. This sub has been amazing throughout...	1038
My every once in a while reminder to GET A FUCKING LAWYER	1039
Why working out is your most important tool	1040
Well it happened just like you guys said it would!	1041
Caught her in the act	1042
Florida Bill SB 1796: Presumes 50/50 Custody: Ends Permanent Alimony - Family Court...	1043
Things I learned when going up against norms	1044
Chris Rock Special On Netflix (Ex-wife)	1045
From my observations of my siblings and others, I could be wrong, but it seems like good...	1046
Divorce with kids is crippling, A death sentence to men.	1047
Protection order update.	1048
The things people say to single dads.	1049
She's in jail	1050
My Favourite Part About the Divorce	1051
Honey Do	1052
For years I've been trained to tiptoe around her schedule. Today, I discovered that is...	1053
She cried	1054
I'm back after 6 months	1055
When you stop coming here.	1056
Due to a sense of duty, some husbands are the guards of their own prison.	1057
Small victories	1058
Hit with Papers and Drowning	1059
STBX says she filed for divorce because I did not agree to a separation and I should of...	1060
Found out my wife cheated Saturday.. she took the kids and has cut all communication.	1061
Does sexting deserve divorce?	1062
Merry Christmas you glorious bastards!	1063
I'm losing interest in ever wanting to be in a relationship again after my divorce	1064
What Separation Really Takes From You	1065
I spent 7k on ex wife's tits	1066
Did your (ex)wife's friends lead her towards divorce?	1067
After the dust settled, life was kind of lit after she left	1068
What crazy stuff has your ex asked for after the divorce was finalized?	1069
This is hands down the best sub on Reddit for men.	1070
Finally done!	1071
So, I got banned from divorce sub.	1072
One year update	1073
I asked a question	1074
Please someone tell me this gets easier. Tell me I'm going to survive this.	1075
Happy Divorced Dad Sunday "extra money" lunch!	1076
It's Over	1077
I officially left. About to go through a divorce. Left my wife everything and now she...	1078
Life after Divorce - Who here gets the "side eye"?	1079
What to do after getting fucked?	1080
Tiktok... ..	1081
First Divorced Holiday	1082
Thank You. This to all members of this group.	1083
Saw the ex today for the first time since the judgment giving me primary custody.	1084
My wife came home from work today and asked for a divorce	1085
Watch out for scammers on here.	1086
Just found out she's cheating	1087

536

UPVOTES

Reminder: Wait at least one year after Divorce before dating.

Funny_Wolverine_9 · 13 January 2023 · Archived copy · Reddit

Waiting one year after the divorce is final before dating comes from a decade of collective experience of the men on this forum who did not wait. This rule of thumb is from the disasters we have experienced, the mistakes we have made, and the knowledge we have gained. We find it so important a lesson that we present it to every man who lacks the experience we have. Once you have waited a year, you will completely understand how you seriously underestimated the recovery process from divorce. The aftershocks of divorce are profound. You're emotionally and psychologically stressed, and your entire future changes as well as most of your relationships.

My marriage was long over. I was cheated on. If it's good enough for her to start dating before we're divorced, it's good enough for me.

Divorce is a full-time job. You don't have the time for a distraction like a new romantic relationship. Not giving your divorce the attention it deserves is one of the top 10 mistakes men make during divorce. This forum is littered with stories from dads who focused on women instead of divorce, and those dads wonder why they're still not divorced years later. Relationships during divorce are a huge distraction, and we recommend men take advantage of that when their wife is preoccupied with Mr. Wonderful.

Leaning on someone else under the duress of divorce is hardly a foundation for relationship success. Misery loves company and should not be mistaken for compatibility. What kind of cupcake dates a married man? A good woman with a basic grasp of morality will wait until you are divorced. Clean up one mess before creating another.

But I don't want to be lonely. Don't I deserve to be happy?

Happiness is sourced internally, not collected from another. If you're looking for external happiness, then it's a clear sign that you aren't ready to date. Take time for introspection on what is actually missing from your life. Introspection is important for your long-term happiness in future relationships. You spent years emotionally investing yourself in your wife. Now it's time to invest in yourself.

I was in a loveless, sexless marriage. I need to live and make up for lost time. I want to recreate that bonded feeling when I was happily married.

We get it. You lost half of yourself. Which is why you need to rebuild a healthy relationship with yourself. Take the time to figure out who you are. If you don't, then you're going to find yourself in a difficult situation before you're mentally prepared to handle it. If you don't process the red flags that led you to divorce, you are doomed to repeat history.

Neediness distorts your judgement. Just ask the guy in the mirror. When you radiate confidence, decisiveness and independence, women will gravitate towards you. Do not settle for Miss Good Enough Right Now. She's not better than being alone, especially if you feel the need to put a spin on your divorce in order for her to accept the truth.

The five-knuckle shuffle got you through high school. It'll get you through and after divorce too.

Pfft, I can handle dating. The best way to get over my ex is to jump head first into the dating pool.

By jumping into the deep end of the pool, you're blind to your own vulnerability to predators because of your emotional unreadiness. After divorce, you have more emotional baggage than a 747. Any woman who would overlook that is paying a fortune in extra baggage charges herself.

You have never been more vulnerable than you are today. Predators thrive on desperation, and the stench of rebounding from a long-term relationship makes you an easy target. You are easily manipulated by her affection, while she sees you as an answer to her financial problems.

The story starts with her cute smile, laughing at your jokes, liking the same things you do, and demonstrating compassion for your situation. Most men are so starved for validation post-divorce, they are one blowjob away

from clearing out closet space for a woman. The dopamine fix will overwhelm any good sense you have. Once entangled you will tolerate whatever demands she makes of you. After all, you suffered through your marriage for a long time. What you don't understand is that women can achieve a level of indifference that's foreign to most men's idealistic concept of love.

But a woman who will have sex and doesn't seem crazy must be a keeper! No, it just means your people picker isn't calibrated properly yet. Your ex was not an anomaly. You ignored red flags and paid the price. Reevaluate your decision making process. For starters, read **Briffault's Law** to realize you didn't pick her, she picked you. If you don't recognize the red flag when she tells you "I'm not like other women.", then you need more time, distance and shielding to process divorce. Statistically, men move on to their next partner too fast. The likelihood of divorce in a second marriage is 67% and 74% for third marriages. And just because you're familiar with the divorce process, it doesn't get easier. It'll be worse next time.

You need time to heal. Divorce messes you up mentally, even if you're the initiator. Before a predator brings you to your knees, figure out who you are. Avoiding propinquity for the first year after divorce allows you to clear the clutter of your marriage and divorce. Psychologically there's a lot to unpack, especially if your ex was gaslighting you. You need to get comfortable inside your own head before you think about initiating spousal replacement therapy.

If you have children . . .

Expecting your kids to accept a girlfriend when they haven't even come to terms with your divorce yet is unreasonable. This is not the type of behavior you want to model for them. Your kids deserve better from you.

All too often we see a dad meet a woman with her own kids. Instead of exercising forbearance with money, brains and time on his own kids, he caves into the woman's pressure to blend kids and make a "happy little family". The situation is exacerbated when the dad has less than 50/50 parenting time. His own kids now have to share already limited resources with these stepkids and deal with an unwanted female authority figure. That's the last thing his kids want.

You need to figure out the new normal with your kids, including routines and forging new traditions, without the distraction of a cupcake. Their life is in upheaval and the transition period to two households can be difficult for kids. As SuperDad, you need to figure out routines for school work, extracurriculars, playdates, and whatever other needs they have. Then you've got to figure out your routine with your job and how to balance your new budget. The first holidays and birthdays are going to be rough, and you need your attention and energy focused there to get all of you through it. Don't forget about contingency plans. Do you have your alien abduction plan prepared?

Lastly but certainly not least, you need to establish a year of peace. The mother of your children will be enraged whenever you start dating another woman. And if you start dating during the divorce, she will dig in and fight you tooth and nail. Your attorney will be driving a new BMW or Mercedes thanks to your little head. A new woman is an existential threat as a maternal figure. By dating, you're handing her a lit match and pouring gasoline over yourself. The thinner, more beautiful, better educated, wealthier, more accomplished or younger, the greater the conflagration. Yes, this is a massive double standard even if she's already dating. She will be completely oblivious to her own hypocrisy.

Ok, I'll start thinking with my big head. Where do I start?

Invest one year into yourself for self-discovery, renovation and revitalization. Find things that you've always wanted to do, learn and experience and enjoy those things for a year. Develop your skills and knowledge in these things (rock climbing, playing a musical instrument, billiards, etc) and you'll find yourself making more time for them. If you do that well, you'll have the foundation for a lifetime of happiness.

Then what you'll find is that after this investment in yourself, the women that come into your life won't be competing against other women for your attention. They'll be competing against things that really bring you joy and

fulfillment. And it will take a truly exceptional woman to accomplish that.

Signs you are not finished with your post-divorce reconstruction:

You fear being alone.

You seek validation from a partner.

You're still renting headspace to your ex.

When you no longer need to clutch onto a relationship, and you have your best self to offer, that's how you know you're ready. Don't be surprised to find that you don't have the time to date once you've started enjoying your new found freedom.

Attribution: The ideas and values expressed in this post are an amalgamation from veteran posters who have shared their experience, opinion, insight and wisdom. Snippets or entire sentences written by them may have been included. The only credit I take for this post is my interpretation and editorial style in stitching it together. To the best of my ability, I've tried to preserve the original intent without taking things out of context.

448

UPVOTES

I served my wife divorce papers while she was blowing her date in a car

jaglio69 · 8 October 2025 · Archived copy · Reddit

In the parking lot. I had my cousin do it. He knocked on the window while she had a mouth full of cock. She jumped up into his lap. He kept saying can I ask you a question and the guy was like what the fuck do you want and my cousin was like I can't hear you can you crack the window just a little bit, which he did and then she got served. Fucking EPIC

She removed me from findmyiPhone the very next day. It felt like slaying a big beast but it still hurts

425

UPVOTES

Fuck you. I'm still standing.

UnimportantOutcome67 · 12 September 2024 · Archived copy · Reddit

Married to her for 20 years. For years I was devoted to her and thought she was the most beautiful woman on the planet. The consummate "Happy Wife, Happy Life" guy. I'm not perfect but I know my weaknesses and put the work in to address them.

Three kids, 17, 14 and a special needs 8 year old. She was a great mom when the kids were younger. We went through hell with the little one when she was younger. Multiple life-threatening hospitalizations. But we got through it and after that, there was nothing we couldn't handle together, as a team..... or so I thought.

The last few years it's been degenerating, she's changed careers, keeps getting in trouble at work, drinks a bottle of wine every night by herself. Her narcissistic characteristics, lack of empathy, for me in particular, entitlement, haughtiness have become more and more apparent.

I've confronted her on her drinking and got threatened with divorce every time.

I've begged to get counseling and told 'no fucking way' every time.

I've talked to her about her challenges at work and got threatened with divorce.

We went through a stretch in July where, due to travel, work and trainings we were in the same house for about five days, total. Something was very clearly up.

Teenagers cracked her phone and found out she was cheating on me. With a dude she MET ON THE STREET. She had a brief, bizarre affair with this hoodlum, who then ghosted her and then started another affair with a co-worker.

I filed a couple weeks ago.

Here's the thing. I was a good husband, not perfect but I was supportive and loving, I helped her through a career change, back-stopped her on all sorts of stuff. I'm a really good dad, despite a high pressure job, I always put the kids first and missed very few of the important dates. I put my kids and wife before my career. EVERY. TIME. My teens want nothing to do with her and are happy living with me. I have nothing to be ashamed of, I didn't fail or let it fail for lack of effort, I left it all out on the field.

I deserve to be loved and appreciated by someone who doesn't take me for granted.

I WANT to love someone who makes me want to be the best version of myself.

Fuck you. I'm still standing.

If you made it this far, thank you for listening. I just needed to get it off of my chest.

378

UPVOTES

Please check in on your friends going through a divorce.

Beats_by_Bundy · 11 August 2025 · Archived copy · Reddit

A close friend of mine got divorced from an absolute psycho about three years ago. The fact that she had his (healthy) cat put down while he was on a work trip during the divorce should tell you everything you need to know about her.

He mentioned the divorce in passing and understandably seemed down, so I asked if he wanted to go see a ballgame to get his mind off things. Our team got absolutely ass-blasted, but we had a great time.

He told me two days ago that our trip to the ballpark was what made him decide to not commit suicide. He had all of his stuff boxed up, his will made out, and his gun loaded - but he thought better of it.

It's weighed on me a lot, and I had to get it off my chest somewhere. Be the type of friend we all wish for, because the divorce process is brutal and destructive and it can help to hear from people who have survived it.

360

UPVOTES

This morning I filled the dishwasher and nobody told me that I had done it wrong.

Dry_Yogurt2458 · 2 March 2025 · Archived copy · Reddit

Just thought I'd share one of the positives of being divorced. You now get to do things your way.

Happy Sunday !

354

UPVOTES

The divorce subreddit is sickening!!!!

Initial_Topic_4989 · 5 January 2025 · Archived copy · Reddit

Women can do no wrong in that subreddit. Every action a woman takes is somehow implied to be a reaction to something the husband did wrong, and so many guys just eat it up. Ugh... I'm done reading it

I saw post from a woman talking about 'death by a thousand cuts' as her reason for wanting to leave her husband. I looked into her profile and discovered she's interested in the poly lifestyle, but her husband isn't. Now, why do you think she really wants to leave her husband? hahaha Is it the 'death by a thousand cuts' or she just wants to fuck other men? Jesus, dude... marriage is a scam

342

UPVOTES

I'm a lesbian and this sub is a breath of fresh air

takingvioletpills · 10 May 2026 · Archived copy · Reddit

I apologize if this is not allowed because I'm not a man but I wanted to express how much reading the posts here has helped me.

I've been married for 15 years and my wife suddenly dropped the divorce bomb on me in late February. She moved out in April. It was the most devastating thing I've ever gone through. The paralysis, the agony, not being able to come to terms with what happened, nightmares. I've tried to find comfort in my friends and joining some divorce spaces but I see so many women post about how divorce is this big reward for them and it's a new beginning, as if it's some weird prize to win in life. In many of these posts, I've noticed a pattern that there is very little accountability. It's all "my husband was awful" and never about where they fucked up. And seeing that stuff is really invalidating right now.

I've gone through many posts on here, and I've related to so many sentiments that you dudes have expressed. I also feel completely broken and devastated, while my partner is out there essentially living her best life (or wants to seem like it).

307

UPVOTES

Guys, the peace of mind and silence is truly worth it

Finnylizzy · 31 July 2024 · Archived copy · Reddit

Two years post divorce here. I received a not-so-subtle reminder this weekend of what I no longer tolerate, nor should you, as a man. I have a small place south of the Mexican/US border on a beach that I like to escape to. I woke up Saturday morning to the loud voice of a woman nearby.. A wife was berating her husband outside their very expensive RV for not folding the dish towels exactly as she said they should be folded. She was also upset that the towels he did fold correctly were not clean enough and therefore, "putting dirty towels with clean towels doesn't make the dirty towels clean!" She was inches from his face, yelling and waving her hands. He was just staring into the abyss, silent. Unbelievable. She is on a beautiful Mexican beach, the ocean waves crashing in, the sun shining, vacationing in their \$100K+ RV and all she can do is find fault in her husband for something as trivial as folding a kitchen towel. Never again, boys. Never again.

294

UPVOTES

Conditional Love

MartyMcFly7 · 8 March 2021 · Archived copy · Reddit

"Only women, children and dogs are loved unconditionally. A man is only loved under the condition that he provides something." – Chris Rock



ifunny.co

294

UPVOTES

No one cares about men

Evening-Round-4067 · 29 October 2025 · Archived copy · Reddit

I'm going through a divorce right now, and I'm currently sitting in the guest bedroom of my house having a drink and watching TV. My kids are in bed and my wife currently has a friend in the living room. My wife and I are in that awkward stage where we're living in the same house and coexisting as we negotiate a separation.

My siblings and some friends know about my situation, yet no one has called me unless I call them. My phone is dry and I realized that no one really cares about me, and I think my situation is what many men go through. My life for well over a decade has been lived through the prism of a husband, but that is about to end...

Not all my friends know about my situation as I want to wait until I can move out of my house and still be able to see my children, before I start broadcasting it. If it wasn't for my kids I'm not sure the depths that I would sink to.

Oh well...men (like myself) just need to pick themselves and find a way. I will.

290

UPVOTES

Women Silently Emotionally Disconnecting and Checking Out Is Cowardly

tonyway7293 · 14 December 2025 · Archived copy · Reddit

Seems to be a common theme with women.

All I keep reading is women will silently check out of the marriage and grieve. They will be months if not years ahead of you by the time the D word drops.

You will also read so many people who SUPPORT this cowardly act saying "the signs were there, you just failed to recognize them" or "your wife's cry for change fell on deaf ears" or "you weren't blindsided you were just not listening" etc etc etc.

It seems to be the common trend here as it was with my STBXW "I have been unhappy for a year" that is 365 damn days. All those nights you slept next to me in bed. The trips and vacation and time spent with our dogs, in the living room, at dinner where you could have used your big girl words and COMMUNICATED.

No, instead you just monkey branch and sext dudes on Instagram etc behind my back.

They never wanted to fix shit. If they did, they would have communicated like an adult.

Makes my blood boil.

Rant over

284

UPVOTES

My thoughts on Walk Away Wives

Flounder_Pounder_77 · 25 November 2025 · Archived copy · Reddit

“Walk-away wife syndrome” isn’t a phenomenon, it’s a cultural failure. It’s not new, not a modern discovery, not a TikTok trend, not empowerment, and not bravery. It’s the collision of emotionally underdeveloped women, conflict-avoidant women, uncommunicative women, shame-driven women, unresolved trauma, avoidant attachment, zero accountability, and a society that infantilizes women while demonizing men. Women don’t walk away because they’re courageous — they walk away because they avoided conflict for years, resented silently, never learned relationship skills, trauma-bonded, collapsed internally, couldn’t face uncomfortable conversations, lived as children in adult bodies, hit midlife with no sense of self, panicked, and then scapegoated their husband because it was emotionally easier.

Meanwhile, men carry the burden of emotional labor without getting any credit. Most men work, provide, sacrifice, take hits silently, show up for kids, hold the family structure together, endure stress, stay loyal, push through exhaustion, keep their emotions in check, and do it all without a support system. Women in this situation get validation, sympathy, and cultural encouragement to “do what’s best for you,” while men get blamed, abandoned, financially gutted, emotionally starved, and told to just “man up.” No wonder so many men are angry — the anger is justified.

Most so-called walk-away wives aren’t leaving because of cheating, abuse, alcoholism, or monstrous husbands. They’re leaving because they never communicated their needs, resented silently, interpreted normal behavior through trauma, lacked emotional maturity, expected mind-reading, fantasized instead of speaking up, and let resentment build until they rewrote the entire history of the marriage to justify their exit. This is called negative sentiment override — resentment poisoning every memory of the relationship so they can leave without facing the guilt or shame they deserve.

And now society gives women an escape hatch, so they take it. They’re told every day that if they’re unhappy they should leave, that their happiness matters more than family stability, that men are the problem, and that they owe their husbands nothing. This turns selfishness into “empowerment” and leaves men holding the bag.

What most men eventually figure out is that a woman who leaves this way isn’t a mature adult. She didn’t communicate, didn’t warn, didn’t negotiate, didn’t express needs, didn’t take responsibility, didn’t show vulnerability, and didn’t examine herself. She collapses emotionally, blames the nearest stable person, tells herself a story to avoid shame, convinces herself she’s “finding herself,” walks out because her identity is broken, and then society applauds her for it. It’s not courage — it’s quitting and cowardice dressed up as healing.

274

UPVOTES

Fucking killing this single dad life

movingoonsideways · 12 June 2023 · Archived copy · Reddit

After my stbxw had her bf and his mom almost completely blow off first meeting with kids on Saturday, here is what I did on Sunday.

Bacon and pancake breakfast for kids. Then fix fence gate where I had to replace multiple boards and pieces of hardware.

Use new 11ft grabber pole to replace lights in garage ceiling (kids got a real kick out of helping with this and viewing me use the thing).

Took kids out for happy meals, then to Lowe's to get quickcrete to help anchor the swing set in our backyard that was getting loose, then groceries to get stuff for baking project with oldest later.

Did the concrete project, kids kinda helped/watched. Made nightmare before Xmas "bloody bone" breadsticks with pepperoni and Parmesan. Made honey corn muffins for other kiddo.

Did three loads of kid laundry.

Weed whacked backyard yard, seeded front yard.

Let oldest (10) take youngest (6) to local park on their scooters, kept in touch with oldest by phone while I stayed with special needs kiddo at home.

Then encouraged youngest to go play with the neighborhood kids outside.

Followed all by bedtime story, and bible story, and prayers.

Oh, and special needs kiddo slept all the way through the night too, so that is a win.

271

UPVOTES

Why the fuck would anyone get married again?

StatisticianOld8246 · 10 September 2025 · Archived copy · Reddit

I'm 31 and just wrapped up a divorce of a failed marriage that only lasted nine months and I came out relatively unscathed financially. Now that I've witnessed what life is like on the other side, I'm wondering what would possess somebody to get re-married? Not only is it a threat to your autonomy and purpose, but there's a serious risk of your wife going crazy in menopause and blowing everything up. There goes your retirement savings, kids, house. No fuckin' thanks!

My life is so peaceful now. No ballbusting, no ungratefulness, no manipulation. I just can't ever see myself getting back into a situation where I put that at risk. I've been on some casual dates and can see the female manipulation gears and their systems at work. It's like being enlightened now and you can't unsee it.

271

UPVOTES

Divorce has been one of the best things to ever happen to me.

StatisticianOld8246 · 14 October 2025 · Archived copy · Reddit

I have been divorced for seven months. Blindsided like many of you were, lost many friends, untold amounts of money. Thought about killing myself at first because of the shock, shame, and betrayal.

Now that the dust is cleared, I can see it was one of the biggest personal growths possible. I have insight into relationship dynamics I didn't when I was 24 and got into my relationship. I own the frame now and can cut these women off whenever I want if they annoy me or overstep. I have regained my masculinity, autonomy, and internal validation. I no longer have to spend holidays with my ex's horrible family.

I am solo traveling and pursuing hobbies I couldn't before. I didn't realize it, but I was depressed in my marriage and used low value dopamine hits like porn and video games to escape, but haven't touched either since the divorce. I'm eating clean and in the best shape in years. My finances are running on a surplus because I don't have a bitch draining them.

Things feel easier and lighter now that I don't have to be responsible for a grown woman who couldn't be happy. My energy is noticeably better and I have been chatting up strangers in public. Little kids have been smiling and waving at me in passing which never used to happen, probably because I was a stressed asshole.

I did the hard work and have hit the gym, sat with discomfort, journaled, owned my part but given self compassion, integrated lessons. I know my ex doesn't have the skills to do this and I get satisfaction knowing she will likely jump into a new relationship and repeat the same patterns. But ultimately, I don't give a fuck what she does! She isn't relevant to my life anymore and will never be able to reach me again.

I'm just in a practice of being grateful lately and wanted to share as encouragement for you guys in the trenches. Divorce is brutal, but it changes you in ways you don't realize until long after.

269

UPVOTES

The treatment for divorce that worked for me

Recovering_Asset · 1 January 2026 · Archived copy · Reddit

When you get divorced, everyone tells you to move on, but nobody tells you how.

If you broke your leg, you wouldn't try to run a marathon the next day. You would do rehab. Your mind needs the same thing. Here's what actually worked for me:

- 1. Cut The Numbing:** The urge to drink or stay up all night gaming is huge. It feels good while you're doing it, but it's just borrowing happiness from your future self. You need a clear head to navigate this. If you are numbing out, you aren't processing the loss. You are just delaying it.
- 2. Six months of zero dating:** No apps. No "getting back out there." No casual dates to boost your ego. When you date right after a divorce, you are using women as aspirin. It's not fair to them, and it stunts your growth. There is real dignity in learning to sit in an empty room without panicking. Learn to be alone before you try to be with someone else.
- 3. Change your environment:** If you are still in the same house, you are living in a museum of your past life. Your brain is triggered by every corner of that house. You need to switch that shit up. Buy some new sheets. Move the couch to the other wall. Paint the bedroom. **DO SOMETHING!** You need your brain to register that this is a new space, not just a broken version of the old one.
- 4. Check your circle:** You will have your so called friends, who want to get you drunk and bash your ex. Avoid them. They are feeding the anger. Find the friends who ask how you are sleeping, or who drag you to the gym. You need Spotters, not drinking buddies.
- 5. Get your body right:** Your mind is going to be chaotic, so your body needs to be strong and stable. Set a bedtime. Eat real food. Lift weights. It sounds basic, but physical discipline is the only thing that holds the line when your emotions are out of control.

You aren't doing this to "show her" or "win the breakup." You are doing this to find the man you were before the stress buried you. Focus on the process and the results will take care of itself.

Stay strong, Fellas

267

UPVOTES

Gentleman we got her.

Metboy215 · 11 March 2025 · Archived copy · Reddit

So after 19 years of marriage, a 15 yr old, her cheating several times. The divorce is final. The End result?

1. No alimony
2. I have the kid
3. She doesn't take any retirement
4. I'm making almost 2k more per month
5. No lawyers

Gents if you can do it yourself then do it!!! You save so much damn money!!

257

UPVOTES

She's upset that I moved on so quickly - and she's the one who left

Strange_Button_3330 · 21 January 2025 · Archived copy · Reddit

I'm writing this to tell anyone struggling that yes, it does get better.

Just over 2 months ago my wife of 20+ years announced that we were over.

She fell out of love and developed feelings for someone else. It was her sign that the marriage was over. I saw some signs in retrospect, but never expected it.

I didn't beg to get her back, I calmly asked if she was sure a couple of times over the first week.

My mantra: This too shall pass. Let her go and move on. (Jocko)

Stayed amicable for the kid but set clear boundaries.

Easier to lead with empathy and kindness than anger and pain.

I took the usual advice: seeing a counsellor, no drinking/drugs, lift heavy things, reach out to friends, leaned into the emotions and feel them, kick ass at work ~ I'm a different person now than I was 2 months ago.

At the 2 month mark:

For my ex-wife, it didn't work out with the new guy.

And it turns out that she doesn't like the fact that I've started dating again so "quickly".

And it turns out that my relationship with my kid is stronger than before.

And it turns out that being a mid-40's guy with good friends, a busy life, and has their shit together is really attractive.

And it turns out that it's fucking awesome to be separated.

So to everyone going through this: it sucks at first, but life will be awesome - trust me.

Time to go lift heavy things.

257
UPVOTES

TO ALL MEN EXPERIENCING DIVORCE - USE IT OR NOT

jobo454545 · 9 July 2025 · Archived copy · Reddit

Gents,

I was divorced. I had my heart ripped out and I suffered the indignity of it all. To be fair to all of you, this was some 10 years ago, and I have since recovered.

I wish to give you guys some advice, such as I am able to, given my experience. In doing so, please accept that I remember how painful it was in the beginning and, to the guys who are currently riding the emotional rollercoaster, goodluck!!! It's never easy the first 1000 days.

I am in my 50s. I was married at 24, and was married for 17 years.

There is only one rule in dealing with the emotional impact of a divorce. It is that time will heal you.

Yes I didnt believe it either. Trust me, its true. Anyone can preach to you about how you were right, and she was wrong. You may even be justified in feeling hard done by (perhaps she cheated). In the end none of that matters and I will explain why.

If you are just getting divorced, please know that nothing anyone can say right now will help you. You are swimming in jelly my friend and it will feel that way for a while. BUT IT GOES AWAY TRUST ME.

Its a bit of a mind fuck, but your focus must now turn to you. Whether you were at fault, or whether you are the victim, you must accept it is over. This was the most difficult thing for me as well. I could not accept the finality of it and, because I was a prick, I tried to force my view upon her as well. That didnt help me at all.

I remember that the thought of my ex being with someone else drove me insane. I am a man, and I could not accept having to be placid when I wanted to vent my hurt and anger.

To all of you going through this, your pain will go away. I PROMISE YOU THIS.

You must now start loving yourself. You are a good person. Look at you through your own eyes and not the eyes of your ex or her lawyer.

Be a good person. In the end, you will be happy.

GGODLUCK

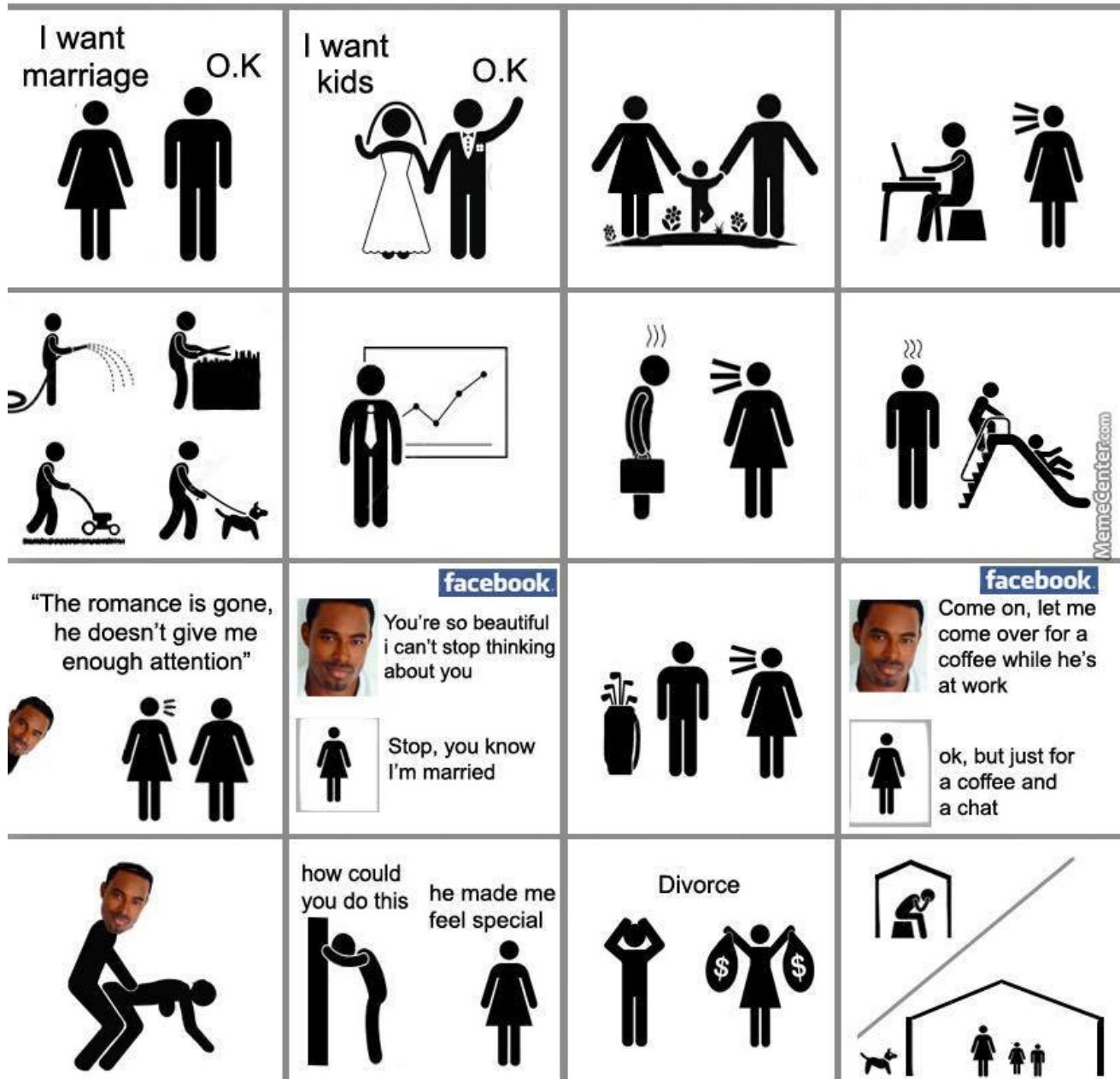
255

UPVOTES

A meme I wish I had seen in my early twenties.

crowexplorer · 24 June 2021 · Archived copy · Reddit

MARRIAGE IN THE 21ST CENTURY



254

UPVOTES

Joy of a divorced man

Plastic_Efficiency35 · 21 February 2026 · Archived copy · Reddit

Dating: You wined her. Dined her. Showered her with love and attention. Promised her the world. You got your wiener sucked.....and every position of your fancy- doggy style, doggy paddle etc?? you found your soul mate- your forever gal!

Married: after a few years(sooner for some).....you cooked for her, feed her, all the chores around the house. Working tirelessly.....maintaining all bills and more.

Then you became a father.... Still doing the same— cook, clean and everything in between. And now, more responsibilities with the kids....working even harder to provide for the** ** family.

Now,your wiener are not getting any action. No knob polishing....your breath stinks.....you snore..... you don't do this...you don't do that while you are juggling time and responsibility.

You barely hump a dead log. You can count with 1 or if lucky...2 hands

You are no longer desired. Just another handyman around the house. The chef to all. And the person that pays all the bills.

You mopped around hoping that things will change. It's just a phase. Be the super dad to the kids.

"We don't connect emotionally" you were told one day. "I am not in love with you anymore".

You were taken back.

You asked "why". You give your reasons. You started to plead like a school boy. Now, you are walking around confused.... Angry.....

"Emotionally unstable" are plastered across your forehead for all to see.

Your world starts to fall apart. Slowly.....

She started to go out....her girlfriends cheered her on- "So you, girl! You are strong!" Most likely, she is either do it openly or behind your back. Being pounded like a Chinese buffet.

While you stay home with the kids and being responsible with bills and a roof above their head(s)

Then she filed and and

Bro, you just got served!

Now, your mind is going at 10000mph. Your emotions spirals out of control. She wants everything. Now, she must get/be paid for all those sex that she gave ya. Yup- all those log humpings must be accounted for.

You used to wined and dined to get some. Now it's time for you to pay—AGAIN. Retirement funds, house,bank account- half is and will be hers.

Here you are beating yourself up- what did I do wrong???

Now, you have to pay to see your children. You are living in a small room.

Surrounded by loneliness,sadness....anger,resentment,disappointment,disbelief.... All those emotions eating you from the inside out. You cry,and cry. And cry.

You are broken. Dealing with a pain that no one can relate

You were a man. A man that used to be strong. A man that makes everyone laugh. Now, you became the man that you don't even recognize anymore.

You are left beaten up.....left for dead by the woman that so desire you at one point. The father that loses hope, when his world was taken away from him

Everyone labeled you as an emotionally unstable person. You are NOT right I the head.

Am I not supposed to cry when the rug was suddenly pulled from under me?

Am I not supposed to cry when I love my family?

Signed

A man

252

UPVOTES

The real fight in divorce isn't about the money or the blame. It's the internal shit no one talks about.

Theasshole11 · 5 September 2025 · Archived copy · Reddit

I see so many posts here about the legal fights, the financial drain, and the blame game. All of it is brutal, and we need to talk about it.

But that's not the real war, is it? It's the surface level battle that covers up the psychological amputation happening underneath. We don't talk enough about the deep, internal pain because it's ugly, messy, and hard to put into words.

It's this shit...

The death of your identity. Waking up and having no idea who the fuck you are anymore without the "we."

Grieving a future that will never happen. You're not just mourning a person; you're mourning the ghost of a life you meticulously planned.

The crushing shame of "failure." Feeling like you have a giant 'F' stamped on your forehead for the whole world to see.

Your own brain torturing you with a highlight reel of the good times, making you question everything.

The social atom bomb. Friends vanishing, getting ghosted from the life you knew, becoming an awkward third wheel overnight.

The raw, physical loneliness of an empty bed and a silent house that used to be a home.

The gut-punch of rejection from the one person who was supposed to have your back, making you question your own worth.

The sheer terror of the unknown. Your finances, your future, your entire life is now a giant, terrifying question mark.

The mind-fuck of grieving someone who is still alive and might even be sitting across from you in mediation.

That's the real battlefield. It's not just logistics; it's a war for your own soul.

If you're fighting this internal fight right now, you're not weak, you're not crazy, and you are not alone.

247

UPVOTES

Why won't married women have sex?

Is0prene · 21 September 2023 · Archived copy · Reddit

I don't understand how us men can give women the entire world, and all we ask for is 5-10min in the bedroom. IS IT TOO FUCKING MUCH TO ASK? Seriously, is it too much for 5 minutes of their time? I just gave you 8-10 hours of mine slaving away at a job to put a roof over your head. Can you please give me just 5-10 min?

Women are the laziest things on the planet. "Oh well I need to have an emotional connection or it hurts and I need a rest..." Oh I'm sorry, 1. your lying, 2. if you aren't lying then your cheating and already getting it somewhere else, 3. If it hurts then use your hand I don't care. I told that to my boss that coming into work doesn't feel good for me emotionally and he didn't care either. But I guess its ok for my work to "rape me" in layman's terms.

Who ever decided that a wife giving 5-10 of her time is some insurmountable task that has to be earned by doing tasks equitable to obtaining the congressional medal of honor? Its 5-10 min of her fucking time and means the entire world to us. That shit should be like clockwork imprinted in them like us going to work is. Oh so tell me why your marriage failed? Uh listing XYZ... FALSE! They always fail cuz lazy wife stops doing her job that she agreed to when she made vows. If she doesn't want to do it, then don't take the fucking vows and die alone.

Sorry just had to rank today and blow off some steam.

247

UPVOTES

To the newcomers here, listen to this closely.

Haunting_Profession3 · 4 August 2024 · Archived copy · Reddit

If you're a new member here, and are going through a really scary and miserable time of your life because of your current wife... listen to me and take the following info seriously. These 4 things are the biggest pieces of advice I can give you.

I think it would be great if other members here contributed to this list & added more positive things to live by & consider, so please add to this list if you have more

I assume you're here because your wife is threatening to, or already is leaving/divorcing you. Maybe she cheated, maybe she doesn't love you anymore, or maybe you finally stood up for your self & she retaliated. Whatever the reason is, you're now here.. and you're not ok with it. We have all been there, and we have all experienced the anxiety, depression & loneliness you're feeling right this very moment.

First & foremost, you're safe. This community can save you & your future if you lean on it and take the advice we all share. Don't be afraid to ask questions, and don't be afraid to seek guidance. It will help you shift blissfully into your new life.

2 - It's over. It's done, and you cannot do anything to change that. Your person is no longer your person. It's a miserable reality, and it's scary. It's not fair, it's not humane, and it's not what you want to hear. But it's the truth. I found a ton of peace & relief in the realization that your true person would never do this to you, and you would never have to question your life with them. This person you're experiencing this with right this moment, is not your person. Maybe they were at one point, but they no longer are. That's okay, and that's life. Take it as a gift, and run for the fucking hills.

3 - YOU & only you are responsible for every move made from here on out. You need to remove that person from your thoughts, and you need to start thinking, acting, and living for your self. Don't worry about them, they're irrelevant. Find what makes you happy, harness it, and begin to rebuild. You need to remap your entire mentality and self image if you want to come out of this in one handsome ass piece.

4 - You can, and you will find your person one day. This is not the end of your sex life, and this is not the end of any possible love. You need to take #3 seriously, and one day you'll have reinvented your self, and you'll start to attract the right people. Once you've fully detached, and become emotionally available, DATE. Talk to women (or men), and put your self out there. Discover what you like & what you don't. Do not settle for what presents its self as an option, purely because it's an option. The more you date, the more confidence you'll have. The more confidence you have, be better your options become. It's simple math.

Welcome to the safest place you can be right now, make your self comfortable.

238

UPVOTES

Karma Finally got her

GrimStreaker15 · 26 February 2024 · Archived copy · Reddit

Today I got word that my ex-wife finally got the karma that I was expecting for the past 10 months.

After 22 years together, she went out and had an affair. Completely destroyed our marriage "obviously" and left me in the dust. She never gave me a reason or apologized, she just up and left to hook up with her highschool boyfriend.

During that time, I hit the gym, dropped 60lbs, got a promotion at work, worked on myself and started becoming the best version of myself possible.

But, last night I got 2 calls from her and a text asking to call her back because "She had questions". I didn't pick up or respond because the divorce is done and I moved on to green pastures.

Then, all of a sudden, I got a phone call from the woman who tipped me off of my wife's affair asking if I was sitting down and had my popcorn ready. I said yes and she began telling me the following.

1. My ex is 8 months pregnant.
2. The guy left her for another woman.
3. She's almost broke and having to move out of her house.

So, my dudes... the moral of the story is Karma will come back around and you just gotta be patient and wait so you can witness it.

While times may be hard for some of you now, it gets better and all the wrongs done to you will be repayed on your ex 3 fold.

Keep working on yourself and become the best version of the man you always wanted to be. I believe in you and I know you will be brilliant.

237

UPVOTES

To my ex who still wants to be friends

someoneelseiknow · 24 December 2020 · Archived copy · Reddit

To my ex wife who just wants us to be friends.

Thank you for the "Merry Christmas" text message - but I wont respond. Not with bitterness nor kindness, I will ignore you and enjoy my life. I want nothing from you, I only ask that you continue to keep our conversations limited to the kids. I know you are reaching out because part of you feels bad and you have told me time and again that you just want us to be able to be friends.

I wanted us to be friends too, I wanted that for a long time - for years. I gave and gave I tried to be your best friend. But you were always too tired, too busy, your friends were doing something or you had to work late, your school came first, your 6 hour shopping trips and the hours spent with your "friend" from work. You remember, the one you were flirting with on shapchat during our anniversary dinner.

Now that is it Christmas something is missing. The new guy in your life just isnt the same and your family is broken. I know you just want to be friends and I can understand why, maybe you understand why I did too. But you are not someone I want to be friends with now or ever again.

Merry Christmas to all the other divorced dads out there spending Christmas with out their families.

236

UPVOTES

Right now, your ex is ruining someone else's life now. Don't Worry, You're safe.

hazalo9 · 22 May 2025 · Archived copy · Reddit

Just found out my ex broke up with her AP and she is trying to wipe him out of the home they bought together. Makes me realize I only miss the ex that existed when we got married, the person now is someone different I wouldnt even think about marrying. Hang in there bros and good luck! It will all pass.

236

UPVOTES

MAKING THE EX FEEL THE BURN

hvacjesus30 · 28 July 2025 · Archived copy · Reddit

I had a serious dad bod going when I was married. Since the separation I've lost a lot of weight and have been spending an insane amount of time in the gym getting jacked. Today I dropped off my son and caught my ex wife double taking on my weight loss and it almost seemed like she was checking me out. I will never go back to her but damn this feels like a good win. This one's for the boys, make her feel loss by bettering yourself, let her know you can still function and WIN WITHOUT HER

234

UPVOTES

Well the affair partner just called me.

BearRestorationABQ · 25 February 2025 · Archived copy · Reddit

Well the affair partner just called me five minutes ago. He thought she was divorced. He is honestly heartbroken. Sent me pictures time dates etc plus evidence of other affair partners.

Married 16 years. One 15 year old. House. Etc.

Spouse doesn't know anything. I feel nothing. I will not use any substances.

Bank records show Lots of money spent on APs.

Currently looking for lawyers.

Looking through the subreddit's history and sidebar now.

Thank you

230

UPVOTES

8 Mistakes Men Should Avoid During Divorce

pegleg_legal · 18 May 2022 · Archived copy · Reddit

1. **Generosity** - It doesn't matter what you give her, she will always want more. Never give without getting, no matter how large or small. Save your generous spirit for closing the settlement deal at the very end.
2. **Marriage Mindset** - Like it or not, the beginning of your divorce is the end of your marriage. If you go through your divorce acting like you're married, you're going to get steamrolled. Don't ask, act. Those little nice things you used to do - don't, unless you have an ulterior motive related to achieving something in the divorce. You can hope for reconciliation until the cows come home but 99% of the time, reconciliation is a ruse that will just set you back further and exhaust you emotionally.
3. **Anger** - Anger is natural, anger is real. Anger needs to be dealt with and vented. But if you ever show her anger (unless contrived and strategic for a purpose), you lose. Showing any pain or emotion during the divorce to her is a loss. And guess what, she doesn't feel sorry or care.
4. **Conflict Avoidance** - This goes hand in hand with the marital mindset. Pick your battles but before you pick your battles, stake your ground. Creating some conflict early on and pushing back will have the effect of reducing conflict later on. It is counter-intuitive as we desire keeping the peace and harbor hopes of early settlement, but by pushing back early and often you reduce the bullying and the impact of her creating conflicts later on.
5. **Reactionary Responsiveness** - Slow your communications down. Narrow to a single channel. Turn off notifications. No text battles, no matter what she says. You don't need to respond to anything that is not the business of the divorce. If you do need respond, be measured and do so after a cooling off period. True emergencies are few and far between.
6. **Financial Surrender** - It's easy to think we can buy ourselves out of the pain and get things done. While financials are a great lever, by giving away the farm early, you lose your leverage. Additionally, we often toss our financial future out the window. Do not do this. Financial negotiations in divorce are positional - this means that if you start with a fair offer, you will end at less than a fair result. If you start with a generous offer, you will get an even less fair result. Counterpoint: Making a "first best offer" which is more than she is strictly legally entitled to and clearly indicating it only goes down from there can work in some circumstances.
7. **Appeasement** - Giving in to aggressors only makes them more aggressive. Rewarding shitty behaviors by engaging only encourages more and shittier behaviors. Giving up ground in the house, time with the kids, money, anything like that - without an exchange or too early on only indicates weakness and it's hard to recover from it. EDIT: Hand in hand with this is guilt. No matter your role in the divorce, you don't deserve to be abused or throw away your future.
8. **Overly Reasonable** - We have a saying in litigation - the first side to act reasonably loses. Was your stbx a bastion of reasonableness during the marriage? Will divorce magically change that? Probably not. Will your stbx learn from your example of reasonableness to become reasonable during the divorce? Absolutely not. Don't reason your way to ruin. Nickel and dime. Push back. Ask for more than is "reasonable".

BONUS: Be kind to yourself - this is a rough time and everyone makes mistakes, truth be told very few mistakes are game changers so just do your best. Care for yourself - find a peaceful space to occupy to recharge. Start your recovery early by standing up for yourself in the divorce!

EDIT: Thank you for the award, kind stranger!

EDIT2: Woke up to two more gildings - thank you kind stranger and [/u/dday_throwaway3](#) !!!

EDIT3: Thanks to [/u/deadlycatch](#) for another gilding, so happy people are finding value in it

225

UPVOTES

When She Says She Wants Out, Step Aside and Show Her the Door

Boglehead101 · 29 September 2025 · Archived copy · Reddit

I want to share something that might resonate with men who've been blindsided by their wife saying, "I want a divorce."

When it happens, it's like a bomb going off. The instinct is to fight for the marriage. You'll try everything you can think of to rekindle what you had, reasoning with her, reminding her of the good times, pointing out how the kids will be devastated, even doing small gestures of care like washing her car or planning trips. I did all of that. I thought if I showed her respect, effort, and love, maybe she'd have second thoughts.

But here's the brutal truth: when she's reached that stage, in most cases she's already gone. Maybe she's been planning it for months or even years. People say, "When a woman's done, she's done," and sadly, I hated that term but I've found it to be true. No amount of reminding her of better times will bring her back if her mind is made up.

And here's where men make the biggest mistake: begging, pleading, reasoning. It only erodes your dignity further and confirms to her that she's right to leave.

My advice to anyone facing this? Step aside. Don't stand in her way. Let her go. Show her the door. Don't demean yourself trying to convince someone who's already decided.

As sickening and painful as it is, she deserves the door she wants to walk out of, and you deserve self-respect.

218

UPVOTES

Farewell Brothers

Old-Macaroon8148 · 24 November 2024 · Archived copy · Reddit

Quick background - Wife convinced me to relocate out of state to be “closer to family” figured out she was really having an affair at the end of 2022. Divorce fully completed at the end of 2023. Ended up with joint 50/50 custody, no child support or alimony and a roughly 50/50 split of assets.

Initially she tried every trick in the book to bully me into a completely lopsided financial split which would have left me with about 30% of the assets we had accrued.

Thanks in large part to this sub, I found the balls she had stolen from me years ago and fought back HARD. I think she was actually shocked I stood up for myself and actually had a meltdown in front of 3 lawyers at the mediation settlement.

Anyway I stuck around for a while to try to pay it forward but I feel really good about where I am in life now and will be moving on from the “divorce world”

Wanted to give a big THANK YOU to this sub, the contributors, saved me from a huge financial mistake and possibly saved my life as well.

To the guys who are new - READ the stories and learn.. You aren't special and neither is your wife. It's all the same lies, manipulation, tricks etc the names of the people and the dollar amounts are the only thing that changes. I know it may feel totally hopeless and the pain is unbearable. I know, I've been there. It can and it will get better if you TRY.

Thank you again, farewell and good luck brothers.

217

UPVOTES

Alimony goes poof

Acceptable-Buddy4303 · 6 October 2025 · Archived copy · Reddit

Big win I wanted to share while going through the process.

I learned that my ex found a new guy and moved in quickly, less than a year into our separation and before the divorce is finalized (married 15+ years). I had some feelings about it at first, but whatever, it's her life.

However, I also learned that in my state, cohabitating with a new partner means that alimony is off the table, now and forever. Whoops!

Get wrecked, homewrecker.

217

UPVOTES

Some of These People and What They Say on The r/Divorce Subreddit are kinda funny ? ? ?

NewPerformance7662 · 11 May 2026 · Archived copy · Reddit

Honestly, go read the divorce subreddit if you need a laugh because after a while you realize they're all the same story.

The planning. The silence. The emotional checkout months or years before the husband even realizes what's happening. Meanwhile the dude is outside cleaning the grill or folding laundry thinking life is good while she's internally preparing a TED Talk about "finding herself" ?

And yeah, relationships take effort from both people. Nobody is perfect. But social media has absolutely destroyed realistic expectations when it comes to relationships and marriage. Everybody thinks the grass is greener somewhere else until they realize every relationship still requires effort.

The craziest part is reading both sides. The husbands are usually emotionally destroyed trying to save the family while some of the wives are already mentally gone talking about "choosing happiness" while the guy is sitting there looking like Lieutenant Dan in the storm wondering what the hell just happened to his life.

But I'll also say this — two years later, I'm actually grateful I went through my divorce. My relationship with my daughter is amazing, I've built a peaceful life for me and my little girl, and I genuinely enjoy my life now.

So if you're one of the guys going through it right now, just know this: you're stronger than you think. One day the blinders come off and you realize your EXW probably did you the biggest favor of your life.

Stay up my dudes.

211

UPVOTES

She's not the woman you married

ww3historian · 26 July 2023 · Archived copy · Reddit

I'm seeing a lot of posts about men being devastated when the stbx or ex drops the divorce hammer on them. I was one of them too.

I tried to save my marriage for 4-5 months before I finally agreed to the divorce. We lived together for 2 months after that until she moved out. Move out day really made me feel bad. Then a week or two later we went to get the final agreement notarized. We met at Postal Annex at the strip mall. She was cheerful. I was somber. 20 years of marriage. 2 kids, 2 labors, 2 hospitals. 3 cities. 5 apartments, 1 house. Kids going through K-12 plus both in college. And it all ends at a fucking Postal Annex at a strip mall. I have to say I was pretty down when I got back to my house, I wanted to get drunk but all I had in the house was Sprite.

Then I realized, she is not the woman I dated anymore. She is not the woman I decided to have two kids with. She is not the woman I bought the house with. She is now some completely different being, with her own selfish desires and not an ounce of love or concern for me.

Why should I be sad about someone who couldn't care less for me. Understanding this made me feel a lot better.

211

UPVOTES

It's officially over. Here are my tips.

Virtual_Pay_9819 · 14 August 2025 · Archived copy · Reddit

50M here. Just finalized my divorce after months of splitting assets, selling the house, and figuring out custody. We were together for ~20 years, and ending it was like ripping up the blueprint I had worked hard to build toward for my life.

The hardest parts - realizing that it's for real, getting to a reasonable financial settlement with a sah mom even with a comparably civil relationship - but what's hardest is the silence when the kids aren't here. It's walking into a new place that doesn't quite feel like home. It's waking up and remembering — this is real.

I was lucky in one way — my ex didn't try to burn it and me all down. We kept it civil, got through the process without dragging each other through court, and that made it less bloody. Painful, yes. But survivable.

If you're in it right now, hang on. Some days you'll feel like you're drowning, other days you'll catch a glimpse of the shore. Keep going. You'll get there.

My top tips: 1. Find your crew: friends, family therapy. You need them all. They are your foundation. For me personally this also included my spiritual life, but I know that's not the same for everyone.

1. Structure your days: my morning routine and making time for exercise even when that meant a short walk kept me from spiraling
2. Avoid the poison: for me that meant no drinking alcohol alone, and avoiding things that would numb the pain
3. Put Kids first: I made my phone password spell out "mykids " so every time I open my phone or had to unlock it it reminded me who comes first in all of this. This really helped - especially in the middle of really hard conversations.
4. Learning that grief is not linear: some days I'd be great and excited and others I would cry - and often both. Journaling has been amazing for me and I give myself space to grieve and process emotions like I haven't in the past 20 years.
5. Make plans for yourself: whether it's getting a massage or just even buying new socks, take care of yourself. No one else is going to. You deserve to be cared for.

I certainly don't have it all figured out yet, but my favorite quote that I heard was "this year is going to be the greatest year of your life or the worst, but no matter what it's going to be the hardest. So you have a decision to make"

Make the right decision and trust that you can do this. Thanks to all in the sub Reddit. You've helped me in ways I can't express.

Best of luck, gentlemen. I'm now in reconstruction phase and nervous but excited. you'll get there too.

208

UPVOTES

Grass wasn't greener [?][?]♂

TheBoyBand · 1 December 2021 · Archived copy · Reddit

Discarded me. Thought her and AP would blackmail me and extort me [?][?] (dude lost job). I hired a lawyer and let them have it and come at me. they were trying to start a new life on my buck with alimony and child support, even though I had the kids!

They fell apart, she trying to come back with the im sorry I made a big mistake! But I know im just the comfort blanket as a sole provider for almost two decades, was getting her through nursing school on my GI Bill, I guess student loans weren't to great once I took it away and gave it to my kids. Oh well, to bad so sad! #bitch I could not ever take her back, I have to have some dignity and self respect and know that I deserved and deserve better even with my own flaws (cause I sure AF have them) lol.

-Vindicated

208

UPVOTES

Listen you fucks!

WillyT_21 · 23 February 2025 · Archived copy · Reddit

Your family and friends and children need you. Your ex hopes you self delete. Guess what? She'll play the victim then too.

Just want to encourage you that as a good friend said "every day above ground is a good day"

I've been where you are.....it's not worth it. Your job is to learn and grow.

It took me a long process to get where I am today. Wife of 15 years cheated and divorced me. All the while playing the victim to everyone "I never felt loved".

It gets dark sometimes.....really dark. I'm just telling you I know how you feel and where you are.

You are not alone. You aren't the only one that has gone thru this.

Women are seeking security....not loyalty. They will ditch you in a heartbeat. Why? Because their brain is geared to survival not loyalty. It's not personal to you. They have in their brain to monkey branch because "muh victim".

Hang in there fellas. Work on you. Really get to know yourself. All of you.

Set goals. Work towards them and watch them come to pass. Then set new goals.

If you self delete they fucking win. THEY ARE NOT WINNING! You are.

All the best. The journey is hard but so worth it. I promise you it's so worth it to invest in yourself!

205

UPVOTES

Listen fuckers

oli_21_ · 13 April 2022 · Archived copy · Reddit

This suicide thought stuff has to stop.

As someone from the other side.

YOU ARE NOT ALONE. YOU ARE NOT THE ONLY ONE BEING FUCKED BY THE SYSTEM\WIFE\ETC

What you need to do is reach out and seek help.

DM me any time.....chat with me anytime.

You will make it thru.....it's time to man the fuck up and push thru.....

The person you become on the other side will be better than this guy that feels isolated and alone.

Hang in there.....it DOES get better!

202
UPVOTES

Don't become a stepdad when you already have kids, and don't get remarried again.

OkAbbreviations7449 · 1 February 2025 · Archived copy · Reddit

I've been divorced for a little over 10 years. My kids are graduated high school and in college.

I have some advice for you, for any of you guys going through the worst of it right now. My first bit of advice is that this is temporary, and in a year, three years from now or 10 years from now, you're going to have a totally different life. How you handle this period of your life though will determine how good your life will be 5, 10 or 20 years down the road.

If you have kids buckle down and be the best dad you can be. Live by your ex-wife, don't get into any kind of fights with her, and get the best arrangement you can through mediation. Pay your child support, go to work, see your kids consistently week in and week out. Give them the father that they deserve to have, and the influence they desperately need.

Don't set yourself back again. Do everything in your power to never let yourself get set back again this badly. Another bad setback i.e. another divorce or bad break up, could completely destroy the rest of your life.

In regards to fully moving on, dating again, getting into another relationship, getting remarried! My recommendation is not to get married. If you have kids. If you don't have kids and you want kids and you meet the love of your life after your divorce, go for it. But for men with kids. Be there as a dad. That's the most important thing right now. Women are easy. You may not think this now but it's so easy to date and find a girlfriend and even get remarried if you want. Don't fall for the single mom who is super sexy or some girl that is pushing you for marriage. Be there as a dad for your kids, you have at least 10 years with them, get the most out of it and be the father you were supposed to be in this family.

Every situation I've seen, where a divorced dad with kids married a single mom with kids, almost always turns out horribly bad. It typically ends in another divorce. And the kids are totally messed up because of it. Don't just give it up for some woman with kids. She needs you way more than you need her. Don't become a step dad if you have kids. In my opinion, that's one of the worst mistakes you can make as a divorced dad.

My advice, focus on making money, focus on your looks in your lifestyle, become the fittest most kick ass version you've ever been of yourself. Be the best version of yourself for the rest of your life for you and your kids. Don't ever let this happen again. Just my quick advice for y'all.

202

UPVOTES

The trap waiting for you 3 years from now

Recovering_Asset · 30 December 2025 · Archived copy · Reddit

The silence in the house is loud. I get it. You come home to an empty room and think, "I just picked the wrong one last time. The next one will be different." That is your loneliness talking, not your brain.

I almost fell for it myself. I met a "great girl" right after the papers were signed. I wanted to prove I was still a catch. But before you download the dating apps, look at the math.

Statistically, most divorced men remarry within 3 years. We rush to fill the void because we want the "family feeling" back. But here is the stat nobody tells you: Second marriages have a failure rate of over 60%.

The odds are actually worse the second time around. Why? Because we try to fix an internal problem with an external person. We try to bandage the wound from the first divorce with a new marriage license.

If you jump back in too fast, you aren't looking for a partner. You are looking for a painkiller. And when the painkillers wear off, you are left with a second lawsuit and half the assets you had left.

Don't become a statistic. Learn to sit in the quiet. If you can't be happy alone, a second wife won't fix it. She'll just be your second ex-wife.

Stay smart, Fellas.

201

UPVOTES

Ex-wife asked me if I was interested in becoming "friends with benefits". It was the greatest day of my life....

lxz72 · 30 November 2023 · Archived copy · Reddit

when I told her, "not just no, hell no!!!".

That's it!!!

199

UPVOTES

My ex was told to pay me \$7k and she basically broke down.

Feinixaway · 28 February 2024 · Archived copy · Reddit

I've been divorced for 5 years and I have shared custody of my kid.

My ex was a student for years (one of those useless arts degrees). She finally graduated and got a job in 2022. Once I found out I told her that we needed to renegotiate child support and expenses. I was paying 90% of expenses, plus child support, alimony, etc. while she was blowing money away and partying.

She refused to negotiate and fought me tooth and nail. The things she called me on emails were not pretty let me tell you that.

I finally got tired, got my lawyer to deal with it and we got a meeting with an arbitrator.

She tried to play the "poor single mom card" but the arbitrator was having none of it. She was told to pay \$7k in retroactive child support and expenses and going forward almost 50% of expenses and almost no child support. She begged me to negotiate but I said "no thank you".

Then she asked for a payment plan. She said she could pay me in 2 years and I said would not accept anything more than 3 months.

She broke down, became very agitated and could not speak. She was given 24 hours to provide a payment plan.

The mediator asked me if I anything to add. I said I didn't but all I was thinking was "you f-ing b1tch, you have cost me over \$50k of my savings, countless sleepless nights, I had to ask my parents for money so that I could eat while you blew away the divorce settlement sucking d1ck so you better pay me or you're f*cked".

That sweet taste of justice...

197
UPVOTES

New studies indicate why women hate men and it is very telling.

LearnGrowExist · 27 September 2025 · Archived copy · Reddit

Some direct quotes from The Guardian article I just read:

“The most frequently listed qualities women said they were looking for in a partner were kindness and emotional intelligence, mental and physical health, shared values, ambition and being ‘hardworking’, financial stability, masculinity and maturity, and a willingness to commit to an equal, monogamous relationship as well as, in many cases, having a family. . . . ‘I’m looking for a man who . . . has goals and ambition, is intelligent, trustworthy, a provider, supportive, considerate, kind, assertive, masculine, honest, faithful, intentional, has a healthy self-esteem and a sense of humour, loves to go out, and likes fitness. These basic qualities are hard to find these days,’ she said.”

My friends, I’m learning that no matter what we do or *who we are* as men, we will never be enough to meet the unrealistic standards and expectations of women who are doing maybe *half* of the things they are requiring of us. And when we disagree with their standards and requirements? “Red pill.”

I am a liberal who doesn’t even listen to or begin to entertain the “red pill” rhetoric that I am well aware exists, but I’ll be lumped in with the best of ‘em simply for disagreeing with this narrative.

What an absolutely intellectually dishonest and emotionally destructive way to approach real people in the real world. I’m happy to stay single with this bullshit from women who demand perfection but refuse to reciprocate by even a single inch.

Alone forever is looking better by the day.

196

UPVOTES

It's the little joys of being divorced

jasoncb123 · 9 March 2025 · Archived copy · Reddit

So my ex didn't just break my heart, she blackened it over many years by being cheap and stingy imo

Every year there would be a guilt trip from her about buying Girl Scout cookies.

"They are just so expensive!" "We don't need any more cookies" "The quality isn't really very good "

Queue the silence and behind her back eye rolling on my end as I would hand over money for one box. And usually I was buying from one of her girl friends daughters.

Last weekend I was at the grocery store and there was a troop doing the annual sale.

"4 boxes please".

2 little girls squealing and tripping over each other, so proud of what they were doing, explaining the different flavors, what there favorites were, etc

"24 dollars please"!

I gave them 30 and told them to keep the change and made note of the troop number.

The absolute joy in their eyes was priceless. So yesterday I looked up where they were selling and went and bought 6 more.

I now have 10 boxes between the freezer and pantry.

Going to save them through the year and eat a few if I feel lonely or sad from time to time and give them to people I care about who have helped me get better in life.

Never possible to feel that good when I was married.

Have a great day.

194

UPVOTES

In case you are missing your ex-wife today...

Finnylizzy · 15 January 2024 · Archived copy · Reddit

"I saw you bought a new garbage can for the bathroom while I was gone at my mother's. Did you ever think to ask what I wanted? If I liked the old garbage can? I did. A lot. And what did this cost? It doesn't fit in the bathroom. It is the wrong color. Can you return it to Amazon or is it too late and now I am stuck with this mess? That's why you should always ask me. You just don't know how to make these things work. It looks stupid. Ask me. Or is it impossible? You can't communicate. That's your problem. You don't ask. You just do, then think. You never communicate with me. That's your problem. We are supposed to be partners, remember. Partners. Like you ask me what I prefer. What I want. Like, when you got those car seats for the minivan. Wrong color. Anyone would have known. Except you, of course. I could have told you. But no, you had to be Mr. Independent. That is why I feel so disrespected. And you don't care, at all, do you?" (I could go on... she always did).

193

UPVOTES

I wish someone told me this

ww3historian · 4 September 2023 · Archived copy · Reddit

I am in the same situation as almost everyone here. Provider, dad, family man, never cheated, focused on wife and kids only to have it repayed with "I have no affection for you anymore" after 20 years of marriage.

I don't know anyone who's been divorced after 20 years of marriage. I thought I was alone. I thought it was my fault. I got no support from family and friends.

Then I stumbled on this forum and found a lot of people went through the same issues. I learned about Walk Away Wife. I read Rational Male. I read Attachment. I read No More Mr Nice Guy.

I regret sulking and feeling sad about my situation now, so what I want to tell people in the beginning of the process is that you will get through it and you will find a woman who is 100x better than the one you left.

My ex didn't want to walk by the beach with me, didn't want to hike with me, didn't want to go to restaurants with me, didn't watch any shows I like, didn't like to have sex.

The girls I'm dating now love to do all those things with me. I was sitting on a park bench with one girl, making out like we're teenagers. My ex would have never done that. I have girls who say "I want to take you home", take me home and literally push me into the bedroom. I had to beg my wife every time we were intimate.

The conclusion is that you have to mourn the loss and then get back on the horse.

191

UPVOTES

Tom Brady was cheated on too

OkEmphasis5923 · 26 February 2024 · Archived copy · Reddit

I share this because so often when us guys have been cheated on or handed divorce papers we look within to find out what we did wrong. We're accountable, we take ownership, that's what we do. We ask ourselves hypotheticals like....what if I was more successful? Better looking? Taller? In better shape? Made more money?

This **news** just goes to show that even if you are a 6'4" model-looking dude who is the greatest NFL quarterback of all time, even if you have kids with the gal, even if you have homes in Miami, Montana, New York, and Boston, even if you have cooks and cleaning staffing taking care of everything...your wife can leave you for a jiu jitsu instructor.

No one is immune. There is no secret formula. Legal marriage is a risky and outdated institution. She's not yours, it was just your turn.

190
UPVOTES

Do yourself a favor, go on a solo trip.

crzapy · 1 July 2025 · Archived copy · Reddit

I'm in New Orleans right now by myself at the WW2 museum eating a hamburger. It's great.

I do what I want, go where I want, eat what I want, spend what I want.

I left my comfort zone and I am going and doing things I want to do.

Yesterday I got a roast beef poor boy, went to a model shop, took a nap, and went and watched speed boat racing before hitting up a tiki bar with a HS friend.

Today is WW2 museum. Tonight is the Quarter.

Tomorrow is a massage, warhammer store, and I'm going to get some gumbo or shrimp and grits.

Go somewhere and break out of the routine. Best part is it is a fraction of the cost... because... you know!

188

UPVOTES

After nearly 4 years, Karma finally pays that B!#%H back big time.

Jbr74 · 14 November 2022 · Archived copy · Reddit

I've been part of this community since early 2019 when I was going through my divorce.

I don't expect you to know my backstory; it's pretty long.

But ill try to make a long story short.

I had an extremely nasty divorce.

My ex worked in the family court system for 10 years and knew every angle how to f me over.

She had multiple affairs and made false accusations; I spent two days in jail for those, 18 months of court outside of divorce court for the false accusations, false OP's, and charges were eventually thrown out (of course, after all the damage had been done), ex-wife cleaned out the house and took everything while including the dog, while she had me locked up for those 2 days. The dog mysteriously ends up paralyzed under her care, and he dies (He was only 5).

She brainwashed my youngest daughter, who was 100% a daddy's girl.

I attempted suicide, was on life support, and was hospitalized for a month.

My oldest daughter, however, saw through all the bullshit, and once she moved out realized what a narcissistic manipulator her mother was. My daughter got married in October 2020, and that was the last time she communicated with her mother, mainly because her mother wanted to bring the guy she cheated on me with to her wedding, my daughter said no, so my ex stayed at her daughter's wedding about 30 minutes and left to go be with him. (Fun fact: Ex cheats on him 2 months later, and he dumps her)

Fast forward to November of 2022, my daughter, whose been married for 2+ years and hasn't even exchanged a text message with her mom since the wedding, tells me I am going to be a grandpa. My ex is likely going to find out 2nd hand on Facebook (my daughter and son-in-law have her blocked) that she is going to be a grandmother. My daughter has also said she will not be allowed at the hospital when the baby is born and never wants her mother near her child ever.

188
UPVOTES

Just wanna give a big shout out to every god damned salt of the earth man in here .

Zealousideal-Bear-37 · 22 March 2023 · Archived copy · Reddit

7 months ago I was spiraling in despair and anxiety . My whole life changed in an instant . Since then I've lost 25 pounds , got tatted up (always wanted to) , bought a bike , exercised , meditated , and studied harder than I've ever had . Now the ex keeps calling and texting , telling me she misses me , and guess what , I just don't care anymore! Cheers to everyone of you beautiful bastards. Get after it everyday! 🍻🍻

188

UPVOTES

For recently divorced men

Negative_Comfort6848 · 29 January 2025 · Archived copy · Reddit

I thought sharing my story could help others navigating a similar situation, so here it goes.

About nine years ago, my now ex-wife told me she wanted a divorce. Like many, I didn't see it coming. Things weren't perfect (like most relationships), but I thought they were good enough. Looking back, I realize there were probably red flags along the way, but I was too busy working and trying to build a better future for us to notice them.

We had been together since high school—she was everything I knew. Not just my wife, but my best friend and, in many ways, the only family I had. Losing her was devastating on all levels. Financially, I lost everything. Like many men in that situation, I was too consumed by pain to care about material things, so I let it all go. The only thing we divided equally was the remaining debt—money we had spent furnishing the home we lived in. That home, by the way, was an old place her parents owned, which we renovated—something I now realize was a terrible investment.

I don't know if I was cheated on. Maybe I was. But honestly, at the time, that wasn't my main concern.

For the first three months, I cried every day. For the next three, I cried every other day. It took me around nine months to even attempt dating again—and I say attempt because I had no clue how to do it. I had to learn how to use dating apps and how to approach women, only to realize that unlike in high school, other things mattered now—like status, career, and bank balance.

Over the next three years, I went on many dates, had a few short relationships, and learned some tough lessons. I had to figure out how not to be taken advantage of (which was harder than I expected) and how to overcome my own traumas. I also invested heavily in myself—physically, because let's be honest, attraction matters; and mentally, by gaining knowledge and becoming more interesting. This entire process took five or six long years.

Then, I met my current wife.

We aligned perfectly in values (the most important thing), and she is by far the most amazing person I have ever met. We dated for a year and a half, got married, bought an apartment, and now she is expecting our child. I never imagined life would bless me like this, and I'm so incredibly grateful.

To any guy reading this who feels like their life is over—that they will never be happy again—That's not true.

Give it time. Be patient. Invest in yourself.

Life will smile at you again.

187

UPVOTES

Met with Ex After 7 Months

Mopstick86 · 26 January 2024 · Archived copy · Reddit

I met up with my Ex wife after 7 months divorced. It was chill and calm. I was able to stay very stoic and relaxed. We had a few drinks, caught up on family and friends. No hard feelings. She asked me how's my dating life been? I said I haven't been dating at all. Just focused on improving myself. Working out and working hard.

She said she's been dating a lot. Met some really good men. I could tell she wanted a reaction with how she was looking at me intensely. I just said cool. I'm happy for you. Nothing really to say or ask. I'm not mad at all or hurt at this moment so her manipulation doesn't affect me. This was someone I was married to for 5 years. I was emotionally and financially abused by this woman.

I asked for the divorce and moved on with my life. I was in the best shape of my life, dressed well, teeth white and straight. And I wasn't interested in her at all. She invited me back to her place multiple times. I said no thanks. She even said if I'm ever in Midtown give her a call please. I said I'll let her know. I Just wanted to say it gets better. Move on with life! Be the best you with no regrets. It will be her loss she lost a good man.

184
UPVOTES

Had my wife not cheated....

soph_a_loaf_ · 27 May 2021 · Archived copy · Reddit

I would have went to my grave comfortably miserable.

It really was a one sided marriage. All her no me. "happy wife happy life". Far from it.

Once she cheated and I discovered that I too was the prize and I too get to be happy and pursue my dreams. It. Was. Over.

Trying to reconcile she took no responsibility. No accountability. You know the real work it takes when you really fuck up? Ya no....not her.

But you know....a month final and about to move into my new place. Life is great.

Divorce was hell but I survived and continue to thrive.

Little to no debt. Come and go as I please. For the most part outside my son.

Quality of life is another great thing that continues to get better.

I really like the guy I am. Someone who knows who he is. Strengths and weaknesses.

Best of all I'm free. Free to do whatever and whenever.

I don't hate my wife. I nothing her.

She had the best of me and I was miserable. Now I give the best to myself and get better every day ☺

Hang in there fellas. Divorce is a season. A hard one. Stay the course. It will come to an end.

All the best and don't be afraid to ask questions on this sub.

184
UPVOTES

If Your Getting Married In The U.S Remember These 3 Things

DimensionalCritic · 12 June 2023 · Archived copy · Reddit

I am not discouraging Men who want to get married, but you must always consider these points before tying the knot.

- 1) Marriage is IPO for women
- 2) Divorce is cashing out.
- 3) Children produces passive income for women enforced by the government

182

UPVOTES

Well boys I gave it my all in the divorce subreddit today ?

NewPerformance7662 · 15 May 2026 · Archived copy · Reddit

Well boys, apparently bringing up accountability, communication, and actually fighting for a marriage before consulting the Reddit divorce committee is a controversial opinion nowadays ?

The reason I even spoke up was because it was the same story, different day: “He’s a great husband, great dad, does everything right... but I’m unhappy.” And wow... the amount of selfishness in that group sometimes is insane. It’s basically “you go girl, you deserve better, destroy your family” energy nonstop ?

The second someone brings a different perspective into the conversation, people get REAL defensive.

At the end of the day though, I’ll always advocate for the men out there hurting silently after divorce, betrayal, or losing their family. Don’t let this stuff define who you are. There are people that care about you, brothers in here that understand your pain, and people willing to listen when life feels heavy.

Keep moving forward one day at a time fellas. Better days will come.

179
UPVOTES

She's banging someone else

ww3historian · 29 August 2024 · Archived copy · Reddit

I see a lot of posts where the guys are surprised their wife wants to leave or they miss her.

The hard truth is that she's leaving cos she's banging someone else. You can deny it "No, not my stbx", but it's true.

As for missing her, while you are being sad and crying, she is letting some guy hit it like she never let you hit it.

Just think, as you are looking at old photos, she's riding a guy all night whom she just met and who she'll never see again just cos "she wants to experience things".

The best revenge is to live well. Go to gym, fix your diet, get some confidence and hop on Hinge and Bumble. The best way to forget her is to find someone else (but never marry again)

179

UPVOTES

She Plotted

Alert_Brick2273 · 21 January 2025 · Archived copy · Reddit

Married for 20 years and the day after Christmas my wife wakes me up in the middle of the night to tell me she's done with our marriage and she's been unhappy for a couple years.

Since that day we've had some long talks. Come to find out she's been planning for a couple years. I asked her why she never said anything and she said she gave all she had.

Mind you, there is no abuse of any form, she wants for nothing, we live in an amazing neighborhood, kids are thriving.

I was drinking my coffee this morning and came to realize she's been plotting for at least two years while we laughed, smiled, traveled, celebrated family and career milestones.

The entire time she was plotting. One reason I think is because I just retired from the military so she'll be awarded a good chunk of my retirement.

She's already bought a new bikini and started working out. I begged her for years to workout with me or just generally take care of herself.

She'd always say, "I'm not a Barbie."

Feel like I did everything right. Provided, coached all my kids sports teams, put her through college with my GI Bill.

Her Dad passed a few months ago and now she's having a midlife crisis and is blowing up our family. So maddening.

178

UPVOTES

You can't make this shit up.

Aromatic_Boot3629 · 27 August 2022 · Archived copy · Reddit

Quick background: I'm 9 months post separation and 6 months post divorce from my ex wife. The final divorce decree ended up in us selling the house and splitting the equity 50/50 (\$350k to each even though she didnt put a single penny toward the down-payment or the mortgage), she got all the furniture, we each got 2 of the 4 vehicles, I traded my share of her business for keeping my 401k in full, and alimony for 4 years or until she remarries or cohabitates. The alimony is \$2k a month...which isn't the end of the world but just enough to be fucking annoying.

I've always referred to my ex wife's sister as Forrest Gump. Stupid is as stupid does. She lives for drama and loves to stir up shit. Her sister calls me out of the blue a few weeks back to "check in and see how I'm doing."

During the conversation she goes off the rails...starts talking about this great new guy my ex is seeing, how he pays for everything and takes her on amazing trips...how my ex moved in with him just a couple weeks after we divorced. Wait....what was that?

I get off the phone with her and IMMEDIATELY call up my lawyer. My ex was to notify the court immediately upon remarriage or cohabitation. My lawyer digs into it and finds out indeed that she moved in with this douche 10 days after our divorce. He petitions the court and I have her ass served for contempt. She texts me a few times after she gets served and I respond with "have your lawyer contact mine" and I go radio silent.

My lawyer tells her lawyer she can either agree to terminate alimony immediately, or we can go in front of the judge where I will be asking for reimbursement of my attorney fees plus a refund of all alimony paid thus far.

Yesterday I got word that my ex agreed to terminate alimony immediately.

All of this becuase Forrest Gump couldn't keep her fucking mouth shut. She cost my ex over \$80k just so she could satisfy her need for drama. Hope it was worth it. Dumbass.

You can't make this shit up.

177
UPVOTES

Now wife works out and loses weight

Helpful-Paramedic463 · 28 March 2025 · Archived copy · Reddit

Wife moves out next week which will be a great to have physical separation final as we go through the divorce.

My wife is and always has been very attractive but has put on 20 pounds in the last few years. I'd mention gym or better eating and she'd always blow me off. "I'm not a Barbie."

Fast forward to day and she's cooking in the kitchen and is noticeably skinnier. Ask her how much she's lost and she's down 20 pounds.

Crazy how she drops weight after blowing up the marriage with an affair but not during. WTF is that? Guess she's getting ready to do that post-divorce hoe phase.

177
UPVOTES

Them leaving is the best thing to ever happen to you ?

NewPerformance7662 · 15 March 2026 · Archived copy · Reddit

What's up my dudes! Just wanted to drop a quick note for someone who is hurting, growing, or learning. If you're going through a divorce right now or you are in the beginning stages, I know it can feel like the pain is never going to go away.

I remember feeling the exact same way.

Coming from someone who didn't want the divorce and is almost two years on the other side of it... I can honestly say it was the best thing that ever happened to me.

Life got better. I got stronger. And the peace I have now is something I never thought I'd have back then.

So if you're in the thick of it right now, keep your head up. What feels like the end might actually be the beginning of the best chapter of your life ?

176

UPVOTES

I finally had sex with someone new!

Colfax_Ave · 12 June 2022 · Archived copy · Reddit

Hey guys,

This is going to sound juvenile, but it's a big deal for me.

Wife surprised me with a divorce and moved out in December. Just like the usual story, she was fine almost immediately after the separation (happiest I've ever seen her actually - I'm sure she was playing it up, but still) but I was very much not ok. The last 6 months have been probably the hardest in my whole life. Only reason I kept it together was for my kids.

Anyway, I was just accepting the fact that I was gonna be alone forever and this girl I knew years ago randomly messaged me on facebook. I asked her to meet up, we did, and it went really well. We slept together and it was INCREDIBLE. I completely forgot what it was like to have someone actually desire me. I was basically begging for sex from the ex for the last 3 years.

I'm going to see her again this later this week. I don't know if it will turn into a relationship, but I don't even care. I just needed to feel valuable again.

I'm posting this in case anyone reading this was going through the dark times that I was. Things will get better. There's a better life waiting for you at the end. Just stay strong guys and don't ever let that b*tch see you sweat. I got pulled into waaay too many games with my ex. Once she said she wanted a divorce, I should have given her the gray rock treatment from literally that second onward.

Also, this community has been wonderful. I don't post here often, but seeing other men going through the same thing was super valuable for me at some dark moments. So thank you to all of you guys

176

UPVOTES

Financially ruined after divorce

Firstborn3 · 8 March 2025 · Archived copy · Reddit

Wife left me (42M) in July. Divorce is pretty much finalized, swore in front of judge already, all that's left to do is sign papers. 50/50 custody. Kids seem to be adjusting to their new life just fine. There was no abuse or infidelity, definitely not on my part.

Man I am getting destroyed financially. I can't go into too much detail, but it's absolutely brutal. I am probably going to have to sell my business. My child support is the highest I've ever heard anybody pay, and I have them 50/50. I'm so depressed. I am constantly trying to think of ways to swing this so that I don't have to lose my ass. I spent my adult life trying to build myself up, and build a better life for my family... Turns out that was a mistake. Every week, every day... more bad news arrives. Every time my lawyer calls, it's just more depressing news. Every time my ex-wife calls, it's also more depressing news. I'm trying to be strong for my kids, and it gets harder all the time. I can't afford to do anything fun with them now.

All i can say is that I will 100% never get married again. The system is stacked against us. It's like I have no rights at all. I was born with a penis, and I dared to try to make a decent living to provide for my family... now I must pay the price. I can't even date right now if I wanted to, because I am absolutely ruined. I'm not a suitable partner for anyone.

176

UPVOTES

"Making" her get a job was the best decision I had ever made.

koollIG_uy1911 · 27 February 2026 · Archived copy · Reddit

My STBXW dropped the divorce bomb on me last December. We had been married for 9 years and have a 2-year-old daughter together. She pushed me to get a better-paying job so she could be a SAHM. I eventually did, bought a house together, and worked my ass off so she could be home with our daughter. Sweet, right?

WRONG!

I came home and the house was upside down, diaper full, daughter crying endlessly... What was my wife doing? On her phone, doomscrolling Instagram. "Good, you're finally here. I need to take a shower." I dropped my backpack and took over; changed her diaper, cooked dinner, cleaned the kitchen, started laundry, soothed my daughter... all me. I didn't change clothes until after I put her to sleep.

This was 5 days a week for 8 months straight. Weekends? Still me.

Resentment started early on. I addressed it and was met with resistance and gaslighting... "You don't love me. You're not a real man. You put me in this situation. I had to stop my career for you."

Okay... enough is enough. You need to get a job. After 4–5 months of searching, she finally got one and made about the same income as I did. My reaction: "I am proud of you, honey!" Her reaction: "Okay..."

Alright, we need to send her to daycare. That will be an extra \$1,200 a month, but we can manage with dual income. Her reaction? "Yeah, well that's your problem." I'm sorry, what? We both make the same income. How do you expect me to add additional costs while you go scot-free? "Well, I take care of everything in the house, so it's only fair." Umm... no, you don't, but okay. I will do all the housework, which I already do and you have to pay half of all the living expenses. "Fine."

Everything changed for her. Nothing changed for me.

I am still the one picking my daughter up from daycare and taking care of her for the rest of the evening. My wife? Comes home at 7:30 p.m. She gets off work at 5 p.m., just like me, but is out with her friend, getting her nails done, massages, shopping. "I am tired. I am going to sleep." every single day..

My therapist said, "You are a single father with two kids, one who's a toddler and another who is a teenager. You are looking after your family... but who's looking after you?" I sat in the car quietly for two hours after that.

Her family came over for my daughter's birthday. The first thing they observed was that I was literally the one doing everything. Her mom said, "You have such a great husband, but can you help him?" Her reaction: "Well, he makes me pay half for everything, so it's his job to take care of the house." Her family went quiet after that.

Then came the divorce bomb. "I am not happy. You have no ambition. You don't take me out. I want a husband who takes care of me. You make me pay for everything. I will be taking my daughter to Texas (5 states away) once I can transfer my work to be close to my family."

I started documenting everything, texts, schedules. Her location was still on. I took screenshots of where she was, sometimes gone as late as 2 a.m. at bars, missing my daughter's appointments. I was managing all the finances. I was scared that she was going to take my daughter away. This is a country that screws over dads 9 out of 10 times.

I contacted two attorneys, and they both said full custody would be difficult because judges are conservative in my county and will not look kindly on me demanding full custody, even with all the evidence against her. **"Just because you do everything doesn't mean she is incapable of taking care of her. But 50/50 joint legal custody is attainable since you both work and have equal income. Alimony and child support will not apply. However, I would like to see her try moving to Texas. Things will not go well for her."**

The biggest sigh of relief, I am so glad that I pushed her to get a job. I can just imagine the hell I would have to go through if she were still a SAHM. I informed her that if she wants a divorce, she can have one, but she is certainly

not taking my daughter away, and I will be filing for 50/50 custody. She was not happy but seemed to think she can do what she wants.

I think she may have contacted an attorney herself soon after because she has been very quiet lately. She probably was told that she can't really move like that and will not be receiving child support or alimony.

She has been looking for apartments for herself and is dumbfounded at the cost. She was paying half of everything. Now she has to pay the full cost of everything and actually have to be a parent.

I think she is at a breaking point. I am recording everything; every conversation is taped. She knows this as well. If you need to talk to me, you have to do it in front of a camera. Her mentioning moving to Texas was also taped and clearly shows her intent to move.

We are selling the house, and I gave her a timeline of April/May. My family lives here and has been very supportive of me. I will be moving in with my mom after selling the house.

She has to "figure it out." It felt good when I told her that.

People might say she has PPD. I disagree, She has MWDS. (Modern Women Derangement Syndrome).

Thanks for listening.

175
UPVOTES

What I realized - healthy relationships

DudeforRighteousness · 17 October 2025 · Archived copy · Reddit

Most of us here were in toxic marriages with mentally ill wives to varying degrees.

I will tell you that after being in a healthy relationship now after the divorce.....I realized that, because of the vows I took and the type of person I am I had INCORRECTLY assumed that the behavior from my ex-wife was just "how it is".

It doesn't have to be that way.

Being with a healthy person who reciprocates my feelings and commitment has been a GAME CHANGER for me.

Do not settle for anything less, brothers.

It's a minefield out there. But unicorns are rare but real.

174
UPVOTES

Fucking bitch

oanthonyknightx2 · 2 October 2025 · Archived copy · Reddit

God damned fucking bitch ass cunt.

I made you my best friend. I trusted you. I fucked you and made three kids.

You fucking walked. You fucking cheated. Because of what? Me using porn!?

Fuck you. Hypocrite fucking bitch. You cheated. You were looking at men on Facebook. You were flirting at the gym.

God damn your wretched whore soul.

I'll never trust a woman again.

Fucking suffer. Don't die, not for a long time. God damn you to suffer this earth before you burn in fucking hell.

May you not know a day of peace for a lifetime for your disloyalty and your asinine double standards.

FUCK YOU

173

UPVOTES

Prevalence of the Modern Walk Away Wife

Lumptbuttcats · 26 August 2023 · Archived copy · Reddit

This is a cut through the BS post about Walk Away Wife Syndrome. There's a harsh reality to this and it needs to surface. That simple.

All starts with boredom. Period. Many cases these women have everything. One could even argue too much. There's nothing wrong with being bored. It's how they address the boredom.

Instead of finding purpose, activities, friends, etc., modern women retreat to social media and fantasies. The combination leads to painting a picture in their heads of some idealistic life. Social media is wrought with damaged divorced women that perpetuate single strong female fantasy. These damaged women ruined their lives, can't accept responsibility, and refuse to admit they are miserable. They post content, get likes and feel justified. It's like recruiting into a cult. They feed off each other. Trust me, if your wife is bored, she's consuming all this stuff. She's envisioning a fantasy which does not include you or marriage.

Rationalizing the irrational. These WAWs are now in a mental tug of war. They have good lives, they are bored but now they now have this fantasy that excites them. Rather than taking accountably and addressing the boredom, they cling to the fantasy. They convince themselves the marriage is the problem. They create a narrative that there marriage is not good. Naturally, his means it's the husband. They start inventorying everything bad about you and the marriage. They then connect these thoughts through toxic social media- ie tik-tok babe had the same issues as me, left and is now fulfilled.

Once they inventory all the bad about their marriage, they start confiding in friends, relatives, Reddit, etc. They paint an overly biased portrayal of everything. Words flung around- abuse, narcissist, controlling, etc. Pity party ensues. Divorce chants from the bleachers.

It finally culminates into the bomb drop. Out of the blue, it strikes.

Edit: Take notice the word "unhappy" never surfaced in the post. That is a ruse. Trust me, if they were unhappy you see it and feel it. Boredom is what differentiates a walk away wife.

173

UPVOTES

My kids basically begged me to stop the big weekends... so I said forget it and bought a \$30 soccer goal

reclaimDad · 20 May 2026 · Archived copy · Reddit

Can't sleep again. Figured I'd dump this somewhere. (Don't try to find us, details changed, blah blah.)

Two years ago if you'd told me the best part of my custody weekends would be kicking a muddy ball around the yard behind my apartment until we're all sweaty and yelling about made-up fouls, I would've laughed in your face. I was still in that mode where I had to make every single minute "count." Like if we weren't doing something big and expensive I was failing as a dad.

Then Jake (he's 14 now) got real quiet in the car one Sunday after we did the whole zoo + dinner thing. Ellie (11) straight up passed out before we even got back. Next pickup Jake just looks at me and goes, "Dad can we please not do a ton of stuff this weekend? My legs are still killing me." That one hurt. Like actually stung.

So I swallowed my pride and bought this cheap pop-up soccer goal off Marketplace. Set it up and everything. First time we played like 15 minutes tops before they got bored. But I left it out there. Next weekend they actually asked to play again. Now it's just... a thing. No score, no real rules. Ellie keeps changing them and getting mad when we don't follow. I dive for balls like an idiot and usually eat grass. Sometimes we play till it's too dark to see the ball. Other times we quit after ten minutes and just sit there picking at the grass talking about random stuff.

It's weird how that one cheap goal led to other low-key things that actually work. We "fish" at this sad little pond nearby with \$12 rods and hot dogs for bait. We catch almost nothing. Jake told me about some girl he likes while we were sitting there. Ellie complained about her soccer coach. I mostly just nodded and tried not to say the wrong thing.

We've also been building cheap model kits. Not the fancy ones. The \$15 ones where the glue gets everywhere and the instructions aren't great. Jake wanted to make a popsicle stick trebuchet after watching some video. It barely launched a marshmallow and then fell apart in the driveway. We all cheered like it was the Super Bowl.

I don't know. It just feels less like I'm "performing" dad now. We're just... here. Being bad at stuff together. No tickets, no lines, no coming home completely wrecked. When they go back to their mom's they're not totally fried. And they don't show up at my place expecting a big production anymore.

I still slip back into the old guilt mode sometimes and start planning bigger stuff. Old habits die hard I guess. But I'm trying to stick with the simple things more. Kick the ball. Cast the line. Glue some plastic wrong. Burn the pancakes. The boring, repeatable stuff is where they actually relax and I feel like their dad instead of the weekend activity director.

Divorce already took enough normal days from them. I don't need to fill the gap with nonstop excitement. They need to know life at Dad's can just be normal. Sweaty and silly and sometimes sitting quietly waiting for fish that never bite.

Anyway. If you're in the middle of it and stressing about making every weekend perfect... try lowering the bar on purpose. Worst case you waste twenty bucks. Best case you get something that actually sticks.

Still figuring this out. Yard soccer might be the first thing in a long time that doesn't feel completely wrong.

Gonna try to sleep now. Hope you all are hanging in there.

172

UPVOTES

Friend of mine recently died of cancer at 47. He spent 20 years in a toxic marriage afraid to leave because of finances. Life is short, get out of you can.

rickyspanish12345 · 14 August 2024 · Archived copy · Reddit

A friend of my passed a couple months ago from an extremely rare form of cancer. He battled hard but only lasted about a year. I didn't really know much about his marriage as everything looked fine on the surface.

Anyway, I spoke to a sibling of his recently who told me his wife was completely toxic, drug addict, and abusive. He was very wealthy, she never worked in the entire marriage, but she was never happy.

I was told he wanted to divorce many times but never did because he didn't want to pay the alimony, and give her half of what she never worked for. It was a matter of principal for him. I have no doubt that if he could do it all over again he would have got out in a second.

Since his death she's gotten a boob job and has been fucking anything that gives her attention. She's been burning through his vast wealth to the point she'll be broke in 10 years. In fairness we all have our own ways of coping, but still she has kids.

This is just a reminder the life is short anything can happen. We only get one crack at this life, don't waste it on some dumb bitch.

171
UPVOTES

I Won

IsOprene · 11 January 2025 · Archived copy · Reddit

It's been a while since I've posted here. Just some background. I've been divorced almost 2 years and when we got divorced she used recordings of me she took secretly to use as intimidation tactics to get more custody time. She also filed CPS case against me at the time which was all later unsubstantiated. I had a variable work schedule with no family support at the time in healthcare making it further difficult to take them more and ended up getting the kids every other weekend and 1 after school day a week for 2 hours. Something like 30% custody.

I got a new job that would allow me to take care of the kids more and met with a lawyer to fight for more custody time. I now work 6 twelves in a row and have 8 days off in a row. It's hard work but I love having a life again. So now there is no reason I can't do 50/50 alternating weeks. Her lawyer fought back and we were heading to trial. Just a week before that her lawyer came begging to us to do mediation and she settled with everything I was asking for! My lawyer said she was probably bluffing the whole time and realized they had no case. I just told the kids the news with my EX at drop off and they all jumped and cheered and gave me hugs. I hope that stung like salt in a wound for her.

When I first found out I was getting divorced I thought my life was over. I almost ended my life then and there. I thought everything was hopeless. My ex got remarried 3 months after I got divorced to make things even harder. I didn't give up and found this forum to give me hope. I took advice and worked out and found my favorite hobby of fishing and bought my own fishing boat. I rediscovered who I was. I never thought I would ever be happy again.

I am here to tell you all to never give up, never stop fighting, because it only gets better. And if you have kids they are the most important thing in the world to fight over. Do not miss out on them growing up and make memories with them they will never forget. Thank you everyone!

170

UPVOTES

This is my current state with finalized divorce. This is the way!

soph_a_loaf_ · 7 May 2021 · Archived copy · Reddit



Tom Hardy 

@TomHardy

Some people dont understand that sitting in your own house alone in peace , eating snacks and minding your business is fucking priceless.

170
UPVOTES

New Study Shows Approx. 55% of Men in US are Covert Narcissists.

Old-Macaroon8148 · 18 June 2023 · Archived copy · Reddit

Data shows that 100% of the women in [r/Divorce](#) are either divorcing or have divorced a covert narcissist.

Since approx. 50% of all first marriages end in divorce, and 60% of all second marriages end in divorce we can blend the rate and conclude that 55% of marriages ended due to the man being a covert narcissist.

Women initiate 70% of the divorces in the US, which means 30% of men initiate but they are only doing that because they are in fact a covert narcissist.

Now if you're a man, you're probably wondering "Oh shit, am I a covert narcissist?" Well here's a few dead giveaways of male covert narcissism. If you have ever done or even THOUGHT about any of these than you are 100% a covert narcissist:

1) Disagreed with your wife about anything 2) Voiced your opinion 3) Asked your wife for sex (this also makes you a rapist)

I conducted this study myself.

168
UPVOTES

Very very few women actually lift a man up and make them better people

DudeforRighteousness · 18 March 2025 · Archived copy · Reddit

I took my kid to the doctor today and called my soon to be ex to update her on what he said.

As usual, all she wanted to do was push her opinion on me and try to argue.

I didn't argue.

But it made me think just how much better I am now that she is gone.

I have lost 115 lbs, gotten more muscular, enjoy spending time with people and even alone sometimes.

I had my own issues during the marriage as well, but the person I was with her around to who I am now is completely different.

I have seen many dudes here express the same sentiment.

I'm in no way saying they don't exist, but

I believe there are VERY FEW woman that do not stunt a man's potential and drag him down.

It's no wonder why many men have given up on dating.

A helpful woman, it seems, truly is a unicorn.

168

UPVOTES

1 year update: She's upset that I moved on so quickly - and she's the one who left

Strange_Button_3330 · 21 November 2025 · Archived copy · Reddit

Original Link [here](#)

Thought I'd provide the 1 year update - and this will be the last update. Time to move on for me.

First off: a big thanks to the community here. It's been an important part of how I survived ~ especially in the early days.

Long story short, after 1 year:

- Wife of 20+ years gave me the "I love you but not romantically"... turns out she got feelings for someone else.
- I was destroyed for 2 weeks, then found peace while in the mountains. Highly recommend spending time in nature when you're in the despair phase.
- My ex and her crush didn't last long (a couple of months).
- I started dating once it became clear she moved on.
- People are surprised I started dating so quickly, but it happened without me planning it ~ started hanging with an old friend and it happened very naturally and easily.
- She's been continually taking digs at me for dating.
- I introduced the new girlfriend and her kids at 6 months dating, and the ex exploded in rage at how dare I, and what harm I was doing whatever. It was very gradual. Kid was looped in from the start and wanted to meet her.
- Went on a fun trip together = rage from the ex.
- ended up engaging with a counsellor as a co-parent facilitator ~ as she was angry, to the point she's yelling at me in front of the kid for having sex.... The counsellor is great and calls her on her behavior ~ highly recommend having a 3rd party to help navigate.
- the funny part is she introduced her new BF at 2 months in. Rules for thee but not for me seems to be her motto.

I'm at peace with things.

I don't wish her any ill will at all.

Where I'm at now:

I'm happy, my kiddo is happy, my relationship with my kid is better than before the separation, I have stronger friendships, am in better shape, have a great girlfriend who makes my life better, found a good job and a new motorbike. I don't get to see my kiddo 100% of the time, but the 50% time I do have is cherished.

She's working full time, looks very worn out (like she aged 10 years) and is generally on edge and angry with me when we interact. I'm still not sure why she's angry as I've been nothing but fair and conflict free through the whole process ~ despite the betrayal. I wish her the best - I really do. I still love her, but know that I'd never be able to trust her again ~ even told her that at one point.

Financially it's been a drain, but I'll make more money soon enough and get back on my feet.

So remember guys (and gals): this too shall pass.

You'll be OK and your kids will be OK.

Stay away from booze and drugs ~ and focus on positive things in your life (however small they seem).

<This is my last update - good luck to everyone>

168

UPVOTES

The Down & Dirty Truth About Becoming a Divorced Dad

NewPerformance7662 · 9 May 2026 · Archived copy · Reddit

Happy Friday to all my dudes out there. I see a lot of guys on here trying to navigate this absolute dumpster fire called divorce while figuring out what's next and how to create the new norm. Trust me, I've been there. One day you're married with a family, next thing you know you're googling "how to cook for one," figuring out custody schedules, and debating whether buying a motorcycle counts as personal growth.

Actions speak louder than words. Anybody can say they're going to prioritize their kids, but the real work shows up every single day. 50/50 custody, school, insurance, expenses, appointments, sports, homework, emotional support... all of it. You either show up or you don't.

One of the biggest things I learned is your ex is no longer your friend. You're business partners raising a child. Keep communication about the kids and that's it. Gray rock became my best friend.

The hardest part for me was accepting that the person I married was gone long before the divorce papers showed up. That realization crushed me. Felt like my family disappeared overnight and I got tossed to the curb like I was nothing. Replaced in a blink of an eye.

But have some respect for yourself. Someone who truly loves and respects you does not choose to hurt, betray, manipulate, replace, and discard you while planning their exit behind your back. That's someone prioritizing themselves every single day. Don't beg. I did it, and it destroyed my self-respect. You'll replay every memory, ask all the "what ifs," put them on a pedestal, and try to figure out where it all went wrong. Eventually you realize they already made their decision long before you were forced to accept it.

Once the dust settled, I realized my divorce was actually a blessing and a breath of fresh air. I don't have to walk on eggshells anymore. I don't have to deal with resentment, criticism, manipulation, or having my parenting constantly undermined. I get to raise my daughter the way I believe she deserves to be loved and supported.

And honestly? I absolutely love being a single dad. The bond my daughter and I have now is incredible. I rediscovered myself, found peace again, and built a life that feels calm instead of chaotic. Divorce sucks, but if you put the work in, stay focused on your kids, and rebuild yourself properly, life on the other side can become pretty damn beautiful.

It may not look like it now but there is something special for you on the other side. Never give up on yourself!

168
UPVOTES

"Marriage is the process of finding out what kind of man your wife would have preferred" - Robert Louis Stevenson

wcdan · 4 June 2026 · Archived copy · Reddit

Ouch!

168

UPVOTES

Most marriages these days seem to end with a walkaway wife/divorce

Pretty-Age8599 · 14 August 2026 · Archived copy · Reddit

I can only speak from my own perspective that I've experienced and people I've known

every single relationship that I know of that has failed has followed the same pattern. Eventually the woman demands more and more of the husband; often offers little in return, complains a lot, and eventually simply walks away or leaves; OR pushes the man to leave her without understanding why?

I have noticed it does not matter how good, or supportive, or excellent the man is. He could do everything under the sun. The result is inevitably the same.

The woman could literally be a stay at home mom with only one child and complain of the crushing weight of taking care of that one child. even if the man does 70% of the house work and works from home.

i've known several men describe to me how much they do around the house for the kids and it's 10x what I do, and yet their wives still left them and complained, and it didn't matter what they did.

Women in the past, I do not mean the distant past I mean the recent past; would take care of at least a few kids basically on their own while the husband would work outside for the vast majority of the day and they would not complain about it. in fact, this is still common in many countries outside of the Western world. I've seen it with my own eyes throughout my travels

really seems there is no solution, except to never marry such a woman.

you can never make them happy,

167

UPVOTES

The moment I realized my "Duty" meant nothing to the court

Recovering_Asset · 29 December 2025 · Archived copy · Reddit

I see a lot of guys in here trying to make sense of what just happened to them. I was there. I drove myself crazy trying to use logic on a situation that had none.

Here is the hard truth it took me two years to figure out:

We operated on Duty. We went to work, paid the bills, fixed the house, and stayed loyal. We thought that "sweat equity" meant something. We thought it bought us security.

She operated on Happiness. "I'm just not fulfilled." "I love you but I'm not in love with you."

The biggest mistake I made during my divorce was thinking my "Duty" gave me leverage. I thought if I was just fair and nice, she would remember all the work I put in.

I was wrong. The court system didn't care that I worked overtime for 15 years. They just looked at the numbers.

I almost went broke trying to be the "good guy."

The only thing that saved me was when I finally accepted that she wasn't my wife anymore she was a lawsuit. I had to stop listening to my feelings and start looking at my math.

If you are just starting this nightmare: stop trying to figure out "why." You can't use logic to understand someone chasing a feeling.

Protect yourself. Know your survival number. Stop bleeding out for someone who didn't appreciate the blood you already gave.

Stay strong, Fellas.

166

UPVOTES

Divorce is devastating but you can come out ahead

ww3historian · 9 January 2024 · Archived copy · Reddit

I've posted here before. Married for 20 years, 2 kids, met my ex wife in HS, we lost our virginities to one another.

After 20 years she asks for separation, says she can't live with me anymore, doesn't want her next 20 years to suck like her last 20 (we were happily married, no idea how she switched to say our whole marriage sucked).

I begged, pleaded, cried for 5 months to get her to stay, she wouldn't. Finally after 5 months I said "I am a man, not a mouse, I will not be treated like this" and agreed to a speedy divorce.

I went on Bumble and Hinge and had dates with 26 women in like 3 months. Woman #27 was someone I really clicked with and we've had so much fun in the past 4 months. We go on weekend getaways, road trips, to national parks, hiking, nice restaurants, movies, etc. We do everything my ex never wanted to do (she just wanted to sit on Facebook all day).

I am now happier than I was in a long time. But I had to go through some crazy pain before I came out better on the other side. Also all the work on losing weight and becoming interesting through hiking and other hobbies paid off.

The rest of your life is what you make of it. You can sulk and become a recluse, or you can say I have one life, I'm going to live it to the fullest, and find a new and better woman.

My ex told my kids yesterday "Dad gave us a great life, I didn't have to worry about anything, and now I worry about everything" It's finally sinking in to her what she lost. I knew that she would realize this but I didn't think it would be so soon. I really feel vindicated, but I'll never take her back.

166
UPVOTES

When the “wife goggles” are taken off

cnarsystems · 27 June 2025 · Archived copy · Reddit

When you see her for what she is now, not the romanticized version when she was yours, it feels so much easier to be done.

It is amazing how much different I see her now than before all this started. Bottom line, it gets easier and better.

166

UPVOTES

As a woman... I just wanted to say I'm sorry and I see you

WinchesterSPN Lover · 7 July 2026 · Archived copy · Reddit

Not sure if this is worthy of a post but I just wanted to give my acknowledgement of what you're all going through with hopes that it might be a bit comforting coming from a woman (aka the opposite side... lol)

I've seen the struggle and hardships my dad has gone through as well as just other divorced men I've talked to in life through casual dating or friendship. From my perspective, it just sorta seems like it's extra hard and lonely on men.

This might not be worthy enough of a post LOL but my dad's been going through all this somewhat recently and it just seems like acknowledging his feelings have helped a lot so... hopefully I can do the same as a stranger on reddit! ☺

165

UPVOTES

Who's Got Two Thumbs, The House, Car, and His Entire Retirement? This Guy!

GrayCalf · 22 August 2019 · Archived copy · Reddit

I caught my wife cheating about a month ago. She had been acting very suspiciously and there had been some circumstantial evidence but nothing conclusive. A few nights she hadn't come home from "the bar" and claimed she was with her female friend. It pissed me off to no end. The fourth time she did it I hopped on the family computer. Quick note -- I'm in IT. Five minutes later everything I wanted to know was at my fingertips, despite the fact she was using her phone for almost all of it. She should have used two Dixie cups and some string to talk to the other guy.

She didn't come home after I sent her pictures of what I found. She stayed with her "boyfriend". It gave me time to change the locks and pull together a plan. She managed to get some money out of our joint account -- a lot for her, but peanuts for me. I made sure to lock everything down and protect everything else.

I saw a lawyer and managed to stay civil enough to get an uncontested divorce worked out with her. She's nuts, because she basically could have taken half of everything and received at least \$1,000 a month in alimony. Instead, I'm only paying for her car. The divorce is final and she can't change her mind.

She gave up a nice cushy life where she didn't even work, for a guy who has no job and no future. She has to work two part-time jobs and probably still won't make it. She's on food stamps and state aid for health insurance.

Me, well, I have a 4000 sq foot house, a paid off car, all of my retirement funds, and a full-time job with plenty of prospects for the future.

Just thought I'd share my story and let you guys know that occasionally we win.

164

UPVOTES

Her boyfriend reached out to me

disgustinbrother · 20 September 2024 · Archived copy · Reddit

This is how surreal my life is. I have my first hearing in 4 days. Stbx wanted to leave me for a friend we both knew. She kicked me out of the house claiming DV that didn't happen. so now I'm living in a dirt bag apartment with no furniture except an old army cot I sleep on. The boyfriend reached out to me after she went crazy and broke up with him and had her friends gang up on him lol. My first instinct was to threaten his life and tell him to Fck off. But I didn't I let him bitch and complain. I asked a couple of questions and he has given me so much information that me and my lawyer are going to use in the upcoming hearing. She cashed in her IRA, bought a car, stole some money from joint account etc etc. The best is I know what their strategy is going to be in court. Don't get me wrong I'd still like to bitch slap him but somehow I stayed cool. I guess subconsciously I knew it would pay off

164
UPVOTES

One of the strangest parts of this process is how normal you still have to look while your life is under pressure.

Fit-Plenty8777 · 10 April 2026 · Archived copy · Reddit

Bills still have to get paid. Work still expects you sharp.

Your kids still need you present. And most people never see how much weight got added to your back all at once.

A lot of men in divorce are carrying more than they say because there is no real place to put it.

Anybody else feel like the quiet part of this is the heaviest part?

163

UPVOTES

No wife happy life

ww3historian · 31 July 2023 · Archived copy · Reddit

My ex came over to have our son help her with the laptop. In the 30 minutes she was over here, she yelled at my son who was just trying to help her, yelled at me for telling her to not yell (she's a yeller alright) then she stormed out of the house in a huff. It's so nice to not have that kind of angry beast in the house.

163
UPVOTES

What I love about being divorced

berzerker5000 · 28 February 2024 · Archived copy · Reddit

- 1.) Nobody wakes me up early on the weekends.
- 2.) Nobody asks me complicated questions before my first cup of coffee.
- 3.) I get to plan my weekends myself and nobody fills them up with stuff I don't want to do.
- 4.) lots of time for hobbies and learning new things.
- 5.) Nobody tells me I need to do better or be better.
- 6.) I am in better shape than I have been in years and feel healthier.
- 7.) More time to hang out with guys and say stupid shit.
- 8.) The peace and quiet in the house
- 9.) I don't dread coming home after work, I look forward to it.
- 10.) Nobody makes me feel guilty for working hard.
- 11.) I can leave the toilet seat up, dishes in the sink, and live in my own filth if I want to lol.
- 12.) I am closer with my immediate family then I have been in years and realize who in this life really loves me.
- 13.) I can buy any car I want.
- 14.) I can go on any trip I want and don't have to pay for another person to nag me the whole time.
- 15.) I can check out women and have sex with new women.
- 16.) I can stay out all night long if I want.
- 17.) I am no longer on an emotional rollercoaster of being anxious or heartbroken.
- 18.) The feeling of having my whole life ahead of me and limitless possibilities.
- 19.) Not having anyone to argue with or having to defend myself
- 20.) Being able to decorate the house with my stuff and not girly stuff.

162

UPVOTES

My kids hacked STBEXW email

chughead55 · 23 June 2022 · Archived copy · Reddit

Shit hit the fan tonight.

My divorcing wife already told my kids she was talking with another man she "just met" because she deserves to be happy. Big mistake.

Well. My wife was camping with friends tonight and my kids took the opportunity to hack into her laptop. They somehow knew the pin. And credentials were cached for her email. So they got in.

They found out the affair was going on for over a year and he is an alcoholic who keeps relapsing and their relationship has been violent the whole time. The love letters were sickening to them and they found dick pics. My kids were actually laughing at how low my wife is sinking. Seriously, dick pics on yahoo mail. Face palm.

I looked him up. Dude has been arrested for arson and domestic battery. He is 50 YO and has a net worth of \$30K. If he thinks he's coming anywhere near my kids. I'll beat the shit out of him. He can have my wife.

Holy shit. Any shred of respect i had left for her is so far gone. She is an outcast in this house. I don't think I'll be able to talk to her in any fashion without snickering.

Then my kids called their grandma (wife's mom), to ask if she recognized the name. Eventually the whole story came out and of course grandma was trying to defend her daughter on speakerphone and drag me through the mud instead. "It's not cheating if she wasn't happy".. That all fell flat. Kids starting laughing at grandma because how twisted she had to go to create a defense. My kids are so smart they ended up losing respect for grandma too.

Then the kids started to insist my wife just leave the house now.... with nothing because she deserves nothing. They will never forgive her for making us sell the house.

Wife was looking at me to maybe offer some defense. Lol. F OFF BITCH.

I've got my kids and their love. You've got an arsonist.

162

UPVOTES

DeSantis ends permanent alimony in Florida

LMS_THEORY_ · 30 June 2023 · Archived copy · Reddit

<https://www.washingtonexaminer.com/opinion/exclusive-desantis-signs-landmark-law-banning-permanent-alimony>.

Hallelujah!

Guys....I had my mediation yesterday and I'm somewhat of a high earner. My ex asked for a ridiculous amount of alimony and could have gotten it for our entire marriage. With this new law, the max duration she can get is half the length of the marriage and 35% (down from 50%) of the net difference between our take home incomes. I've been mostly left leaning my life, but DESANTIS 2024!!!! LET'S GOOOOOOOOOO!

162

UPVOTES

How do women keep guys in bad marriages

dadmacintosh · 11 December 2024 · Archived copy · Reddit

Attacking your self esteem. That is how.

If you are a thoughtful, considerate person, their cutting, demeaning comments get to you. You think you wont do any better- financially, emotionally etc. The kids etc etc etc.. Years pass by and you wont recognize the person you have become. It happens over time, hundreds of concessions (the proverbial death by a 1000 cuts).

Once you are broken down, you will find out that she has had more exciting relationships with coworkers, her family, other guys ——— except with you.

You try harder by assuming more responsibilities in the house often at the expense of your career, hobbies etc. Only for her to treat you worse.

Share your stories, gentlemen.

158

UPVOTES

There is always someone else

ww3historian · 9 July 2024 · Archived copy · Reddit

My ex wife swore up and down that there's no-one else, she just wanted to live alone in peace and quiet after being a stay at home mom for 18 years.

Yeah right, she had this instagram account and she was messaging other dudes while we were married and already picked out who'll she'll move in when we got divorced.

Even when I saw on this forum that there's always someone else, I didn't believe it, I thought my ex wife , mother of my kids, the woman I lost my virginity to was different, but she wasn't. It's really hard not to be jaded for future relationships.

158
UPVOTES

Nobody knows the pain of divorce

ww3historian · 6 February 2025 · Archived copy · Reddit

Almost none of the people I work with are divorced, almost all are married with kids in HS or college.

Recently a guy at work had to go to the hospital for some minor thing, and everyone was like we have to get him a get well card, blah blah

I got separated 2 years ago and divorced a year ago and nobody did anything for me. Didn't even take me out for lunch or happy hour.

I even told them I was going through a divorce because my mind was cloudy and I wasn't 100% present in the meetings and I didn't want them to think I was checked out and looking for another job.

We lose our best friend, lover, parent of our kids, someone who helps with household chores, we lose a bunch of money, a house, retirement and nobody cares.

158

UPVOTES

The mid life, divorced man and women's perception

HP_Love_Shack · 19 August 2025 · Archived copy · Reddit

I've read a lot of comments from women on Reddit about how men my age (40s) are Emotionally unavailable, commitment phobic, avoidant. I don't want this to be about bashing them. But I feel they aren't grasping where many divorced men are in mid life. I tried to explain and got down voted of course.

I've simply learned from being burned out by marriage and the divorce system. And I believe many other men have as well. I've learned that my emotions get used against me when I'm vulnerable. My money I earned ultimately gets used against me when I commit, the more I "give." My physical labor and chores I did around the home was demeaned.

My family was broken up after I made a deep commitment. So when I read or hear that a lot of guys are "emotionally unavailable or avoidant" or don't want anything serious I just think they are onto the game.

It's not about bitterness or laziness, or immaturity at all. As they often wrongly perceive.

A guy like me felt like a target in the end. Hard working, loyal, trying to make my wife happy which became impossible to do. The very things I took pride in were used against me (loyalty, bread winner, commitment, my honesty and vulnerability to the one person I trusted more than anyone).

What a lot of women don't see is that many men have been through the marriage, LT relationship system and feel a deep suspicion. Sometimes the more we put in the less we get. The more money I spend the more it's expected and ultimately unappreciated. The more I earn the more is taken in divorce. The more vulnerable I am is used against me in a breakup or used to humiliate me. Or does the opposite and just drives a woman away because they get the ick. Though they asked me to open up.

It's sad to say. I wish I could trust in a heavy commitment and be open again. But this day and age especially with social media and online dating I feel reality has changed. It's easy for them to leave and move on. And harder at my age to rebuild once they've changed their mind.

And at my age, already having a child, I don't want a blended family. I don't want a step mom to leave my child if it doesn't work out, or me to bond with a woman's child and then never see him or her again. Etc.

So when people ask me why am I not dating seriously or even out there, this is why. Maybe I will change. Maybe it's cynicism from my divorce that's not out of my system yet. But I don't know how you guys do it who get married two or three times.

I wish you all luck out there

157

UPVOTES

The day finally came that I felt grateful to my ex wife...

Lugubrious_Lothario · 7 July 2025 · Archived copy · Reddit

I've recently started dating again (I took a couple years off after my divorce to work on my self as they say) and it's been pretty uneventful, I've met some nice women who's company I enjoy but nothing has really clicked.

Today I went on a date with a very beautiful young woman, and I can honestly say I haven't been this sexually disinterested in someone since my ex and I were in the death throws of our marriage.

So thanks, xxxxxxxx for teaching me how to spot a high maintenance, entitled, stuck up, frigid bitch before she gets her hooks in (and for traumatizing me so severely that my dick practically retreats in to my body at the slightest hint of narcissistic abuse on the horizon).

156
UPVOTES

**One month post divorce. First full night alone at my new place.
Celebratory steak for the win!**

oli_21_ · 14 June 2021 · Archived copy · Reddit



156

UPVOTES

Well boys, I'm done

Throwaway19891953 · 20 April 2024 · Archived copy · Reddit

I am by no means an expert on these things but thought it may be helpful to list the things I did well and the mistakes I made. Feel free to add your own. Married 7y, together 14y, 2 kids under 7yo, got cheated on then lied to and finally came clean months later after much pressure, divorce initiated Apr'23, finalised Apr'24, UK.

Good things:

Grey rock and NC at all times - in the beginning she wanted to talk a lot about "what happened". She got dumped by AP as soon as they had sex for the first time (funny that), then rekindled the day after she left to "be by herself and find herself". It was all a spiel to ease her conscience. The idea is if they can just show you what they went through and ideally be friends, then she can't be a bad person (for herself and publicly). Don't engage. It will make you question your sanity.

Negotiate settlement ASAP while she's in affair fog. Text or email, no talking.

Double down on being the best dad. Make new memories. Be emotionally available to them. Mine told me "dad's are the funny parents and moms are the serious ones, aren't they?" because she always would be stressed. Try not to think about them too much when they're at hers eg how she raises them. You can't change it. I made many super special moments with kids to the extent they are sometimes a tad disappointed when the doorbell rings during swap days.

Use these forums and lean on your friends (special shoutout to @Sanguinius!). Don't keep Switzerland friends who want to maintain a friendship with you and the ex. You don't need those people. Better to have a few solid friends than many half-assed friendships. The friend who calls you up when kids are with the ex and takes you to the driving range for a few swings and beers is the kind of mate you want.

Read Cheating in a nutshell and Lose a cheater gain a life. Best books out there.

Engage a lawyer yesterday. But shop around (see mistakes).

Use Tinder and Bumble for sex, Hinge for higher quality women. Do your research and do's and don'ts for your profile. Facetime before the first meet if possible unless you can verify their looks eg checking their Insta or FB (including tagged / non-doctored pics). Most women use filters and/or old pics. You don't want to be surprised.

Remove all pictures and things that remind you of her from house, phone, etc. Make a professional photoshoot with your kids and hang the pics all over the walls where the old ones used to hang. Don't give copies to your ex (she will ask for the ones of the kids).

Write a note to her about all the wrongs she's done to you and what you hate about her. Then destroy it. Or keep it and add to it whenever you feel down / need reminding why this hoe doesn't deserve you. I keep mine on the phone.

Maintain a log of all that happened. You may need that if only to remind yourself. She will create a new storyline.

Doubled down on gym and eating healthy. Check your posture and stand tall. Follow Pappa Swolio on Insta for motivation. In the gym, don't do cardio before lifting weights.

Buy new, well-fitting clothes. TrueClassic really are amazing and did wonders for my confidence.

Depending on your kid's age, install a (child) chatting app so they can contact you whenever they are with the other side.

Go to the Barber regularly, look sharp.

Watch Jordan Peterson talk about divorce.

If she cheated, realise its NOT your fault, no matter what.

Remember she's not the woman you're married.

Buy a motorcycle.

Mistakes I made: Spent months puking daily (not by choice).

Drank far too much and started smoking again after 10y smoke-free (have stopped both now).

Have at least 5 free lawyer consultations and chose the one who gives you the best vibe, ideally an aggressive one who understands the balance between keeping legal costs low but is in your corner when you need them. Fired my first set of lawyers for a significantly more expensive one (per hour) but got much better advice and overall cheaper.

Therapy wasn't for me. Had 2 therapists. First one I fired because he was advocating R. Second one didn't help me much. Maybe it's better for others.

I blurred the line too much when she went through a personal tragedy and comforted her for a week including cuddling (no sex). Thought I was being a good man / had to be there for the family. But that set my healing back by months.

Had suicidal thoughts once or twice.

Most motivational things I read:

You own 100% of 50% of the issues in your relationship.

Divorces are expensive because they're worth it.

Accept that women recover after breakups fast because they likely monkey-branched and/or can get a guy by just smiling at them at a bar. But it won't last. Men recover slower but in time far better once your confidence recovers and lifestyle changes pay off. Also the dating pool for women in their 30s (esp single mothers) is 40+yo guys since they can't compete with the younger women. For men it's the other way around (currently dating a girl 14y younger than my ex).

Death is a permanent solution to a temporary problem. Don't unalive yourself.

156

UPVOTES

She tried to break me. But I'm still standing—stronger.

OkFormal5622 · 29 May 2025 · Archived copy · Reddit

About a year and a half ago, my wife told me she “wasn’t happy” and needed space. Not long after, I found messages between her and multiple men on social media. Eventually, I caught her red-handed behind a store late at night with another guy. When I confronted her, she pulled the usual “you’re crazy” routine and got people to believe her version. Then she filed for divorce.

Over the past year, I’ve paid every bill. She stayed in our house while I was living in an apartment. When we got to mediation, she stalled for months—until the judge finally held her accountable.

She racked up a mountain of debt and tried to pin it on me. The judge saw through it and made her responsible for her share. I had stopped paying child support because I was covering the full mortgage while not even living there. She tried to hit me with back child support, and again, the judge sided with me—saying I was already paying more than I should’ve been.

Today, she was finally forced to accept the settlement—by her own attorney and the judge. She called me afterward, ranting about how broke she is and how “unfair” it is that I’m doing okay. I told her, plainly: she’s terrible with money, and at this point, that’s not my responsibility anymore.

What’s wild is how she tried to destroy me, and yet I’m the one standing tall—while she’s falling apart. I kept doing the right things. She chose her path, and now she’s facing the consequences.

She still takes no accountability. Still plays the victim. I’ll admit, it felt good—finally—to say: “This is what happens when you ruin your marriage. Life is hard. I warned you. I don’t feel bad. Maybe it’s time to grow up.” And then I hung up.

Not out of spite. Out of peace. I’m done carrying the weight of someone else’s poor decisions. And it feels good to finally let it go.

156

UPVOTES

To Every Divorced Man Who's Still Standing

North-Risk3546 · 25 February 2026 · Archived copy · Reddit

No one talks about the kind of grief that comes with divorce, not the kind you cry through, but the kind you carry in silence because you have to.

They don't talk about how the person who once knew you best now treats you like a stranger. How their eyes shift from soft to indifferent. How someone you built a life with can suddenly become your opponent, rewriting the past to fit their version of "freedom."

No one tells you how holidays hit different, not because you're alone, but because everything's fragmented. You're still Dad. Still showing up. But there's a ghost at the table, the life you thought you were building together.

When someone dies, people show up. They bring casseroles, hugs, support.

When you divorce? People vanish. Or worse, watch. Quietly judging.

You're not allowed to grieve. You're expected to "get over it," to "man up," to not speak ill, to take it all on the chin.

And while you're doing that?

She's reinventing herself. Finding her voice. Living her truth.

You? You're re-learning how to exist without questioning your worth.

Her mother? Still in the background. Not cruel, not loud, but ever present. Carrying old patterns and expectations, nudging the pieces into place like she's finishing a puzzle that was never hers to start.

And through it all.. you start asking yourself:

"Am I really the villain?"

"Was I this blind?"

"Am I the only one who feels like this hurts more than it's supposed to?"

But here's what no one tells you:

Divorce doesn't just end a marriage, it reveals you.

The man you were... can't... survive what comes next.

But the man you're becoming? He's forged in this fire.

You learn that peace is more powerful than being right.

You learn that protecting your energy isn't weakness, it's self-respect.

You learn to stop chasing closure from someone who benefits from keeping the door cracked.

Eventually, the silence doesn't sting. It steadies you.

The judgment doesn't shake you. You're too rooted now.

And the version of you that emerges?

He doesn't need applause.

He's too busy living a life that... can't be stolen.

To any man who's in this space:

You're not broken. You're rebuilding.

And you're not alone.

Keep going.

My 2 years will be March 2026.

155

UPVOTES

Wait at least one year after Divorce before dating.

Funny_Wolverine_9 · 22 November 2024 · Archived copy · Reddit

Waiting one year after the divorce is final before dating comes from a decade of collective experience of the men on this forum who did not wait. This rule of thumb is from the disasters we have experienced, the mistakes we have made, and the knowledge we have gained. We find it so important a lesson that we present it to every man who lacks the experience we have. Once you have waited a year, you will completely understand how you seriously underestimated the recovery process from divorce. The aftershocks of divorce are profound. You're emotionally and psychologically stressed, and your entire future changes as well as most of your relationships.

My marriage was long over. I was cheated on. If it's good enough for her to start dating before we're divorced, it's good enough for me.

Divorce is a full-time job. You don't have the time for a distraction like a new romantic relationship. Not giving your divorce the attention it deserves is one of the top 10 mistakes men make during divorce. This forum is littered with stories from dads who focused on women instead of divorce, and those dads wonder why they're still not divorced years later. Relationships during divorce are a huge distraction, and we recommend men take advantage of that when their wife is preoccupied with Mr. Wonderful.

Leaning on someone else under the duress of divorce is hardly a foundation for relationship success. Misery loves company and should not be mistaken for compatibility. What kind of cupcake dates a married man? A good woman with a basic grasp of morality will wait until you are divorced. Clean up one mess before creating another.

But I don't want to be lonely. Don't I deserve to be happy?

Happiness is sourced internally, not collected from another. If you're looking for external happiness, then it's a clear sign that you aren't ready to date. Take time for introspection on what is actually missing from your life. Introspection is important for your long-term happiness in future relationships. You spent years emotionally investing yourself in your wife. Now it's time to invest in yourself.

I was in a loveless, sexless marriage. I need to live and make up for lost time. I want to recreate that bonded feeling when I was happily married.

We get it. You lost half of yourself. Which is why you need to rebuild a healthy relationship with yourself. Take the time to figure out who you are. If you don't, then you're going to find yourself in a difficult situation before you're mentally prepared to handle it. If you don't process the red flags that led you to divorce, you are doomed to repeat history.

Neediness distorts your judgement. Just ask the guy in the mirror. When you radiate confidence, decisiveness and independence, women will gravitate towards you. Do not settle for Miss Good Enough Right Now. She's not better than being alone, especially if you feel the need to put a spin on your divorce in order for her to accept the truth.

The five-knuckle shuffle got you through high school. It'll get you through and after divorce too.

Pfft, I can handle dating. The best way to get over my ex is to jump head first into the dating pool.

By jumping into the deep end of the pool, you're blind to your own vulnerability to predators because of your emotional unreadiness. After divorce, you have more emotional baggage than a 747. Any woman who would overlook that is paying a fortune in extra baggage charges herself.

You have never been more vulnerable than you are today. Predators thrive on desperation, and the stench of rebounding from a long-term relationship makes you an easy target. You are easily manipulated by her affection, while she sees you as an answer to her financial problems.

The story starts with her cute smile, laughing at your jokes, liking the same things you do, and demonstrating compassion for your situation. Most men are so starved for validation post-divorce, they are one blowjob away

from clearing out closet space for a woman. The dopamine fix will overwhelm any good sense you have. Once entangled you will tolerate whatever demands she makes of you. After all, you suffered through your marriage for a long time. What you don't understand is that women can achieve a level of indifference that's foreign to most men's idealistic concept of love.

But a woman who will have sex and doesn't seem crazy must be a keeper! No, it just means your people picker isn't calibrated properly yet. Your ex was not an anomaly. You ignored red flags and paid the price. Reevaluate your decision making process. For starters, read **Briffault's Law** to realize you didn't pick her, she picked you. If you don't recognize the red flag when she tells you "I'm not like other women.", then you need more time, distance and shielding to process divorce. Statistically, men move on to their next partner too fast. The likelihood of divorce in a second marriage is 67% and 74% for third marriages. And just because you're familiar with the divorce process, it doesn't get easier. It'll be worse next time.

You need time to heal. Divorce messes you up mentally, even if you're the initiator. Before a predator brings you to your knees, figure out who you are. Avoiding propinquity for the first year after divorce allows you to clear the clutter of your marriage and divorce. Psychologically there's a lot to unpack, especially if your ex was gaslighting you. You need to get comfortable inside your own head before you think about initiating spousal replacement therapy.

If you have children . . .

Expecting your kids to accept a girlfriend when they haven't even come to terms with your divorce yet is unreasonable. This is not the type of behavior you want to model for them. Your kids deserve better from you.

All too often we see a dad meet a woman with her own kids. Instead of exercising forbearance with money, brains and time on his own kids, he caves into the woman's pressure to blend kids and make a "happy little family". The situation is exacerbated when the dad has less than 50/50 parenting time. His own kids now have to share already limited resources with these stepkids and deal with an unwanted female authority figure. That's the last thing his kids want.

You need to figure out the new normal with your kids, including routines and forging new traditions, without the distraction of a cupcake. Their life is in upheaval and the transition period to two households can be difficult for kids. As SuperDad, you need to figure out routines for school work, extracurriculars, playdates, and whatever other needs they have. Then you've got to figure out your routine with your job and how to balance your new budget. The first holidays and birthdays are going to be rough, and you need your attention and energy focused there to get all of you through it. Don't forget about contingency plans. Do you have your alien abduction plan prepared?

Lastly but certainly not least, you need to establish a year of peace. The mother of your children will be enraged whenever you start dating another woman. And if you start dating during the divorce, she will dig in and fight you tooth and nail. Your attorney will be driving a new BMW or Mercedes thanks to your little head. A new woman is an existential threat as a maternal figure. By dating, you're handing her a lit match and pouring gasoline over yourself. The thinner, more beautiful, better educated, wealthier, more accomplished or younger, the greater the conflagration. Yes, this is a massive double standard even if she's already dating. She will be completely oblivious to her own hypocrisy.

Ok, I'll start thinking with my big head. Where do I start?

Invest one year into yourself for self-discovery, renovation and revitalization. Find things that you've always wanted to do, learn and experience and enjoy those things for a year. Develop your skills and knowledge in these things (rock climbing, playing a musical instrument, billiards, etc) and you'll find yourself making more time for them. If you do that well, you'll have the foundation for a lifetime of happiness.

Then what you'll find is that after this investment in yourself, the women that come into your life won't be competing against other women for your attention. They'll be competing against things that really bring you joy and

fulfillment. And it will take a truly exceptional woman to accomplish that.

Signs you are not finished with your post-divorce reconstruction:

You fear being alone.

You seek validation from a partner.

You're still renting headspace to your ex.

When you no longer need to clutch onto a relationship, and you have your best self to offer, that's how you know you're ready. Don't be surprised to find that you don't have the time to date once you've started enjoying your new found freedom.

Attribution: The ideas and values expressed in this post are an amalgamation from veteran posters who have shared their experience, opinion, insight and wisdom. Snippets or entire sentences written by them may have been included. The only credit I take for this post is my interpretation and editorial style in stitching it together. To the best of my ability, I've tried to preserve the original intent without taking things out of context.

153

UPVOTES

She wanted to prove she could do it without me

Funny_Object_5538 · 28 December 2025 · Archived copy · Reddit

So...her main reason to blow up our 16 year marriage and life of our 4 kids aged 6-13 was she said I made her feel worthless since I was the sole provider. Like that I didn't think she could provide without me.

She sure is showing me now! She got a caretaker job and is making \$16 an hour! She just got an apartment too all on her own! How is that possible you ask? Oh because is end her \$4,000 a month in spousal and child support. Double what she brings home after taxes. The kicker: My kids think mom is paying for everything on her own and they're so proud of her. I don't have the heart to take that away from them. But Jesus, what a crock of shit as I pay for 2/3 of their life down there without them knowing and worse, her thinking this is showing me? Fuck her

152

UPVOTES

Even in death it's hard

Junior-Warning2568 · 26 November 2025 · Archived copy · Reddit

So my ex wife died last week of cancer. My teen sons watched their mother die in real time. I was giving her over \$4,000 a month in alimony and child support, it's been rough. Now that she passed im going to be taking custody of them in the next two weeks. I have let my sons be with the ex's family to mourn and be with their mom while all of this happened. I found out they are trying to get my sons to be emancipated so they can keep me from getting custody. So even in death, her and her family try to keep my son's father from being able to raise his sons. Luckily after a threat of legal action, they appeare to be standing down.

151
UPVOTES

Officially divorced today.

Metallicatica · 21 July 2022 · Archived copy · Reddit

I thought it was a perfect marriage. Vacations to Europe, Iceland, Alaska, Metallica concerts, motorcycle camping trips, we were full time drunk happy bartenders. She left me for a busboy 15 years younger.

Over two years start to finish. I got 75 grand, she got the house and my cats. No kids.

This is a message from the other side.

It really does get better, but you have to put in the work.

Look in the mirror. Judge yourself harshly. Workout. Quit smoking. Drink less (or not at all). Read books. Turn off your TV. Connect with your boys. Go to therapy.

You were full and complete before her, you will be full and complete after her - if you do the work.

151

UPVOTES

Get divorced to be the fun dad you always wanted to be

NewDay0110 · 29 June 2024 · Archived copy · Reddit

I just want to share one of the awesome things about being divorced. I no longer have a "boss" who can tell me how to parent. This week my 10 year old requested to see the movie The Purge after seeing it referenced in a Roblox game. We watched it together, my first time seeing it too. I was surprised how much she enjoyed it. We had a great time. It's great being able to watch R-rated films with my daughter and not have a Debbie Downer wife complaining about our choice in movies.

A few weeks ago I also took my daughter to the gun range and trained her on how to use a .22. That was a fun morning as well. When she told her mom how much fun she had that week, her mom wasn't happy about it... but she can't do anything because we're divorced!

Being divorced makes life so much more full of freedom and fun.

150

UPVOTES

She left because I was "broke". 6 months later, my income has 8x and expenses cut in half. I think she was the reason I was "broke".

Temporary-Study6761 · 12 August 2023 · Archived copy · Reddit

In hindsight, I find it hilarious how this has all played out. When we met, I was legit broke. I had enough money to take her on a date and that was about it. I remember praying in my head that the total bill + tip would come out less than \$40 bucks. Over the years I worked and made money but it was never 'enough', or felt like enough to raise a family. I certainly tried though. I (28M) bought us a 3Bd/2Ba house sitting on an acre of land to call our own and grow a family. I paid every bill. Her only expense was her car payment which I usually had to end up paying anyway. For many years she did not work. She sat on her phone for 10 hours a day. She wanted to travel and take vacations every weekend. She had to buy ridiculous ins and outs for the house. New clothes every week. Mind you she is 150k in debt. Also mind you she doesn't have an income at this point.

Eventually, I put 2 and 2 together and realize that financially I am going to get burned one way or the other. She is either going to divorce me and demand some sort of alimony, or I'm going to be working 60 hours a week so she can buy house plants. We don't even have kids, so it was just me supporting this woman for 'some reason'. What is the point?

For my own sanity I quit my job and got a part-time job that paid enough to pay the bills and save each month. I spent the rest of my free time working on the house and on my hobbies. She was publicly supportive but I know she hated this. She eventually gets a remote job and 2 months later she is out of the door. I saw it coming a mile away. Like I knew this would be the outcome once I quit my job. We didn't even have that bad of a relationship. Sex was frequent. We got along well and worked together as a team on many things. But I knew once she got her fancy job she was going to think she could do "better" than me. And sure enough..

After financing her life for 6 years, after 60 days of working for this company she had had 'enough'. Fantastic. With her out of the picture I have had the opportunity to completely rebuild my life as I saw fit. Most people on this sub will say "hit the gym", which is good advice, but I hyper-focused on fixing my financial situation. I got a job in my field at reduced hours (Paying MORE than my previous job at 60H/Wk) and resumed 2 side businesses that I had been working on since before we even met. I sold the house (bought prior to the marriage) and bought a slightly smaller place outside of town for half the price. I got rid of all of the paid subscriptions, add-ons etc. The electric bill is literally a 1/4 of what it was. I could understand it being reduced by half, but 75%?? I guess it doesn't make much of a difference if you are turning the lights on or off as long as you're not the one paying the bill. Anyway the reduction of expenses and increase in income I literally can not believe the number in my bank account right now. I checked the census data and I am in the top 1% of income earners for my area. I may very well be a millionaire in 5-7 years time. I don't really care about that, more so the security that comes along with having resources. Mind you, I grew up extremely poor. Nobody in my family has ever had any money. I've never seen this much money. I would have never invested serious time or energy in my business with her still in the picture. I could never think straight between all of the nagging and complaining and crying.

And this is what I don't understand, probably never will. When I was down bad, she was the most loving person. Early in our relationship I didn't even have a place to stay. I moved in with her and lived rent free for 3 months. She fucked me like a champ everyday. I promised to make it up to her, which is what I thought I was doing by working 60 hours and buying the house. Over the years this seemingly turned her ungrateful and spiteful. Like she hated that her (now) husband wasn't able to provide her with the lifestyle she saw on Instagram everyday. Then I quit my job and she is out completely. With her gone, I'm literally in the 1% of income earners. It wouldn't really be much of an issue to go on vacations and buy plants now. It's just not going to be for her.

148

UPVOTES

How I let a woman destroy my life - 41m. Young men: Do not ever get married.

FineTransition96 · 14 November 2022 · Archived copy · Reddit

Intentionally or not - my wife

- wanted kids sooooo bad (the only thing that will make her happy) that I finally gave in
- now that we had two children we HAD to have a house in the suburbs

I paid for everything and worked my ass off (out of love and a sense of obligation). She wanted to be a SAHM, her absolute dream. Such bliss but only for the first two years. After that she discovered that being a mom was actually not for her and she was veeery unhappy.

So she got a part time job and of course I had to "man up" and not only still take full responsibility to earn a very good living for our family but also do my part of household chores and caring for the kids. I did that and with pleasure still.

But it was not enough. She was still unhappy and discontent - until she discovered some self-help seminar which REALLY opened her eyes. She is STRONG and INDEPENDENT! HER happiness must always come first, of course. So fuck the shared responsibility we took on when we "decided" to have children. Instead lets better divorce (what else could be done when one is not "happy"?).

Yes I am in the middle of a divorce and it will cost me DEARLY. I will lose my children, I will pay about \$2000 in child support for the next 20 years, she goes away with half of everything I earned (which meant financial security for our family). I am left in a financially very hard spot and will lose everything I held dearly.

This woman destroyed my life with her derangement. She has an empty hole in her soul that cannot be filled. She will never be content or happy.

And this is why I chose to "go my own way" from now on and NEVER EVER let a woman even remotely take control over my livelihood / finances / lifestyle.

It has nothing to do with misogyny - I am confident that there are many lovely, good women on this planet. But I know for a fact that there are also completely deranged women out there - and our society keeps telling young men to "man up" and "contribute to society" by creating a family with a person that does not contribute nearly equally and can destroy his life on a whim.

Thanks, but no thanks.

148

UPVOTES

It wasn't revenge it was a must- after 3 years of marriage she left me for a family friend- I was in the worst place of my life. Went from 290 to 245 and packed muscle. I'm still hurt and I'm still fighting through the depression.

gonzomeathead89 · 19 May 2019 · Archived copy · Reddit



147

UPVOTES

Beginning to get some justice.

Ok_Perception_1836 · 27 December 2023 · Archived copy · Reddit

Wife cheated after seven years married. We have two young kids. She immediately moved over 100 miles away to be with AP and left me with the kids and marital home. Judge awarded me everything. Primary custody, child support, the house, the car, and almost all of the marital cash. Wife's buyout was barely over \$10k.

Her AP just lost his job and is being sued by one of his baby mommas and has several other pending charges against him for all sorts of stupid shit.

One of my friends told me at the beginning of this that sometimes people will be 90% happy in their marriage, yet they'll leave to go find that 10%, not realizing that's all they'll have at the end. She gets her kids every other weekend, pays me hundreds each month, and now has no chance at the perfect, romantic, wealthy future she thought she was going to have with this idiot.

Surprise! Cheaters are never happy.

147

UPVOTES

"He's a good man, but..."

LearnGrowExist · 21 November 2025 · Archived copy · Reddit

I made the mistake of visiting another well-known sub tonight, more than 6 months post-divorce that I'm still intensely grieving, and the post I came across was so eerily similar to the words from my own ex-wife's mouth that I have to believe they are all just spoon feeding each other this bullshit or something, right?

He's a good man... Oh yeah, I cheated, but let's get to the real heart of the matter here: he's 'good' but not good enough for me. And that's what matters here. I think I might regret my decision, because I love him, but I'm just not in love with him.

Dude, guys, hear me say this, if you have any self-respect, do *not* get married in this generation. Something is seriously amiss here. It feels like watching what will eventually become a cult documentary. That's all. I'm just tired and sad and angry and bitter and ultimately hoping one day I won't be. But I will at least be all the fucking wiser.

147

UPVOTES

The 'after-divorce' trap

Jagged_Rhythm · 8 January 2026 · Archived copy · Reddit

I'm not one to generally give advice on here, but I feel the need to share something obvious, and have a good reason why.

Divorce is hard, even if you're the one that wanted it. The brain is going to have to be rewired one way or the other. Don't use this as an excuse to let yourself go. Don't drink more, drink less. Exercise more, not less. Don't watch porn as a substitute for companionship. These are slippery slopes designed to destroy you, and most people it will.

I (M55) got divorced 8 years ago, it was fairly mutual, I've never missed her. But you wouldn't know that to look at me. Over the years I gained 70lbs, drank like a rock-star every night, and smoked a lot of shit, mostly in my bedroom. I tore a muscle and ended up with blood clots, a lot of them, which put me on a year of blood thinners that I had an allergic reaction to the entire time, probably because I didn't slow my destructive behavior down at all.

But eventually I did. I (finally!) stopped drinking completely. I started exercising again and eating better. My weight has dropped to 230, but there's still a way to go. And then out of the blue I just happened to make contact with a woman that I went to school with a long time ago, and had a serious crush on at the time. She had just gotten a divorce herself about a year ago. We had some small chit-chat on FB, and it kept going, finally it was obvious that I needed to gracefully bow-out or ask her to meet up for a coffee or something. So we're going to do that, maybe this weekend. I'm seriously terrified. I look like hell. Which brings me to the point of all of this.

You have to take care of yourself. Every day. Be a strong man, inside and out. Even though I've improved so much from that destructive state I was in, I'm still clearly a bit overweight, have a limp, and mentally not accustomed to much interaction with people anymore. Not exactly how I'd imagined re-entering the dating world, and certainly not with her. You can't get back in shape (mentally or physically) in just a few days, and the day will come when you will need to be the best version of yourself possible right then. When life throws you an unexpected opportunity, there's no time to prep. Life never stopped moving forward, I did. Don't do that to yourself.

146

UPVOTES

My advice to those starting down this path...

soontobesolo · 30 August 2024 · Archived copy · Reddit

I've been sharing this copypasta a bunch, so it might as well be its own post. This is very important advice. (Obviously not all ideas are mine originally, this is just a collection!) But pay attention.

Your next steps are critical.

1. Talk to a lawyer, immediately, and develop a strategy. Listen to them. But make sure you are comfortable with them.
2. Make sure she cannot argue that you are an unequal/unfit parent. Log your time with the kids, and hers. Have secondary proof (security cameras?) if possible. You need to be sure you are seen by the court as a good contributing parent. (even better if you can prove she isn't!) Document her alcohol/drug use best you can with whatever proof you can. Assume everything will be read by a judge and picked apart by her lawyer.
3. Install cameras, with audio, that you alone control, everywhere you can get away with. Protect yourself against bogus DV claims.
4. Do not move out or let her take the kid away. You are just as much a parent as her. You also have as much right to the home as she does.
5. Make sure she is working and making solid money. And don't take the big advancement - yet! (talk to lawyer about this!)
6. Get therapy, and get to the gym. Now. Your soul needs it as much as your body. I like group classes like crossfit because they're very social. But do whatever gets you to the gym regularly.
7. Be very careful with the booze. It might numb you, but it won't fix anything. And it could cause problems. (She could accuse you of being a drunk, for example.)
8. Listen to your lawyer.
9. Keep an even temperament always. You're a rock.
10. Don't look back, and don't hook up with another too soon. Patience, and eye on the prize.
11. Consider the snip (vasectomy) to guard against future pregnancies (assuming you don't want more kids) and baby-trappers. Bank some sperm maybe.
12. Change all passwords and log out of any shared devices
13. Take at least half of any joint funds available (as your lawyer first). If you do this, use a completely separate bank for your new account.
14. Create a secure space within your home that only you have access to (if possible). You need a sanctuary and you should not be avoiding your home.
15. Create a new email account. Change any accounts in your name to paperless, have them sent to this new email address. Update all online accounts to use this new email address (protects against password reset requests).
16. Scour her social media, texts, anything, for anything damaging, and save it safely. Remove all of yours.
17. Remove her as an authorized user on all credit cards in your name. Remove yourself as an authorized user on any credit cards in her name.
18. Beware of DELAY tactics. She may insist on mediation instead, be very careful, it could be a ploy to buy time for her to, for example, build a case against you, or change her income, or suddenly become a model mother.
19. Buckle up! But know that good things are ahead for you. Claim your own happiness! There are lots of great ladies out there for you.

Now, speaking as someone who went through all this shit myself, it is absolute hell for a long time. But it's absolutely worth the hardship and pain, because the other side is *glorious*. We will welcome you with congratulations!

146

UPVOTES

For those of you in the middle of divorcing...

ShutUpHeExplained · 8 April 2025 · Archived copy · Reddit

It's going to be OK. It may not seem like it and there will be dark days. Finances, the kids well being, your own well being, relationships with friends and family. All of it. It feels overwhelming and like there's no hope. There is. The Middle is the worst time. I felt all of that and I'm happier today than I've been in a long time. You will be free. You will prosper. Just take care of yourself (and kids if you have them). Focus on what you can do not what you can't. You can't control her or make her act less horrible. You can hit the gym, eat better, drink less and do the best for your kids. Many posts here are about financial hardship. I'm not going to lie and say it'll be easy. It probably won't but it will be better. The peace of mind that comes when things are finally done is worth so, so much. Lean on your friends and family. They want to help even if they don't know how or can't. Ask them for something small and they'll feel better and so will you. I didn't ask for help and I should have. I've learned that it's ok to ask but you have to be OK if they can't say yes. Stay strong. Keep your eyes on the future. When you're going through hell, keep going.

145
UPVOTES

Just something all you guys need to read.

resentmentisunhealth · 8 October 2024 · Archived copy · Reddit

Your life is worth living, your children's lives are not better without you in it. Fight for every second with your children. Fight to better yourself. Fight to keep your head out of water. You can make it through every horrible and heart-wrenching situation. More than once i have thought about ending it. So I can say, I believe you guys can make it through it. If you're having a bad day get through it, sleep and wake up with renewed vigor.

I believe in each and everyone of you. You are strong enough to survive this.

144

UPVOTES

Shocking trends with women and divorce

Fuckthedarkpools · 14 July 2025 · Archived copy · Reddit

Unfortunately due to my situation I've spent way to much time on the Divorce Subreddit and the infidelity and plain as day it's shocking to me to see how many women are divorcing and promoting divorce for extremely resolvable or small issues. What is happening?

This is not to say men don't initiate things, deserve divorce, etc but for me it's jut the overall "You deserve better" when OP basically saying my husband does everything, he's nice, caring etc but I'm not sure if I like him. Like WTF

In the last month I've seen more justification for exiting relationships 1 year into marriage to 15 years into marriage because, "I don't know if he's the one to" to " I do more housework and he doesn't seem to get it"

Not to mention the baseline excuses for infidelity etc. Has social media sold a dream to every woman out there about marriage expectations and ease?

70% of divorce is initiated by women

Among College educated its 90%

Many report being focused on self and personal wellbeing as a top reason

141

UPVOTES

Same sex divorce cased must be Hell for judges. How do they know who to screw?

yourcarlosdanger · 21 April 2021 · Archived copy · Reddit



The New York Times



75°F 75° 47°

Wednesday, May 8, 2019

[SUBSCRIBE TODAY](#) | [LOG IN](#)

Judge has nervous breakdown presiding over gay divorce case

Says that since both parties are men, he doesn't know who's life to ruin



Legal precedent giving the woman everything the man has and everything he ever will have isnt possible resulting in legal impass.

141

UPVOTES

Super depressed about money

Firstborn3 · 31 March 2025 · Archived copy · Reddit

My divorce will be final next month. I just found out how much I will have to pay her. It's a lot, between the child support and the very large settlement. I'm basically gonna be giving her a lot of money over the next decade. I'm 43 now. I've had to liquidate assets to come up with this money, assets that help make me money.

I am super depressed about this. I feel like my only purpose in life now is to keep working so I can keep giving her money. It's a significant financial setback. No woman is going to want a man whose financial situation is as fucked as mine is now. I can't afford to take my kids on vacation, but she's got 2 trips planned this summer. She's planning on buying a house, meanwhile I have to stay in my old house that I can't afford to fix up. On the days my kids aren't here, I can barely find the energy or courage to get out of bed.

140
UPVOTES

Three years after divorce - alternative point

ww3historian · 21 July 2026 · Archived copy · Reddit

My ex wife left me for some guy she met on Instagram. We had two kids in college.

These are the things that I learned since then and maybe it can help somebody

1. Nobody cares you're going through the divorce. Not your family, not your friends, not your boss. Sure they may say that sucks, but their life continues while yours is falling apart. Do not share anything with them because it makes you look weak. I regret telling my friends how hard divorce was.
2. Date, date, date. The best thing I did for myself was to have multiple short term relationships. It made me realize my ex wasn't special at all, and also people get attracted to each other and sick of each other very fast, within 3-4 months, so it's no wonder that me and my ex got sick of each other after 20 years .
3. Do not invest too much in a relationship because in your 40s and 50s people are so set in their ways that it's tough for them to change or grow together.
4. Your kids are your biggest treasure. Make sure they are ok and not scarred by the experience. My kids have now graduated college and I text with them every day, at least one text.
5. Travel - it's so much cheaper now to travel than when I had to pay for 4 plane tickets and take into account what 3 other people wanted to do.
6. What's the rest of my life going to be? - Helping my kids with their career progression, and hopefully helping them with grandkids. Working. Reading. Learning. Investing. Traveling. Whether that involves somebody else, it doesn't matter. If I meet someone I really get along with, great. If not, that's great as well.

138
UPVOTES

A Guy I Work With.....

CharlesDanceFan · 8 January 2025 · Archived copy · Reddit

I work in the fitness industry

As you already know, it's populated with Chads.

Anyway a guy I work with, he's a bit of a player. The women that attend his class love him.

He's been banging some customer in his car during his break. He shows me her IG

There she is, all lovey dovey, showing off her new engagement ring with her fiancée.

Her fiancée looked so happy.

However give it a couple of years and he'll be on here, crying his eyes out about how he's been betrayed

So what's the point of this story?

If your wife initiates a divorce, there is someone else waiting in the wings.

Women don't jump ship unless they have a life jacket.

Be strong kings

137

UPVOTES

Ex-wife is pregnant. It finally comes out.

SingleISuppose · 26 May 2020 · Archived copy · Reddit

She's more than 6 months along. She was cheating all along. All of my suspicions and accusations are validated. Fuck that woman. Fuck her. Good riddance. I hope he abandons her. I hope she regrets her choices until she dies. Hate feels therapeutic. Until now I've been sad, disappointed and understanding... but now I hate. It feels good. She has a little baby on the way that will signify to every single person we know that she was cheating on her husband of 10 years... the math is easy on this one. I gave her my 30s, my 40s will be amazing.

137

UPVOTES

update # 1: She's upset that I moved on so quickly - and she's the one who left

Strange_Button_3330 · 28 April 2025 · Archived copy · Reddit

Had some folks reach out and ask for an update ~ here's the 6 month update post separation.

At the time I got blindsided by divorce it feels like the worst thing in the world.

But now 6 months later I feel more alive and optimistic than I have in my entire life.

To those going through the dark moments remember: It will get better. This too shall pass.

I used to wake up early to have some alone time and when I heard her wake up and come to the kitchen I'd feel the tension rise in my shoulders, needing to be on duty for her. It wasn't conscious, I wasn't aware of it until the other day when my kiddo woke up early and I felt that tension again ~ then realized she wasn't here and it was my kid waking up early :) It was such an eye opener on the tension we aren't conscious of.

Now I wake up early and have a peaceful coffee every day. I'm sure she feels the same way LOL

Now that I'm 6 months out:

- My relationship with my kid is stronger than before. Our house is peaceful and calm. No more nagging or walking on eggshells.
- My friendships are stronger.
- I have a better job, and enjoying work more.
- I've taken on more responsibilities at my volunteer position.
- my health is better..
- I'm taking on new sports and hobbies.
- AND when I wake up in the morning I feel relaxed and excited about the day ahead.

From a romantic standpoint:

- I've had numerous women reach out directly to see if I was interested in dating (which in my life has never happened before). It's a huge ego boost. I'm not on the apps - it's just friends of friends.
- I reconnected with an old friend and that turned into something I didn't expect ~ which is a bit of a mind fuck when you're with someone new after 22+ years.
- I'm staying true to myself and leading with honesty and integrity - unlike my early 20's when I was reckless with other's hearts.

To those going through the tough shit: it will get better.

You are stronger and more resilient than you think.

You've got this.

137

UPVOTES

I just want to say I made my final child support payment today.

tacocarteleventeen · 15 October 2025 · Archived copy · Reddit

Can't believe it's finally over! Free at last!

136

UPVOTES

Get out when the mask falls

TrollCityBlunder · 17 April 2022 · Archived copy · Reddit

As the title suggests, get out right when the mask falls. Don't think it will get better. Don't listen to the opinion of family members or friends. Get out when the mask falls off.

Her mask fell right after I proposed. Purchased a 2 carat diamond ring to propose to her. Flew her to Miami and got the deed done. Day after we return, I got a text from her: "my brother doesn't think you paid as much as you say for the ring."

That's when I knew I had made a huge mistake. Every fiber in my body screamed at me to get out. Instead, I did the opposite. Went along with it, at the insistence of family. I could have avoided a divorce if I had trusted my intuition.

So for everyone else out there, get out when the masks falls.

135
UPVOTES

So weird how many of us saw our wives get addicted to scrolling TikTok constantly.

Impossible_Sport291 · 16 October 2023 · Archived copy · Reddit

Edit: To clarify the title, I only ever had one wife.

I'll never forget the feeling of loneliness when I was telling my wife something that happened at work today, and she started laughing mid-story and turned her phone around and showed me a tiktok of a cat. I just stared at her and she goes, "Sorry what were you saying?"

That broke my heart a little. She became so addicted to her phone we could never talk. She'd sigh and roll her eyes if I asked her to get off the couch and turn off tiktok for once. When I finally told her she was on her phone too much and we needed to set boundaries, (I now know she was cheating, hence the phone obsession) she left. She was planning it for months, I later discovered. She was waiting to be able to hide money and claim DV on me. AP and my MIL were scheming together to cause this.

135

UPVOTES

I feel bad for some of you on here. I am Enjoying my divorce!

Historical_Eye3756 · 2 October 2024 · Archived copy · Reddit

Wife left me with the kids. She only has them every other weekend and two evenings during the week. My two girls (4 and 10) were getting yelled at constantly by her. I found out she had like 60,000 in personal credit card debt...I kinda knew something was up but I ignored it. I only owe her half the house. I got a new job this year and a big fat bonus. Good riddance!

135

UPVOTES

The best revenge is to be happy

S_Squared_design · 9 May 2025 · Archived copy · Reddit

Something I've been thinking a lot about lately involving my ex after a very long relationship, tougher 17 married a day under 10 years.. The best revenge isn't dragging them down nore is it being vindictive or cruel for the sake of it. It's also not doing things to make them jealous or rub something in their face. No the best revenge on the person who thought you were going to spend the rest of your life is to be happy without them. Finding the things that make you smile just because. The places people and things. You don't need to drag yourself down being vengeful. What ever the reasons were your relationship is over you owe it to yourself to be happy with your new path and let that be your weapon.

135

UPVOTES

After my divorce, I found a GF who pays me half of utility bills in cash (never asked her to do it)so I can have spending \$ since I have to pay alimony for 7 more years & she knows I lost everything including life savings. Almost made me cry when she gave me cash today. [?]

Fine-Obligation797 · 1 September 2025 · Archived copy · Reddit

She even said “I’ll sign a prenup, no alimony, separate bank accounts and you keep your shit. Although I still think it means more staying BF/GF because you choose to keep me around and not stuck with me.” Proof that there are some good ones left in this world. Keep your head up, gentlemen!

135
UPVOTES

It's Over!

adl3026 · 1 October 2025 · Archived copy · Reddit

I got divorced in 2019 after 11 years of marriage. Had to pay a six figure settlement and spousal support for 6 years. (She originally asked for lifetime) Well, today was the final support payment! Finally done paying for her condo! Woohoo!

135

UPVOTES

There is an end

detmus · 13 January 2026 · Archived copy · Reddit

Gents, I often lurk, rarely comment, and I want to express my deepest thanks for the knowledge and insights in this form.

Background: I have two young kids, ex was the higher earner, no crazy assets, officially divorced in November, and finally moved into my own space just after Christmas.

To those of you struggling, stay the course because it's absolutely worth it. The first two nights in my new space I had to get used to the quiet without my kids. At the same time, for the first time in ages, I was able to know what it felt like for my nervous system to actually relax. Nights three and four I had the kids, and it was like experiencing the beauty of parenthood for the first time again. There's a connection available with them without this sort of shadow lurking in the background.

This past weekend, I did not have the kids. I ate right, exercised, journaled, read, connected with friends, saw an amazing performance. Next weekend, I'll have them, we'll do all the fun things, connect with family, cook together, watch a movie for the 200th time... THIS is what living feels like, and I won't be trading it for anything.

Stay the course, everyone. There is beauty after the storm.

134

UPVOTES

Wife comes clean

Select-Temperature66 · 9 September 2023 · Archived copy · Reddit

We've had our struggles. Tried to make it work. I felt I put in more effort to save the marriage during the last few months.

Weird shit happened over Labor Day weekend. I wanted to have a calm conversation but I had a gut feeling that something was really fucked.

Sure enough the text trail on our phone bill told the tale. Texts start at 4 am and go till 1 the next morning. They are co-workers too.

Me : "are you having an affair?"

Her : "no" but white as a ghost

Me : "Who is this guy that you are texting?"

Her : "I can't text my coworkers on the night shift?"

Me : "not 2500 times in August!"

Oh it's just emotional nothing has happened... she was at the beach last weekend so I asked if he was there. She said yes, she had one shot to tell the truth. She spilled the beans and I had her pack a bag and GTFO to a hotel.

Good riddance. I don't need lying cowards in my life.

Update: she's trying to come back lol!! The nerve holy shit. My email replies are scathing and no fucking way is she stepping one foot in the door. I'll leave her shit on the porch. Not a chance in hell that I forgive her. I'm going to erase her from my life.

133
UPVOTES

Dating in your 40s

slushy81 · 22 April 2024 · Archived copy · Reddit

Women: I own my home, I own this, I take vacations... if you can't match me go on... blah blah blah

Men: eating ramen and hotdogs praying he can give his kids what they want while also trying not to end up in a cardboard box under a bridge... oh btw their still giving 40% of their paycheck

Look I might be a little jaded but the audacity of women whose lives are being subsidized by their exes, to turn around and flex for it... it's baffling

Soap box rant over

132

UPVOTES

What we all knew already

Hunkaflesh13 · 20 August 2023 · Archived copy · Reddit

I (42m) am in the midst of divorcing stbxw (42f), 2 kids 18m, 16f. Spoke to my lawyer Friday to discuss the situation, and the convo turned to how screwed over us men are in these things, especially given the situation. He even told me about his divorce, which made me feel somewhat better because of how bad is divorce was.

During our discussion, he shook his head and said, " There's something in the water, it's nuts!" And went on to tell me about how he has had to turn away clients due to the number of people trying to hire him, and it's the same across our city. And the story was the same for every one: 35-45 yo wife initiates, out of the blue, after years of marriage. Guy is accused of narcissism, emotional abuse, etc. Wife "tries" couples counseling (but doesn't really) while guy works hard and does everything to fix. Wife was sahm or worked part time, while husband supported family, but she did little to nothing in the house, while constantly barraging him wanting him to do more with housework or kids. And of course, the woman goes for the jugular.

I was shocked, because some of this stuff I had never specifically told him. With just a bit of info about things, my lawyer knew the entire story.

So yeah, guys, it ain't just in our heads. But we already knew it.

If you're in this situation, hang in there fellow gentlemen and scholars. We're in this together.

132
UPVOTES

She seems to be struggling...

ScaryJeweler637 · 9 October 2023 · Archived copy · Reddit

Oh Katherine what happened? I though I was useless, I believe you said that I didn't do anything and that you could handle things yourself.

I see you overwhelmed and stressed, now you have to work hahahha, your boyfriend (possible AP) is not a doormat like useless hubby and refuses to cover all of your expenses.

It's time to notice how easy I made most of your adult life for you and for the kids... Oh well...

132
UPVOTES

I won primary custody of my kids today!

Salt-Ad-8815 · 13 February 2024 · Archived copy · Reddit

The judge awarded me primary custody! This is so wonderful! Take that, you adulterous bitch. Have fun visiting your kids a few days each month. You earned this.

132
UPVOTES

I won my parental alienation case

testudoaubreii1 · 28 August 2024 · Archived copy · Reddit

Like the title says. I was alienated from my kids for over four years by a very vindictive ex and her current husband. It was long, nasty and brutal. Well worth time and money. So tonight will be our reunification. There will be counseling involved for everyone. But I'm just really happy that it's happening and just wanted to tell someone.

132

UPVOTES

An unexpected benefit...

ExaminationKlutzy194 · 29 November 2024 · Archived copy · Reddit

I'd like to say that this is going to be some great story about bedding a 20 some hottie or a pair of them, but unfortunately it isn't.

My wife and I had an unwritten rule. I kept up the outside of the house, the yard, the snow removal and all, and pitched in to clean before holidays. I also did my own laundry.

But her job was to keep up the inside of the house.

Now that she's gone...

I found that I clean my house better than she ever did and it stays cleaner longer, even with a teenager in the house.

👍

131

UPVOTES

Far too many men live comfortably miserable.

soph_a_loaf_ · 1 May 2021 · Archived copy · Reddit

The next time you are at a convenient store\gas station.....watch how many men walk out on a random Tuesday at 4 or 5pm with a six or twelve pack.

I would have went to my grave miserable. Then she cheated on me in year 15. The rest is history. It was 2 years of hell but

I'M FREEEEEEEE!!!!!!!!!!!!!!

It's hard to know you are comfortably miserable because men in general are not quitters. No one should be miserable in their marriage. For years it was like I was driving my head into the wall trying every which way to communicate. When she cheated she awoke a fucking giant.

One warning.....my ex was the typical "christian conservative" and when we went to divorce she tried to make me out to be the worst husband and father. It was gross.

That's all over now. I fought like hell and won. 50/50.....no alimony or child support. It damn near cost me my sanity but I made it.

If I can make it.....so can you!

All the best gentleman. Be the best you!

Cheers!

131
UPVOTES

I won
ChaosHobbitWrangler · 15 February 2023 · Archived copy · Reddit

I actually won I'm divorced and I have my kids as a father. Custody is set I'm the primary caregiver. She tried to drag me through all the mud and I won. Sorry I just needed to share.

131

UPVOTES

Don't work so hard brothers

Initial_Topic_4989 · 19 December 2023 · Archived copy · Reddit

Just that guys, one my biggest prides when I was married was how hard I was working for the family, how due to my sacrifices my wife and kids were living comfortable lives, my parents when they were alive and saw that appreciated that, my ex-in-laws and her brothers saw that appreciated that, but the she appreciated that? Hell no... Thanks to me she could afford to stay at home and spend time with the kids and her friends, all she had to do for me was cooking and appreciate me but that was too much for her, I guess. Thinking back, all those memories are tainted, now I think when I was married it was not so good, I was not appreciated in that marriage, I was looking at some pictures last night and I fixated on a particular one celebrating her parents birthday, a few minutes before that picture she was complaining about some bullshit about me doing chores (that day was my first day off in months, she was at home the whole day and I was the one who had to do chores? when she did not help me ever to bring money home? Quite the contrary) and I was like wow... what the hell did I work so hard for? Just for this POS to cheat on me later on?

Don't kill yourself for others, guys, not even for your kids... enjoy your life, if your woman doesn't like it then tell her to f off. Your efforts are not appreciated as much as you would like to think

131

UPVOTES

Say goodbye to cheating wife

theoneganon · 15 March 2025 · Archived copy · Reddit

After years and years of rejection from my wife, I have finally ended it. Not only was, I constantly pushed away physically and emotionally. I have now recently found out that my wife has been having an affair with a work colleague for years. It all finally makes sense and confirms that I wasn't going crazy. When I first found out she was cheating. I was absolutely devastated, heartbroken and destroyed that she had broken our beautiful family apart. But now I feel relief, as I do not want to be with this sort of person in my life. I would've done anything for this woman, and always tried my hardest, even considered celibacy just to have a higher emotional connection with her. As soon as I issued her with the divorce papers, she couldn't wait soon enough to sign that just goes to show her true intentions all along. I'm now looking forward to my life with a new hope to the future. All I can say is that I'm grateful that I used my head and start a load of money into a friends account that she never knew about. She think she's leaving me high and dry little does she know I'm moving on now wish me all the luck people??

130

UPVOTES

Don't Give Up

Least_Winter9632 · 18 June 2024 · Archived copy · Reddit

Found out 3 years ago my then wife was knocking boots with our unemployed, balding, drug-dealing, slightly overweight neighbor. She was a sahm for most of the marriage. Bought her her dream house in 2020, corner lot, good schools, all for not. Divorce was finalized about 6 months ago. Was married 17 years, 4 kids, met and started dating in high school. Completely shattered my world, and me. Later found out she had been cheating throughout our entire marriage. I frequented this sub often for support. I could barely function the first few months.

This past Father's Day really put it into perspective for me, how far I've come from those early days of deep pain, betrayal, loss, and grief. My kids got me some thoughtful gifts, and a beautiful card with notes that meant the world to me. And we had a great day together.

It's been three years since I discovered the affair. I spent 16K in legal fees and didn't put any on credit card. Ubered nights and weekends to make the payments. I stayed strong (mostly pretending in the early stages) for my kids. My time with them now is better than it ever was while I was married. Because I can adult, and plan things, and properly prepare, and leave on time, and don't have her fucking up our plans, we have absolutely great days together, on the regular, and my kids are always looking forward to our next adventure. It was never like this when I was married.

Financially, I have been fucking crushing it! Became completely debt free about 6 months ago. Paid off my student loans and a 401K loan. I'm about to invest enough money into an S&P 500 Index fund, that should one day grant my kids complete financial freedom. This is huge for me personally; I grew up poor as shit and always wanted better for my kids and eventually their kids.

Just got my performance review at work today, and I got the highest possible rating overall. 5 is the highest, meaning OUTSTANDING 🎉🎉

For you guys out there who are struggling, I hope this post gives you some encouragement. I'm still not fully recovered emotionally, but I have come a long way with lots of help from this sub. I want to encourage you to keep grinding, keep fighting. It gets much better! You WILL get there! Keep fighting brothers 🎉🎉

130

UPVOTES

"The spark is gone" is a poor reason to leave a marriage.

BroSquirrel · 10 September 2024 · Archived copy · Reddit

I've been going through a divorce where my ex-wife decided to leave because, as she put it, "the spark is gone." After 7 years together, she gave up on our marriage the moment things got a little tough. And honestly, I think it's one of the weakest reasons to walk away from a marriage.

Her idea of marriage was unrealistic. Marriage isn't supposed to be an endless adrenaline rush or filled with constant excitement. Real relationships have phases where things slow down, where life gets more routine, and the "spark" isn't always front and center. But that's exactly when you should work together to keep the connection alive. Both partners have a responsibility to put in the effort to keep things exciting, to support each other through the mundane phases, and to appreciate the love that grows during those moments.

In my case, my ex didn't even give us a real chance to work things out. Every time I improved myself for her, she moved the goalpost and demanded more. I was willing to make changes, to work on myself and our relationship, but she didn't want to. She distanced herself and left, rather than putting in the effort to reignite the spark together. It's frustrating because we didn't have any major issues—no cheating, no abuse. Life just got real. We bought a house, had tight finances, and like many couples, hit a phase where things weren't as thrilling as they used to be.

But that's part of life, and that's when a marriage can grow even deeper. Love isn't about chasing thrills or that rush of new excitement. It's about building a deeper, more meaningful connection over time. One day, she even asked me, "Does it ever bother you that we won't get the rush of a new relationship again?" And honestly, if you're just chasing that rush, then marriage isn't for you. You should just date around, enjoy the temporary excitement, and be prepared for nothing lasting to come of it. If you want a real, lifelong connection, you have to embrace the ups and downs, and appreciate the security and trust that come with long-term commitment.

In the end, I'm realizing that she's doing me a favor by leaving. I don't want to be with someone who can't commit when things aren't perfect. I'm looking for a partner who values more than just temporary excitement—someone who understands that love grows deeper when you face challenges together. I need someone who's willing to be in it for the long haul, who doesn't bolt when life gets tough or when things slow down.

So, for anyone out there who's considering ending a relationship because "the spark is gone," remember this: The real test of love isn't how exciting things are when everything's new. It's about how strong you stand together when life gets routine or hard. And if someone's not willing to stay through those moments, they're probably not the person you need by your side in the long run.

TL;DR: My ex-wife left because "the spark is gone," but marriage isn't about constant thrills—it's about building a deeper, lasting connection through ups and downs. It takes both partners to get that spark back. If you're just chasing excitement, marriage might not be for you. True love grows when you weather challenges together. If someone can't commit during the tough times, they're probably not the right person for you in the long run.

UPDATE Wow thanks for all the comments and kind words of advice. It's eye opening hearing how many men have gone through this. This thread has been a very cathartic release for me.

130

UPVOTES

If your marriage isn't working and there are no kids involved — leave sooner rather than later

coderoncruise · 4 April 2025 · Archived copy · Reddit

Just wanted to share some advice from my own experience, especially for anyone out there stuck in a relationship that clearly isn't working.

If you're in a marriage that's making you miserable, and you've tried everything to fix it — therapy, talks, compromises — but nothing changes, please don't waste more time. Especially if you don't have kids involved, you're not "tied down" in the way many people are. You have more freedom to walk away and start over.

I spent *hundreds of thousands* of dollars trying to save my marriage. Counseling, getaways, world cruises — you name it. I gave it everything because I wanted it to work so badly.

If you're reading this and you're in a similar spot, just know that you're not alone. Divorce isn't a failure. Sometimes it's the healthiest and most responsible thing you can do — for yourself and for your future.

Don't stay stuck in something just because you're afraid of the short-term pain. I wish I had left sooner.

Take care of yourselves.

130

UPVOTES

Wife just called me and screamed at me after getting my lawyer's response to the equitable distribution. Just need to vent

SwanInitial7493 · 18 June 2026 · Archived copy · Reddit

She initially said she wanted to do it without lawyers, just split the house and cars and go our separate ways. That turned into she got a lawyer, then she got super pissed when I got a lawyer. Her lawyer sent a draft of the equitable distribution where they just guessed and way overestimated the value of my pension. I have a lot of retirement savings and pension, she has saved almost no money and has student loans, I paid mine off. I know I'm getting screwed either way, punishment for being responsible. Well we sent back our response where we say they need to take out her premarital student loans and accurately value my pension. With that calculation it comes out that she owes me \$13k to get all ~\$120k of our home equity. She flipped the fuck out, told me she wasn't going to settle and going to court cause she wasn't going to pay me a dime. I don't think she understands how any of this works. I paid the entire downpayment of the house, i paid for the entire new car she's taking, i just paid \$10k to put a new deck on the house she's keeping but she has the audacity to call me cheap. She makes more money than I do! It's like she initiated this divorce but then gets mad because she doesn't know how divorces work. "How am I supposed to live?" I dunno you were the one who wanted to be a single mom! Welcome to the bed you made.

129
UPVOTES

Noticed a trend, they always leave when it gets hard

PositivityKnight · 20 July 2023 · Archived copy · Reddit

Like dudes having a hard year, maybe his mental health took a dive and he lost his job etc, thats about the time women decide you suck and they dip, and when you come out of that funk and they want you back they act like they did nothing wrong.....you're supposed to stick by your partner through thick and thin, but its a very very rare woman who does that.

129

UPVOTES

I knew what I signed up for

johnlrobbie · 7 August 2025 · Archived copy · Reddit

I was having a look at the Divorce Women sub, at the 13k in it, and looking at the 32k here. Looking at why 9/10 posts in there's is "I'm leaving/left him." And 9/10 in ours is "she left me." Why is 70% of divorce initiated by the woman? 2.5x more likely.

Why do so many more women leave the marriage than men? Emotional dissatisfaction. Societal pressure to get married. "Next logical step in relationship."

I was with my ex for 7 years before we got married. I felt that was a decent amount of time to know someone. The marriage lasted not even 3 years.

When people ask me why I didn't initiate leaving my wife all I can really say is, "I knew what I signed up for when we got married." She was really emotionally challenging, exhausting, and made things more difficult than they had to be, but I accepted her for who she was.

It feels like their fairytale fantasy of marrying Prince Charming dissipates very quickly and the "survivor of abusive husband" comes around in no time. Is there a lack of education for young people in society?

I feel like there are so many women I want to ask, "why did you want to marry someone you knew you didn't like?"

Are they enabled by how much the system supports them? If they leave they'll get custody rights, child support, single parent allowance and so on, assuming they haven't opted for a different arrangement.

ChatGPT says most commonly women grow personally at a rate that men do not, unmet emotional expectations, the realisation that the man is still the same person they always were and there is no personal growth on the other end.

Why do marriages work? The woman accepts the man for who he is, they're not emotionally invested in changing the unchangable. Those women have a greater sense of self-respect, they don't need a man to influence their emotional regulation. They can check in and then check out.

I remember in couples counselling my ex would say, "I don't understand why he does this, I don't understand that." And the therapist would respond, "and you may never understand it. Can you accept that?"

To be brutally honest I've thought about it the past couple of years. I think the reason men endure is because men have a greater tolerance and acceptance likely because growing up we're often required to put our emotional needs aside in favour of "just get on with it". And women, they are from Venus.

It feels like finding the right woman, who is confident, kind, considerate, independent and emotionally regulated is going to be a needle in a haystack.

129
UPVOTES

Funny what happens when you can't weaponize divorce anymore...

NohoTwoPointOh · 13 September 2025 · Archived copy · Reddit

There is an article in the WSJ about Kentucky divorce rates plummeting since they adopted default shared custody.

Once divorce stops being an annuity? This is the normal reaction.

Contact your governor and representatives and ask if they believe that children deserve equal access to both of their loving parents and what they will do to support families and 50-50 shared parenting.

https://www.wsj.com/us-news/law/the-equal-custody-experiment-41e1f7a6?st=WKDeoR&reflink=article_copyURL_share

128

UPVOTES

How Do They Turn It Off So Completely?

HereinPA1 · 26 August 2023 · Archived copy · Reddit

I've been posting a lot recently because I just don't understand this. I don't understand how a wife of almost 20 years internalizes her unhappiness, does not communicate openly how she is unhappy and spends months treating you with contempt before telling you she's done.

How does she openly tell her friends, a lot of them being divorced, about her unhappiness but does not tell the one person that it effects the most?

How are they so resolute when they drop the bomb on you and no matter what you say or try to get them to reconcile it all falls on deaf ears?

How can almost half your life together get tossed aside like you never mattered? How is one person that much more emotionally invested that they spend months in emotional turmoil, pain, sadness, depression and the other moves on with ease and continues on living their best life.

My daughter told me last night her Mom is going out of town for the night with her sisters and party it up. I couldn't imagine doing that right now. It's been just over 2 months and I spend my nights watching baseball.

Even though I'm over her because of how she treated me and who she's become, I'm not over the loss of my perceived life. All we did together, the life we built together, the kids we had and continue to raise, the trips, the laughs, our once intact family, all minimized so she can focus on her happiness.

Why am I focused on the positives, the commitment I made to her to be there in the good times and the bad? How can she only focus on negatives and reduce our marriage to "we have some good memories"?

How does a marriage turn into a business relationship where you have to now treat them as your adversary? The person you loved and cherished most is now your enemy to protect your financial future. A future you worked and saved for to enjoy with them in your golden years.

I just don't understand the world anymore. I hate all of this. I hate that someday I will want to have another person in my life and I will have to ask them what's your favorite color, where were you born, why did your marriage end, how many brothers and sisters do you have. All the things I have to learn about somebody new when I had the person I thought I knew everything about.

But I didn't, she turned into a selfish, self centered creature that threw away a 22 year relationship because she changed.

I didn't change, I didn't turn it off, I didn't turn against her and I'm left a wrecked man having to rebuild.

I loved being married. The sense of security, my life partner, a lover, a friend, a confidant. That same woman I have to now swap financial statements and documents with so our lawyers can minimize our marriage to an equitable distribution.

I hate social media and the armchair psychiatrists, the gaggle of friends that empower these decisions to only focus on you, your happiness is what matters, you got this girl you'll be fine, he's a narcissist and you deserve better, you deserve your best life.

What about our collective happiness, the happiness of a family that has been sacrificed? Why does one love unconditionally and the other only on their terms?

A lot of questions I'll never get answers to, but these are my stumbling blocks to moving forward and letting go.

My role as husband has been extinguished, a role I was proud of. My stbxw turned that off with utter disdain and without regard. I will never understand it.

128

UPVOTES

Why are you guys seriously dating shortly after divorce?

Haunting_Profession3 · 10 March 2024 · Archived copy · Reddit

I can't for the life of me figure this shit out. Everyone one of us has been through, or is currently going through a divorce/separation. There are SO many lessons to learn from it, the biggest one being don't EVER give up your life for a woman again. Did your life not become drastically more free & peaceful once you got through the mental bullshit?

If you haven't got through the mental bullshit, what the FUCK are you doing jumping into a relationship, or even dating for that matter. The only woman who is open to taking a guy fresh out of (or still in the process of) a failed marriage is going to be the WORST option you can play with.

I get it, we all want to get laid. But getting laid very quickly turns into commitment, co-habitation, and so on. Why are you playing with fire after just getting burned beyond recognition. You're not in a healthy and strong mental state months out of a divorce, what makes you think this bitch is actually going to be good for you?

I hate seeing it here, but it seems all too common. Take time for your self, and be alone. Get your mind, mental, body and finances in order before you fuck around with women again.

Casual dating, aka getting laid, is cool once you can shitcan your co-dependency ways, but until your safe in your own skin, all by yourself, the nightmare will continue to repeat. It sounds terrible, but at this stage you should be after sex only if that's what you need. No relationships. It's ok to be up front about this, there are plenty of women out there who are absolutely on board.

IMO, it should take a respectable amount of time, years, to even contemplate the idea of another serious relationship post divorce.

For your own good, learn to be content without a woman and force yourself to be ok with no sex until you are. The more you do it, and the longer you practice it, it gets easier and you start to see clearly. Life gets drastically better when you realize how much better life is not being married.

128

UPVOTES

Divorce just got fucking awesome

Acceptable_Meat3824 · 13 October 2024 · Archived copy · Reddit

Hello, guys,

The depression is over, divorce is still ongoing, just want to write this for the people starting this journey, In the past month started dating again, and it's fucking great! Currently I'm currently seeing a 40 year old MILF just for fun (I'm 29), also going out with an 19 year old, dating apps have been the best, much better than before my marriage, at least once a week I go out on a date with a new girl, most of them don't go that well, but it's fucking great being single again. I started going to clubs again and the one night stand thing is awesome. Took a date to a casino this week and won 2 grand, had a fucking blast and we went to a little improvised trip abroad with the winnings. The freedom is great, I have so much time, work started going up, caught up with friends, hitting the gym hard. So guys I know it's hard in the begining, but when the initial shell shock wears off I starts to get awesome. Stay strong and make the best of things.

128

UPVOTES

Why is she rewarded for blowing up our family. It's got to stop.

Fuckthedarkpools · 4 June 2025 · Archived copy · Reddit

I understand the courts not leaving someone high and dry but why in the world can't they take into account preproportional income. I paid for 80% of everything. I rebuilt our house. I did more than my fair share and she's left me in a state where divorce is about the only option. I lose 50% of the life I would have raising our children and half my money. WTF.

128
UPVOTES

“Are we Dating the Same Guy?” Facebook Groups

tonyway7293 · 19 January 2026 · Archived copy · Reddit

Welcome to dating in 2026. Got word from a friend that my Hinge profile was posted to the local Facebook “Are we Dating the Same Guy?” group.

I understand the intent but this crap just don’t sit right with me. A bunch of random women nitpicking your profile.

127

UPVOTES

Remember

bigtony199077 · 13 January 2021 · Archived copy · Reddit

Remember men

You don't miss her. You miss an idea of her. You miss a Version of how she use to be.

Remember your pain, Remember your anger, Remember the betrayal.

Use it to better you.

127

UPVOTES

Who else has no desire to date anymore?

Protomize · 4 July 2022 · Archived copy · Reddit

As a single, divorced father, I've had random attractive women approach me and show romantic interest but I don't return the energy. I simply don't see any point in dating anymore when most relationships don't work out. I don't like to date just for the experience since that seems like a waste of resources to me. I want to date to find someone to build with but building with someone in this day and age is a rare thing since people just up and leave when things get slightly difficult. Being single is so peaceful and it's a beautiful thing to see your bank account grow and grow since excess money isn't being spent on dates or gifts.

Anyone else going through this?

127
UPVOTES

The forgive your ex crap really pisses me off

Initial_Topic_4989 · 7 December 2023 · Archived copy · Reddit

Someone close to me came up with that crap and I am like, what? How could I forgive her after betraying me and cheating on me with one of her male friends, they made fun of me during the act and did it on our own bed.

I could never act friendly, or be friends. There is nothing to talk to with her. I am sorry for my daughters, but sadly it's what it is, I despise your mother and that is it, it's not pretty... But since we are nowadays pushing men to express our feelings and then let's do it.

127

UPVOTES

Exwife's most recent disaster. The fix? Get money out of ex-husband!

jimsmythee · 19 September 2024 · Archived copy · Reddit

So my exwife is disaster prone, especially when she gets behind the wheel. We've been divorced for a few years and she didn't get alimony, and pay a small amount in CS because we have 50/50 custody.

In divorce, she wasn't working, tried to do the CS calculator with her having \$0 income. Judge gave her imputed income of minimum wage 40 hours. So CS was minor.

18 months post divorce? Flat broke. She tried to put in a new CS modification request to the court, again putting her income down as zero. Judge threw it out. So she finally got a job.

Fast forward to this week? She totaled her car (again!). Got 3 tickets for it, one for the crash, one for the no registration, and one for the no insurance. Her mom cosigned for her on that loan and they owe like twenty grand on it. Ah well, not my problem.

So what is her solution to this new financial crisis? She texted me that she needs to increase my child support to her because "with inflation, everything is so expensive now!" And then she offered, "We don't have to go to court, you can just pay me more."

I. Think. Not.

127

UPVOTES

My Wife Is In A Coma

alabama_donkeylips · 13 October 2024 · Archived copy · Reddit

My wife (45f) and I (47m) have been married for 18 years. In September we started on, what has been so far, an extremely amicable divorce. I know a lot of us have a lot harder time with this process, but I've been counting myself as one of the insane and lucky few that would still be a very close friend with my ex. I guess that, for us, people drift apart, and sometimes want very different things later in life.

We had a nice day on Saturday. Friends over, drinking gin and packing/cleaning to prep our house for sale. After everybody left she and I made dinner, and had a good evening. I had a gut-wrenching feeling as the night came to close. As she was leaving to go back to her girlfriend's place I told her that I had a horrible, sudden feeling that I was never going to see her again. She laughed and said "I'll be back on Monday for us to work on financial disclosures."

On Sunday morning, at her friend's house that she was staying at, she had a brain aneurysm rupture and subsequent major stroke. She had to be airlifted to a hospital down town. For the last 6 days she has been on life support, in a coma. The only prognosis they've been willing to offer is "hour-to-hour".

I felt like, for the last month, that was in a place where I was getting through the grief and I could see myself coming out the other side as a divorcee. I don't know how I can possibly get through this as a widower.

I'm not sure why I'm writing all this other than to process. I'm so alone. I'm so frightened. I've suffered loss before, but I didn't know that pain like this existed. I guess, for those of you going through divorce and you don't hate your spouse, please give her a hug. You genuinely don't know when somebody you have given your whole life to is going to have their last day.

127

UPVOTES

Never Have to Walk Through That Back Door Ever Again.

Boomhower113 · 3 November 2024 · Archived copy · Reddit

Divorce was final about 2 weeks ago. Took a year. I haven't been in the house since she filed.

Set a date for me to move out and finally did it yesterday. For insurance, I hired an off-duty cop to come with us. No real incidents occurred, though.

What struck me was how happy I was after it. I never have to go in that garage door again. I spent years as the stereotypical guy that sat in his car having to pump himself up to go inside every night because I had no idea what was waiting for me on the other side of that door.

I miss some things about the life I had. But, I absolutely do not miss her one damn bit. She gave me a gift by making the divorce so hateful. I will never miss her or wonder if I did the right thing.

127

UPVOTES

Merry Christmas Lads... You Got This ?

Melodican · 24 December 2024 · Archived copy · Reddit

No matter what happens tomorrow, remember, for whatever reason, you were not meant to be together.

As hard as it might be inside, Show up as the fucking super hero you know you can be for your kids, and if you don't get to see them, remember how lucky you are that they're in your life to whatever degree. Your journey is richer for having little people to call you dad.

We all have our own story and our own pain to deal with, but just know that we all have each other's backs and no matter what happens tomorrow, 2025 is going to be your year you absolutely fabulous, handsome legend.... You got this!

Raising a glass of Guinness for every bloke in here, from a blustery UK. You are loved my man x

127

UPVOTES

I (M/46) just started dating a widow (F/38).

kindest_asshole · 15 February 2025 · Archived copy · Reddit

I have been separated almost a year and haven't had sex in over five years. She lost her husband to cancer in August. It's recent, but she already did her grieving while watching him die. Death was closure. He cheated on her and she knew they were headed for divorce when he got sick, so she stuck through it for the kids. I'm the first person she's dated since he died.

We've been on three dates and have plans to play TopGolf on Monday. We are both having some intense feelings and I can tell she is really into me. Today she messaged me, "I am extremely attracted to you. You should make sure you have condoms at your house and we'll see how Monday goes."

I don't have a question, I just have to tell someone because it feels so good to be desired. It's what was missing in my marriage and I didn't realize it until now. She really likes me and wants me; I don't think my wife of 18 years ever felt that way about me. She never initiated sex and usually turned me down when I did. I was miserable. The last few days I have felt so full of life and have boundless energy. I feel really alive for the first time in a long time.

Thanks for coming to my TED talk.

127

UPVOTES

Why do men become the boiled frog so often?

Medium_Message_224 · 21 March 2025 · Archived copy · Reddit

Hi, 57 male, I've had several serious relationships and one marriage. Through all the healing and self reflection and therapy. I have learned to set boundaries. But many men that I've talked to even with boundaries in place continue to hope things will just get better or work to try and make things better and then realize Way too late that they have lost themselves and who they are. The real question is are we just so easy to manipulate as a gender? When I first got married, I didn't even know what red flags were. Now I have a whole fucking library of them. Yes it's probably me picking the wrong people. But I am curious What other men have experience or are experiencing and how they have gone through this.

127

UPVOTES

3 Friends, 3 divorces, 3 outcomes...NOT ME.

ExpoZero_1255 · 19 August 2025 · Archived copy · Reddit

Friend 1) older wife, construction worker, regular guy, nice, try hard guy, 2 little girls...Divorced lives in a crappy one bedroom so he can be close to kids. She kept house. Last time I saw him he put on 40 lbs. Wife is known to have hooked up with at least one guy in the neighborhood. Nice legs, amtrak.

Friend 2) Late 30s, ex wife 'discovered herself' rampant cheater and filed for divorce. 3 school age kids. They were very religious. Not a lot of money. He now lives with parents, Joint custody. He does crappy part-time jobs, trying to find career that pays well enough to buy a house but he's unskilled. He's still a good looking guy. He wanted to stay together for the kids, even forgave her for the cheating. Still deeply religious. She now lives with some guy.

Friend 3) Nice guy. Smart. Married woman who had 3 kids and they had 2 more. Was a teacher. Not a lot of money. She left him. He was 50s she was late 30s. Shorter guy, chubby. Rented a house a few streets over to be close to kids. Took divorce hard, very bitter. She would talk about his aggressive behavior after divorce. She ended up shaking up with new guy and got knocked up again. He committed suicide 2 years later.

I knew these people when they were all happily married at least 10 years prior to their divorces. Our kids played on same sports teams, birthday parties, see them in the park all the time.

A common thread I see and saw amongst these me:

1) Got blind sided by the divorce and failure of marriage. 2) All tried to do the manly thing and sacrifice for the family. 3) Financially challenged. 4) Worse off after divorce. 5) Great Dads. 6) Wives were all late 30s early 40s.

I'm taking control and deciding to get out early while I still have time rebuild. Now it's my turn. I will NOT be these men. I love my wife dearly but she's just not the same.

126

UPVOTES

A few words about purpose. Surviving a cheating wife.

Aromatic_Boot3629 · 28 December 2022 · Archived copy · Reddit

Welcome brothers. So you discovered your wife is having an affair. Fucking sucks man. I know this shit hurts and I've been there. I feel for you, I really do...I'm actually giving you a big internet bro hug right now.

I know what's happening now. The thoughts pouring through your head. The image of your wife riding the others dude's dick. The impact of unfathomable levels of deception and betrayal. The thoughts of despair, vengeance, justice. I get it. But I'm asking you to silence those thoughts for a moment. You have actually been given an amazing gift. The gift of rock bottom.

You see, the night I discovered my wife's 10 month physical affair, I did not sleep. At 3am that night I sat on my living room couch with a loaded 9mm pressed against my right temple...the trigger was partially squeezed. I don't know why, but I stopped for just a moment and called the suicide help hotline. I wish I knew the real name of the woman who spoke to me for nearly 2 hours that night. I would send her an incredible gift as she saved my life in those 2 hours. I came out of that situation realizing the gift that I was given. A gift that cannot be wasted or squandered away. Rock Bottom.

I realized in that moment that things cannot possibly be worse. The gift of rock bottom is that you know, for certain, that the only direction left to go is UP! The gift of Rock Bottom is invulnerability - that there is nothing left on this earth that can harm you the way you have just been harmed. I realized in that moment that the woman I married was not the woman I was married to. I realized that she was my enemy and she had every intent to destroy my life, literally leave me for dead, and take everything from me. What do we do when our enemy seeks to destroy us and take everything for themselves? We go to war.

And war this is, gentlemen. Men are built for war. Men are built to overcome our deficiencies, to overcome challenges, to persevere and to conquer. I don't care if you were a fat tub of lard like I was. You can and you will improve your body, your mind, you will control your emotions, and you will go to fucking war. Or you will perish. To perish is NOT an option.

Have you confronted her? No? Good, don't. Does she know you know? No? Good, keep it that way. Do not telegraph your moves to your enemy. Prepare silently in the background. Go to the fucking gym. The gym is your savior. Document everything. Interview at least 3 of the most expensive family law attorney's in your area and select one. Prepare to file. Prepare to make your move. Make it strategic.

Me? I carried along for 2 months pretending that all was well while I put together my war plan. When and only when everything was ready did I arm the warheads...I waited until I caught her red fucking handed...then I hit the launch button. She was so caught up in a flurry of legal documents, petitions, summons, that she couldn't keep her head on straight. You see, my wife had made one critical mistake. She had forgotten one major detail while wrapped up in her affair...that I'm fucking smarter than her.

You have now been given a gift, and you have now been given purpose. Your purpose is the same that all men share. Your purpose is to persevere...to overcome...to put yourself in a position where no woman would DARE to do this to you again. The best revenge is living well and crushing life. You are capable. You are a fucking warrior, and this is war.

Put the fucking gun down and get to work.

Strength, gentlemen.

126

UPVOTES

You served a purpose

BurnDownTheMission68 · 19 May 2023 · Archived copy · Reddit

I think understanding this concept will help the countless men who have been “Blindsided” by their wives who want a divorce.

You served a purpose for her. You were available at a time when she needed something from you: marriage, children, stability. It was a practical decision on her part.

You, as the romantic male fool, thought it was Fairy Tale time. That this was your “Soul Mate” and if you worked hard enough and did the dishes and dedicated your entire life to pleasing her and getting her approval that you would live a happy life.

But she never felt that way.

You were Plan B, or even C or D. The guy she really wanted she dated in college. You don’t compare to him in any way. But he wanted someone hotter than your wife, so she ended up settling for you.

You. The genteel, well-behaved, mild-mannered, hard-working, dedicated sap. No woman really wants to fuck Ned Flanders.

So you served a purpose at the right time.

Now that the reason she got you had been fulfilled and if she can still get it, she’s going to try to get a masculine man again before her time runs out.

126

UPVOTES

Disgusted

colobat · 13 January 2024 · Archived copy · Reddit

This weekend is my ex wife birthday weekend and while I'm social media ... saw a video of all our old friends celebrating with the POS she cheated on me with and broke up my family .. these people r taking shots and are happy as can be .. the same people who celebrated countless birthdays with me and my ex wife .. I lost my house, my wife, my kids .. my friends .. this is just some BS .. and I'm venting .. cause I don't have any friends obviously !! .. people keep saying it will get better but it hasn't .. she got everything and i now have roommates, im just living for my kids at this point .. this journey is hard

126

UPVOTES

Visited the other divorce subs and I'm shocked...

LaCathedrale · 6 November 2025 · Archived copy · Reddit

[r/divorce_men](#) and [r/DivorcedDads](#) are all about support. Trying to cope with huge changes in your future, understanding what you did wrong and how you could have made better choices, improving yourself and your outlook, and comforting and supporting those who are struggling emotionally being deprived of their future life and/or children.

Even if you discount the blatant misogyny in those other subs, the contents is just completely different - how stupid, selfish or lazy the husband is (and therefore how any action is justifiable), how the wife is thinking of divorce for ridiculous reasons (and seeking justification), or some pity party about how the wife's choice in divorce is coming back to bite them with self-doubt, 'the other woman', or their struggle for financial stability.

I'm not saying these things aren't true, but it's a shocking comparison the different attitudes expressed in them.

It's easy to just say 'ah it's a hellscape', but how much of this is a reflection of the attitudes of the average woman? Clearly there's a self-selecting sub-set which post here for help and I imagine it's more bitter women than average, and more men trying to find support which is more rare.

It feels like The Red Pill-type psychology - it could be true, it might be how the world works - but it's not a world I want to participate in at all, and makes me extremely wary for any future relationship.

126

UPVOTES

Do you need to hear this?

Major-Pudding-9115 · 23 April 2026 · Archived copy · Reddit

About 18 months into a divorce after 20+ years of marriage. She cheated. I won't go into it but if you've been there you know what it does to you. I was in a really dark place for a long time, darker than I let on to most people around me.

Writing this because about a month ago I met someone. Been on a few dates before her and felt nothing, genuinely couldn't be bothered. Then this woman turns up and she's kind, funny, really pretty, we like the same music, share the same values, sex is great. We're both in our 50s. I actually feel like myself again.

But here's what I want to say to anyone reading this who's in the middle of it. She isn't the reason I feel better. She's a bonus. I started feeling better before I met her, when I stopped waiting around and started doing stuff. Gym. Swimming. Took six months and went travelling to get my head sorted. By the time she came along I was already in a better if not decent place.

So if you're newly separated or staring it down or a year in and still feel like you're underwater, it does get better. Not overnight, and not because someone saves you. You do yiu and then life opens up again.

Be kind to yourselves. You're good men. You'll be alright

125

UPVOTES

Some observations on 50/50 after 1 year.

dranic · 16 September 2022 · Archived copy · Reddit

Ok gents, for those of you going through a similar situation. Just wanted to lay out some things you should expect. Some background, I work a standard 40 hour work week, I make around 140k annually. I earn 6 hours of leave per bi weekly pay period. My ex makes approximately the same, but works a hybrid schedule with 'unlimited leave.' As a caveat, this is for men that are in the midst, or have fought for and won shared custody. If this is something you are pursuing, know that there are stigma, and difficulties in doing so.

These aren't complaints by any means, but if you're doing it for any other reason other than to raise your children, please pay the lady and move on. No judgement.

1. Starting off, as previously stated, if you plan to pursue - children are your purpose. If it's not your primary purpose, please be introspective enough to realize it, it's a heavy undertaking, and you're not looked upon the same as a 'single, working, independent mother.'
2. That being said, and this goes for all single working parents. The western world, especially the US is built, and incentives nuclear / coupled people. Economically, it's the backbone. Period. The world still generally operates 9-5, so if you have to leave early for a kids doctor's appointment, you will have no partner to support it. Every hour you take will likely be spent to care for the child, or keep yourself healthy.
3. You'll get bananas comments that you have to let roll off. School drop offs. 'Oh, he's dressed so handsome, did mommy buy you some new clothes?' No bitch. I managed to dress myself, and my child this morning. And I'll crush you with my wallet, probably just my privilege. I digress.
4. Ignore the noise, it's ok to be 'fun dad.' This is somehow a common criticism, but somebody has to be having fun. Most of all, your kids. Don't download adult bullshit onto them. Make it fun, damn the rest. Get their needs cared for, and bond. Video games for 4 hours on Saturday and you're a straight A student? Hell ya we're doing that. For some reason, dads playing with their kids is seen as childish post divorce. Ignore it, kids aren't robots, hug them, play with them. They're people, not possessions or pawns.
5. Drop the resentment, take care of yourself. You're no good to anyone if you don't focus on it. Drop the drugs or alcohol, whatever it is. Find a focus. Nature, meditation, counseling. Doesn't matter. But don't sit alone just waiting for your kids to come back next week to be whole. Use that time to think about you, as hard as that may be. It's not your job to make anyone else happy.
6. You're not superman, you're going to have bad weeks of fast food and lazy parenting. Forgive yourself. This is super important if you're a bit of a perfectionist like I am. Just stay in the moment.

Stay salty gentlemen, feel free to add to the list.

125

UPVOTES

Met the other guy

One4All992 · 25 November 2024 · Archived copy · Reddit

I've been divorced since April now. Long story short, ex wife started "officially" dating this guy 2 weeks after our divorce. Moved in about 2 months after.

I've always wondered what I'd say when I met him. When I saw him the first thing that came to mind was thank you. I obviously didn't say that.

There was no awkwardness at all. I just introduced myself and did the exchange of the children to the ex.

He probably still has no clue who she Really is, but I have no doubt in the future he'll find out. Who knows the stories he's been told. The narrative she set in place. I could tell the look of confusion on his face when I said nice to meet you my name is...He glanced over at the ex with a confused look on his face.

I feel pretty damn good right now. One because I did it in front of my children and I can tell, at least my oldest, is always worried about what I think or feel about the situation. I showed them how adults handle situations.

I guess the lesson here is as much as you may feel wronged by what someone did to you ALWAYS take the high road. Never let anyone determine or dictate how you will react or respond. Be the bigger person.

125
UPVOTES

An update for the community, two years after my separation. With a big "Thank You"

AcanthocephalaOwn258 · 9 February 2025 · Archived copy · Reddit

43M, almost 44. After months of trying to hold together the fragments of my marriage, confused about what went wrong and why I deserved such pain, surviving on antidepressants and sleepless nights, my ex-wife asked for divorce in October 2022. She initially proposed a "separated under the same roof" arrangement, which I found emotionally untenable and offensive: she clearly wanted to "have her independence" (you already figured out what that means) while still maintaining the comforts of shared household expenses. The divorce settlement left me €25,000 in debt, lost the car, lost the house, lost my two beloved cats and cherry on top I had to deal with an additional €10,000 spent securing and furnishing a new home. By February 2023, I walked away from everything that had defined my existence, from the future I had planned, from the person I was up until that day.

Reddit became my lifeline during this crisis. Strangers encouraged me to embrace patience, assuring me time would bring healing. Their collective wisdom proved prescient.

Two Years Later (2025): In seven days, exactly 24 months after leaving my marital home, I'll move into my Barcelona apartment, a bold relocation from my lifelong Milanese roots. My career and finances show remarkable recovery:

13% salary increase since 2023

Financial stability

A lot of international trips completed (8x Barcelona, 2x Paris, Berlin, Marrakech, Tirana)

2,000km solo motorcycle odyssey through Italy, Austria, Slovenia, in one week.

20.000km on my motorcycle touring northern Italy between lakes (Como, Garda, Iseo, Maggiore)

Hiked 3000m+ for the first time in my life, spending the night on a mountain refuge and visiting a glacier the day after

And so much more. Life started to feel again a story worth telling.

Emotionally, I've stopped chasing new relationships, focusing instead on self-reconstruction, on Rebirth. The results are better than I could have ever imagined:

- Best physical condition in 15 years
- Clear professional purpose
- Financial stability
- Coastal living imminent (20-minute metro from Barcelona beaches)
- owner of my time, my peace, my hobbies, my future.

As I write this from Tirana Airport awaiting my Milan flight, I feel profound gratitude for the Reddit community that helped rebuild my life. To anyone currently navigating similar storms: The pain is real, but so is the potential for renewal. My story proves that even when you lose your compass, the world still holds beautiful destinations, sometimes literally.

Stay strong, ask for help and remember you are not alone in this.

125
UPVOTES

She would never cheat, right?

Helpful-Paramedic463 · 13 September 2025 · Archived copy · Reddit

45m, married 20 years, separated since December, found the affair in January.

I see a lot of men here say there's no way she'd cheat. There's no way. I thought the same thing and would've been completely unaware if my wife didn't understand how her iPhone was tied to her iMac.

My wife would tell me she was going to the store. She absolutely did and then would meet dude in parking lots. She'd meet him during her lunch at random boat launch places (works near a river).

She'd tell me she was going to her friends house but it was really to dudes house.

We'd be watching a movie with our kids in our house and she'd be texting dudes.

So what I'm saying is, don't rule out infidelity. Do some snooping. There's amazing tech you can buy online that is cheap and will confirm your suspicions.

I say this because if you get proof, it only helps you going forward. First, for closure. Second, for court.

I'm retired military and instead of her getting 50% of my retirement, she's only getting 32%. She's not getting 50% of the house, only 40% and that goes down each year as I continue to make payments.

I was able to prove that \$10k of her credit card debt was related to her affair so I was off the hook for that.

These woman will lie to your face. You have to assume infidelity, especially if they come at you out of the blue. They are all capable.

124
UPVOTES

As a 21 year old lurking in this sub, you guys have motivated me to never get married.

iwasanacidbaby · 14 May 2021 · Archived copy · Reddit

Just wanted to say that and thank you for your stories. All of this is really sad and eye-opening.

124

UPVOTES

Remind me never to get married again

alexmixer · 5 March 2024 · Archived copy · Reddit

Why the heck do guys keep getting Married...I'm never doing it again... unless she's a billionaire. Guys don't do it I'm on my second marriage [👉](#)..

124

UPVOTES

She is officially out

Helpful-Paramedic463 · 5 April 2025 · Archived copy · Reddit

Couple trips with a U-Haul and the move is mission complete. Kept it strictly business and got it done as quickly as possible.

Back in the master bedroom and it's nice. Clean sheets and all her shit is out.

She got me a really nice coffee espresso machine a couple years ago that I'm throwing out. Just makes me mad when I look at it. I'll get a nice simple one at Wally World tomorrow.

Told her I hope she gets married soon after the divorce so I don't ever have to help move this shit again.

124

UPVOTES

Divorce generate \$50 billion annually in the U.S. it's a business fuck you kids

Elizabeth_Wolak · 3 July 2025 · Archived copy · Reddit

You may agree with me or not, but this is the truth spoken from years of watching how family court really works. I have friends who are judges and hearing officers, and many of them have admitted that they rarely read the full petitions. They just don't have the time or interest. Instead, they rely heavily on the pleadings or let the lawyers guide the narrative.

Second, most hearing officers and even some judges are poorly trained when it comes to spotting manipulation or abuse dynamics. They miss critical red flags all the time.

Third, big law firms hold a lot of sway. Judges often side with them it's an open secret. Many judges look forward to post-retirement consulting gigs with these firms, so they avoid stepping on their toes.

Fourth and this is uncomfortable to say, but real some custody decisions are influenced behind closed doors. If you know the right people and play the game right, outcomes can be quietly bought.

Fifth, I've noticed a disturbing pattern: certain female judges or hearing officers, especially those who are unmarried or ideological, come in with serious biases against men. I've seen them treat fathers with contempt, siding with abusive mothers just because they assume men are inherently dangerous. It's not about evidence it's about mindset. Male judges, while not perfect, tend to be less emotionally driven by these biases.

Sixth, the parent who drags things out, files more motions, and creates more conflict often ends up with more favorable outcomes. Why? Because they are the one bringing business, and so is the system. Everyone profit except the children.

And that leads to the last point: nobody in that courtroom truly give a fuck about your kids. I know that sounds harsh, but it's the truth. "Best interest of the child" is just the slogan they use to justify a system that runs on conflict, drama, and billable hours. If a kid ends up traumatized or in danger, that's collateral damage in a billion-dollar industry. It's like the claim of "weapons of mass destruction" used to justify invading Iraq it sounds noble, but it's mostly a pretext.

123

UPVOTES

I got my daughter back!!!

Gemsix · 15 July 2023 · Archived copy · Reddit

My wife left to another state with my daughter without permission because she thought she could. Her family provoked it and she fell for it. I filed for divorce and got a TRO a couple weeks later, that following week we got our court hearing.

Well, we had court yesterday and she was instructed to move back to our home state and we would get 50/50 custody. She has to get a job and be able to provide as primary for our daughter by the end of August and if she doesn't, I get primary.

This entire week I have my daughter and I've never been so happy! Just thought I'd share the good news.

123

UPVOTES

Spinning the block

Neat_Sprinkles_7020 · 29 June 2026 · Archived copy · Reddit

My horrible ex-wife wants to reconcile after our divorce. I am completely healed from the horror show. She is a disrespectful cheating disgrace of a woman. Who do these women think they are. Started drinking and hanging in bars. She found out that the grass on the other side only wants sex. I tried so many years during our marriage to make it work. I really believe she has BPD. Her past trauma basically ruined our marriage. Nobody wants her for love. She needs a therapist. Now she realizes that I was the only one. I'm so happy to be alone right now. Wealthier than I've ever been. Peace on earth. They truly are headaches. Fellas, never ever get married. My healing was slow and painful. You will return to your former self.

122
UPVOTES

Disrespect

No-Profit-1027 · 19 September 2024 · Archived copy · Reddit

Why is it that the woman you give the most ends up being the most disrespectful towards you? You court her, propose to her, marry her, start a family, provide for her, work your butt off and do what society expects from you and yet it's never enough.

Now in the middle of divorce, you can barely recognize her. Would you have been more appreciated if you were a jerk? She is getting more than \$1m in real estate and 401k that she did not work for but she still wants more. Wow. I have a new found respect for any man who has survived divorce. It is very close to a death experience.

I wish all you gentlemen who contribute to this forum God's blessings and fortitude to get to the other side. Amen.

122
UPVOTES

Am I an asshole for saying this:

Normal-Nothing-6512 · 14 November 2024 · Archived copy · Reddit

Wife wants a divorce but wants us to remain on good terms afterwards. I told her I don't foresee myself being on any terms with her if this happens. She thinks I am being overly harsh, but I do not see how I could ever bear to be around her or talk to her after this process. If she wants me out of her life, that is what I would give her.

121
UPVOTES

Hello. I'm just 22 yo guy and I'd like to thank you for your stories you posted. I've never been married and I'm not going to. Divorce law is just extremely unfair towards men. Women are so confident and try to force you into marriage cause they KNOW IT.

CommonKoala6 · 19 December 2022 · Archived copy · Reddit

[/r/Divorce_Men/comments/zpz3vc/hello_im_just_22_yo_guy_and_id_like_to_thank_you/](/r/Divorce_Men/comments/zpz3vc/hello_im_just_22_yo_guy_and_id_like_to_thank_you/)

120
UPVOTES

First full weekend with my son since moving to my new place. We kept it simple for dinner

oli_21_ · 20 June 2021 · Archived copy · Reddit



120
UPVOTES

Don't worry fellas

Certain-Line-6351 · 26 April 2023 · Archived copy · Reddit

All our ex wives think they are about to go find Prince Charming. The man of their dreams is coming all they need to do is get rid of us.

Funny part is, most these women don't seem to realize the majority if not most good looking men with something to offer have zero interest in a divorced single mom pushing or in her 40s well past the wall with entitlement and attitude issues. [?].

You know how a lot of men get put into the friends only category?

Well just realize the majority of our ex-wives are about to be put into the male version of the friend zone.

The male version of the Friendzone is sex only zone. Meaning these women will never be taken on dates they will not be taken on vacations they will not be taken care of. The only thing they can look forward to all the random messages after 10 PM looking to fuck and then being ghosted for a month at a time over and over and over.

They will be Simped on by boys 18 to 25 who are addicted to MILF porn an men who are completely undesirable to them.

Just realize in the long run we are going to win. Work on yourself your career your physique. Focus on your kids and having fun with them and raising them right. And your free time have a blast running through these single moms racking up your numbers and just having a blast doing whatever the fuck you want no one to answer to. Hang in there fellas you're about to have a good second half of your life. Love yas!!

https://youtu.be/K0P96UPUM_k

120
UPVOTES

They never loved us

ww3historian · 13 August 2023 · Archived copy · Reddit

I see people here in shock that their wife of 20+ years is not in love with them anymore. They never loved us in the first place. After talking to a lot of divorced women on OLD, I realized that they only married the guy because they thought he'd make a good dad and would provide for her. The bad boy they really wanted wouldn't have been a good dad, so they settled for us. Now that the kids are grown, they are feeling like they spent their life without the romance they read in their books or have in their heads, and have no problem dumping us. We served our purpose to them, and we are discarded while their search for their bad boy that gives them butterflies.

120
UPVOTES

Why do women complicate their lives so much?

Colfax_Ave · 4 December 2023 · Archived copy · Reddit

This is something I've noticed on divorce subreddits especially I wonder if any of you can relate. You see the same story over and over from women in those spaces - "it felt like I was babysitting. I was doing 80% of the tasks of the marriage" my ex-wife would definitely have said something similar.

But one thing I never see pointed out is they also CREATE 80% of the tasks. I remember a night a few months after our separation. I was sitting in my new apartment and I suddenly realized: ...I haven't been to an appointment...of ANY kind... in like 6 weeks. I feel like in my marriage we were going to some kind of scheduled thing once every 2 days. There's always some package coming or some store we have to go to or some appointment we HAVE to make.

What the fuck were we doing all the time? Does anyone have a similar experience?

120

UPVOTES

Update: She's OUT!

AvacodoCartwheeler · 15 April 2024 · Archived copy · Reddit

Extreme cliff notes: Wife cheated, I filed, we divorced with 'fair' terms, her AP abused her, I let her move back in until she could find a place, she ended up pushing what was in the MSA (30 days post QDRO payout) to stay in my house for as long as possible.

Once she realized I had no interest in reconciliation and was occasionally going on dates she started looking for a place with some intensity. She moved out over the weekend. I helped - I don't hate her and even if I did, I would still try to save whatever was left of our friendship for the kid's sake.

She was very emotional as we were packing her stuff at my house. Talked about how strange it felt to her knowing I was going to have other women in the bed that was hers, wishing she had done things differently, etc. She said she hoped we could one day "Find our way back to one another" to which I responded that while the idea is romantic, I can't see how I'd ever be back in a relationship with someone who chose another man over me, that I respect her and I don't think she's a bad person, but I also respect myself. Then I re-iterated that I hope she can learn to be my friend.

Then I helped her setup her furniture, hang some pictures... I even fixed some stuff at her crappy rent house... she thanked me profusely and asked if I was staying for dinner - that she'd order whatever I wanted. I told her I had plans and thanked her. She wanted to know what they were, I just smiled. She apologized and asked how long she had before I had to leave then asked me to move all the heavy stuff so she didn't have too.

When it was time for me to go she thanked me again and asked if I'd be willing to come back tomorrow or the next day to help her setup her internet. I said sure, I don't have plans either day, just let me know! Then her whole body language shifted and she told me she knows she messed up. That she didn't see what she had, that she knows how much of "a catch" I am, that the issue was her, she just didn't know it until recently (she started going to therapy a few weeks ago), then she told me not to get married too fast, because then she'd never be able to earn a real chance and she's "trying to fix herself now so that she's worthy of another chance."

I wanted to tell her that I don't plan on getting married and leave it at that. Instead, I put my hand on her shoulder and told her she should continue therapy for herself and future relationship happiness, that I divorced her after begging for her to break it off with AP and give reconciliation a chance, that she is STILL in contact with AP, I love her, but that's not nearly enough, and that I needed her to accept that we are never going to be more than friends, but will be less than friends if she can't accept that. I was very stern.

She didn't get upset or mad, but I could see the shatter in her eyes. It felt like I broke the last glass bridge of hope for a future. I gave her a hug and told her to call me when the stuff comes in, cancelled the meetup I had planned, went home and sat in my own house totally alone for the first time since her and I moved in together 9 years ago and for the first time, really cried for my loss. Then I took a motorcycle ride and felt much better by time I got back home.

I know, cool story bro. It just feels like closure of a crazy saga of my life I NEVER want to repeat and I wanted to record it here for the future. I'm thankful for the people on this forum, you guys have helped me navigate some tuff spots made tougher by my own doing.

120

UPVOTES

A follow up to my post the other day about walkaway wives.

Flounder_Pounder_77 · 30 November 2025 · Archived copy · Reddit

I figured I'd write a follow up since a lot of you were asking me to go a little deeper into what I meant.

Here's the thing. Most of us didn't get blindsided out of nowhere. It only *feels* like it showed up out of nowhere because the checking out started years earlier and we didn't see it. Not because we're stupid or careless, but because men carry the weight of the day to day stuff. We assume everything is fine unless someone tells us it's not. Meanwhile she's going quiet, pulling back, comparing you to some imaginary version of a husband in her head, and building resentment without ever actually saying anything out loud.

And by the time she drops the divorce bomb, she's been rewriting the whole history of the marriage for months or years. That's the part that screws guys up. You look back and think, wait, that's not how it was. But in her mind, it is. She's emotionally done long before you ever know something's wrong.

People kept asking me what I meant by "no one holds them accountable." Here's what I meant: society bends over backwards to make sure her feelings are protected, while men are immediately told to "take responsibility" for everything. Nobody ever says, hey, maybe she should've actually communicated instead of silently stewing for a decade. Nobody points at the emotional cutoff, the avoidance, the way she checked out sexually, the resentment she let simmer, or the way she talked to other men for validation. Instead it's always, well, what did YOU do to make her feel that way.

Meanwhile you're sitting there trying to fix everything while the relationship is already dead in her head.

I'm not saying men are perfect. I'm not saying we don't screw things up. We absolutely have our flaws and we need to own our side. But you can work on yourself. You can fix your communication. You can show up better. None of that matters if she's already decided she's the victim in the story she's been rewriting.

That's the part nobody seems to talk about. The emotional stunting. The hiding. The building resentment instead of honesty. The complete lack of accountability. We're told to do the work after she's already halfway out the door.

120

UPVOTES

Any other men here feel like you were left for dead?

Busy-Recipe9840 · 4 February 2026 · Archived copy · Reddit

I know that sounds dramatic, but it really feels like this woman left me for dead. I was there for her through every hurdle in her life. Moved cities for her far away from my family (she has tons of family here). I took the blame sometimes just because I didn't want to argue. After she got what she wanted professionally and academically, she literally just left. There was no effort to save the relationship like I was giving towards the end or during times she needed me and we had major problems come up.

By the end, it was like a "Sorry, you're not happy and that I am not a big communicator. I guess I'll move back home." type of thing. She had very HR-like behavior towards the end of the relationship. I can't believe I let this woman use me.

120

UPVOTES

It wasn't entirely your fault. Adultery should never be forgiven.

No-Profit-1027 · 5 June 2026 · Archived copy · Reddit

Wife filed for divorce about two and a half years ago. She got a lot of resources in her settlement. A fully paid off home, half my retirement, fully paid luxury suv and child support/alimony. Despite that she is still very unhappy and prone to conflict. We have 3 kids and we also have 50/50 parenting responsibilities so we interact very often.

During our divorce, I found out she had been adulterous. I prefer the term adultery to cheating because marriage comes with vows. I was very disgusted. Now it seems the new boyfriend is no longer enthusiastic from what I understand. Some people are asking if I could take her back. I loved this woman. I thought I was providing our dream life. How can you risk all that for an orgasm. Three young children in the middle. Your so called happiness was apparently more important than the stability of your home. I wish she did not make those choices. I loved being married and being a husband. She took a lot of my time and energy away. Unfortunately, I can't bring myself to look at women the same way again. I was married for almost 20 years. I don't even know how to date again. I can say that I was the stereotypical nice guy. Life for now feels unfulfilled. I'm trying to focus on my kids. I'm grateful that I have done excellent financially. All glory to God. However life sometimes feels hollow without someone to share it with.

Whether you are a male or female, adulterers are the scum of the earth. Just divorce your wife/husband before getting with another person. How can that be forgiven? Imagine your wife giving another man oral sex or the guy penetrating her and her moaning with pleasure. If you can get that image in your mind then you know why adulterers were stoned to death in the Old Testament of the bible. Never take them back let them live with their decision. Now they frame it to take her back for the sake of the kids.

For anyone going through this, will you consider taking your adulterous ex back?

119

UPVOTES

wife is ruining me financially. i need advice

jazzbaygrapes · 16 February 2021 · Archived copy · Reddit

hello. i [34M] am in the middle of a divorce from my wife. she is a stay at home mom. we initiated the divorce a year ago in march 2020 and are still in the process. the judge awarded my wife \$1500 alimony, plus \$900 in child support, and i have to pay her \$1k rent on top of all of that. i, before alimony and child support, bring in about \$4600. this leaves me with about \$1200 leftover for the month. i have to pay my own rent + utilities, car payment, yada yada. i don't have enough to survive. like i said above, this has been ongoing for a year. the extensive process probably being exacerbated due to covid. is there anything i can do? i've been having to borrow money from my dad but this isn't sustainable for much longer. i have a lawyer but he clearly isn't doing much to make my life easier. any tips? it would be much appreciated

119

UPVOTES

My honest wife lied

midlife-madness · 18 March 2025 · Archived copy · Reddit

You guys were right. I was logged into chrome and her profile was loaded and I checked our CC statement, then went to the history tab and saw that she booked a flight for some dude to go on this spiritual discovery with her.

She says this guy is just a client. But the first lie was omitting the truth of what she was doing. She knows I don't like her working for this guy. The second lie was when I asked her about it she straight up said that no she didn't do that. Then copped to it.

She said that nothing happened. And honestly I don't even care. She lied to me twice. I can't trust her.

I'm so shaken / shaking that I have no idea how I'm going to sleep.

119

UPVOTES

This BS about how she grieved the marriage for a long time...

LearnGrowExist · 28 December 2025 · Archived copy · Reddit

I have been watching YT videos tonight from a divorce coach that is supposed to be helpful for men who have gone through it, and even though she *said* it would be triggering, I ended up turning it off and walking away. Probably for good.

I'm so *tired* of this bullshit story about how "she grieved the marriage for a long time, and now you are just starting."

No. I actually fought for my ex-wife in the worst and lowest points of her goddamn life. I made significant personal changes throughout our relationship that got thrown back in my face in the end because she refused to acknowledge them. *That's the truth*. I fought for our marriage by establishing boundaries even while she was going off to find, flirt with, and fuck other men.

I'm tired, guys. I went to look for healing advice tonight and in the first half it was great and then it got to "what was going on in her mind," and I just cannot fucking listen to this shit.

It's worse than triggering. It is absolutely infuriating. I guess it's back to journaling, walking, and finding helpful subreddits to process "co-parenting" and healing from an abusive lying cheater of an ex-wife. 🙄

119

UPVOTES

Had a nice little surprise yesterday

Outside-Jicama-8468 · 10 June 2026 · Archived copy · Reddit

So I ran into some family of a girl I dated before I got with my ex. We were young and I broke it off for reasons. Not long after that, she became a lesbian. I kinda knew, but that's cool.

So yesterday, I ran into her two sisters. I told them what was going on and that I'm now single. They asked what happened, I told them. The first question asked was "are you dating?". I explained that if I was, they have to follow my two rules. I'm never marrying again and that my kids will always come first.

The one sister automatically said "well, if you are interested, I know someone that you would be good for. My sister!". And you know what? She didn't disagree. Also, come to find out that her sister isn't a lesbian anymore and is single again.

Time went on and the one sister pulled me aside. She said "you know what, you are a good man. You show up to work. You work hard. You take care of your kids. If I wasn't married, I absolutely would have asked you out."

Now, I'm no major catch. I'm a chubby, middle aged guy. But talk about a major confidence boost. All three of them are very attractive in their own ways. In my opinion, I don't think I'd ever have had the ability to pull any of them in.

So yeah, I guess that just being a decent guy is still good enough. Even if it wasn't good enough for the ex wife.

118

UPVOTES

I'm in the anger stage of grief, and it has opened my eyes to the truth of marriage.

Sea_Capital168 · 3 January 2023 · Archived copy · Reddit

A long time ago marriage was a covenant with God to respect the sanctity of love and family. It was a symbolic promise men and women would make to honor their faith together instead of individually.

Then the government got involved and fucked it up.

Sure, have whatever faith or lack of it you want. Marriage doesn't mean that anymore. It means less taxes, and unfortunately, it means handcuffs on men.

We are owed nothing. No one is. According to society and the courts and everyone women owe men nothing. But men? Ohhhh no. If you don't provide? Dead Beat. If you are abusive in any way shape or form? Dead Beat. You don't cook and clean and mow the grass and change the diapers and take the trash out and walk the dog and do the laundry and pay her secret credit cards? Dead beat.

Women don't do those things? *"YASSSS QUEEN BREAK THAT GENDER NORM! TAKE DOWN THE PATRIARCHY!"*

Women no longer bring anything to the table. Not purity, not security, not anything. They see men as a tool whose value ends where their income does. Women are given a golden ticket in society and it's fucking bullshit.

I live in a no-fault divorce state. Why do we do that? To prevent people from feeling trapped in a marriage they don't want. But what about men? My brother has four kids with his wife. She's a fucking dead beat. She doesn't work or cook or clean or do anything at all. She stays home and plays with the kids. My brother does *everything*. If he ever wanted out of his horrible marriage, she'd take half of everything and get paid to do it. If she wants out? No penalty. She gets everything.

My wife left me back in July. I caught her cheating and she didn't look back. Just turned and walked out. Abandoned me and our two toddlers and only wanted custody after I demanded child support.

Now she's file for divorce and she will likely end up with primary custody and child support and half my house I bought with money that I solely earned while she sat on her ass and played on her phone and bought useless commodities on Amazon all day. But she gets half. She gets half of everything.

Society has destroyed marriage. It has destroyed women. It has destroyed love.

118

UPVOTES

I talk a tough game

Flashy-Excitement247 · 13 August 2024 · Archived copy · Reddit

Gentlemen, My attorney has informed me that my stbxw has been officially served. I want to acknowledge here, to anyone and to no one, that it is sometimes so easy to talk a tough game about living the good life, and all the fun on the other side, and no contact wins, and helping to build up others here with the "just do it" keyboard courage. but when it comes down to it, I'm really very sad and quite an emotional wreck receiving this news... realizing the end of a 20 year endeavour. Despite all the verbal abuse, long drawn out fights, and all the hell, pure hell... At this moment I'm weeping like a child, and I can't even bench press more than 100 lbs after 6 weeks! I'm not tough at all, and I never wanted to be, even if I talk a mean game. Thanks for all your support in getting me this far.

118

UPVOTES

Ex wife message

Initial_Topic_4989 · 6 December 2024 · Archived copy · Reddit

"Wishing we could all hit the reset button and forgive each other and have a clean slate..."

Hahahaha.... f off and don't talk to me

118

UPVOTES

Useless at 50

beachfishin · 8 July 2025 · Archived copy · Reddit

Was Married 25 years to the only person I ever loved and would have jumped in front of a train for her. I walked in our home and she was with another guy and I didn't lose my cool. We talked about it and I tried for three months to work it out but it ended and it's been 2 years now. Me, I am 50 and decent looking guy but have no attraction to women and their issues. I refuse to date because at my age the women have so much baggage that it just throws me into hiding. Please someone give me advice, I can't be the only guy that is struggling with this. I could write 100 books on my previous life which was great but now I am in mental torture. Cheers to any one that is struggling you're not alone.

118

UPVOTES

You guys were right, you always are

SadDivorceName · 5 April 2026 · Archived copy · Reddit

I asked a while ago if it ever feels fair, if karma was a thing and they ever get their comeuppance. The overwhelming response was maybe/maybe not, but that the real goal is to not give a fuck either way.

Well the shit hit the fan for her, lost her house, jobless, living with her boyfriend and his kids, on tons of meds and no sense of stability at all in her life.

2 years ago this was all I thought I wanted, a sense of justice, but now it's nothing. The only way it affects me is modifying so I have the kids more, I keep out her life outside anything with that. I don't feel vindicated or anything I'm just.. living my life.

Long way around to say, don't wait around for their downfall, it may or may not come, and even if it does it shouldn't affect you. The advice you get on here over and over, to live your own life and build yourself up, it's right. Good luck out there fellas.

117

UPVOTES

Divorce Realization: Housework is really not that much 'work'

techrmd3 · 28 October 2023 · Archived copy · Reddit

Decided to put some general musing and snarky commentary about thinks I've discovered post divorce. Maybe it will turn into a series

One of the things that throughout my marriage was stated often, "It's so hard doing all the housework". Like an idiot I believed this... to the point I even got a cleaning service so the missus could be even more lazy. Sigh

It's a curious chain reaction is it not? The reason I paid for a cleaning service was because a mutual friend. The mutual friend (Sally) was the wife of an old school engineer type who bought her whatever she wanted. Of course this was Sally's second marriage... I should have realized then sigh.

So I got my wife a cleaning service. Wife was happy (or seemed to be). Sally said "Oh you really love your wife" and some other nonsense I ate up.

Anyway wife had more idle time on her hands. And as you know idle female hands is the devil's hand job waiting to happen.

But the realization post divorce is that, ya know house work is not that much work these days. As I speak I have the dish washer and washer doing their things. All I had to do is get up put stuff in said devices. And let them do their thing. Same thing with vacuuming and mopping (with swifter ftw).

So getting back to that devil's hand job problem:

It is quite possible that ONE of the real reasons that women these days are so unhappy is that THEY literally have TOO MUCH idle time.

I've heard it stated that women by nature need chaos and drama as a psychological need. And if the man does not provide this, welp the woman will create it for both the man and the woman.

obviously the answer is to get the missus to have a job outside the home, so she has less time for Devil's Hand Jobs... what do you think?

117

UPVOTES

That's a wrap

Perfect_Lead1883 · 20 February 2025 · Archived copy · Reddit

After 16 months and \$80k+ in attorney fees, I just got a trial ruling from the judge. As I expected, I lost on sole custody and parenting schedule, but will be paying no alimony, and minimal child support, 2/3 kids as tax dependents, and a trivial cash payout. Most importantly, I got 50/50 parenting time. Best \$\$\$ I've ever spent...considering she initial offered 0% PT and alimony amounting to more than half my take home income FOREVER.

Thank you all for your excellent advice and support throughout this misery.

For those still in the s**t, stay the course....getting a fair outcome is very possible. Get and stay organized, be disciplined, focus on your kids wellbeing if you have them, take care of your physical and mental health. You got this.

117
UPVOTES

It's done!

Rilinius · 7 April 2025 · Archived copy · Reddit

After a year and half, my divorce was finalized this morning! The hearing was over Zoom, and she took it from her affair partner's apartment just to annoy me, but I don't care. After a lot of bad days, today is a good one. I am free, and in a surprise move she's changing her name back! She won't have the same name as our kids, which was always important to her in the past. Guess people change ;)

Anyway, I'm sitting in a bar enjoying a celebratory drink. It's finally over!

117

UPVOTES

To everyone going through it right now, there IS light at the end of the tunnel. I promise

Top-Swan9973 · 9 June 2026 · Archived copy · Reddit

Spent a lot of time lurking this sub when my marriage came to an end, so thought I'd share my experience after I can say I'm looking at everything through the rear view mirror.

3 years ago, my life came crashing down. D-day. The bomb was dropped on me this random June evening, and my life did a complete 180. I went from planning a vacation, laughing, going on evening walks, talking about what we were going to do for our next house project, saying I love you before bed to fighting to make it through the next minute, let alone the entire day. Just like that, we were uncoupling our lives at warp speed, everything was hostile, lawyers and mediators, and the person that I fell in love with was just a distant memory. And then boom, 4 months later, the house was sold, and the divorce was finalized.

What the hell just happened? I couldn't wrap my head around it all. How did I go from being totally in love to being forced to jump into the unknown with two feet? It didn't make sense, and I had no idea what to do or how to get this behind me. Every second it seemed I was stuck thinking about her and the death of my marriage, hoping maybe she would change her mind, asking myself "was there something I could've done to prevent this?" It was quite literally driving me insane. I let the tears out, was doing the therapy, got everything off my chest, and everyone kept saying "just give it time, it'll get better." Quite frankly, that pissed me off, too. Sure, it's easy for people to tell you that when they aren't the ones in the thick of it, but the more they would say that, the more mad I would get because it wasn't getting any better. Honestly, I just wanted someone to hit me over the head with a bat, and I would wake up not knowing a thing about my past life.

That was 3 years ago. Fast forward to today, life is so much different. It's so much more beautiful than I could've possibly imagined. I've reconnected with old friends, got back into hobbies that I abandoned when I was married, traveled the globe, made new friends, met some of the most interesting people, excelled 10x in my career, and, most importantly, fell in love with life and everything it has to offer again.

Getting here wasn't easy, though. There's no magic recipe, and everyone processes emotions differently. But all I can say is time, patience, and showing love and kindness to yourself go a long way. There were many days where I didn't want to get out of bed, and you might feel that way too, and it's okay. Give yourself the day to just stay inside and sit with your emotions. Just don't lose your faith and hope that things are getting better, because they are, even if it doesn't seem like it. Faith and hope are our pillars in this process, and behind the scenes, all the pieces that came apart are being put back together to create a better you. So, will the better days into existence by saying out loud that it's going to be okay. I promise too, you will find that as time passes, you will be brought back to others in special ways, and that love never left you.

It's important to remember, we are not given things that are too heavy for us to carry. It will become lighter, just be tempered in your thoughts and prudent in your judgement, and remember that part of being strong is to know when to ask for help. So, don't be afraid to talk and get the emotions out. Getting things off your chest goes a long way.

If I can make it to the other side, anyone can. I'm nothing special. Love you all and my heart goes out to everyone going through it. Stay strong.

117

UPVOTES

The "I checked out a long time ago" excuse

OkEmphasis5923 · 16 June 2026 · Archived copy · Reddit

I see this repeated on divorce subs again and again. In almost every case, the wife mentally checks out of the marriage, doesn't say anything, and the husband only figures it out after the fact. It implies a sense of cluelessness on the part of the husband. Men are left feeling like they didn't pay enough attention and if they did, things could have turned out differently. In this scenario, the burden always falls on the man. It's been perpetuated to a point that I see it repeated by men here in this very sub.

First off, you can make an argument that marriage is supposed to be a commitment that transcends an individual partner's personal feelings. But that sort of thinking is outdated in our society. Second, marriage isn't a performance by the husband meant to keep the wife checked in. If she voices dissatisfaction, a real woman would recognize that she bears an equal burden in fixing that.

But when a woman says she checked out a long time ago but never said anything, all of us should push back against that excuse. None of us, not even women, are mind readers. If a wife checks out and says nothing, that's on her. Your response should always be, you never said anything. The damage from her unilateral decision affects more than just her but that speaks to the lopsided system of rewards and punishments in modern marriage.

116

UPVOTES

Joke: no sex tonight

Jasey_Cones · 1 January 2023 · Archived copy · Reddit

UPDATE: like the title says... It's a joke. This didn't happen to me or my ex while she was with me. It's meant to be a laugh. That's why I said Joke in the title. How can you all miss that?

I never quite figured out why the sexual urge of men and women differ so much. And I never have figured out the whole Venus and Mars thing. I have never figured out why men think with their head and women with their heart.

FOR EXAMPLE: One evening last week, my wife and I were getting into bed. Well, the passion starts to heat up, and she eventually says "I don't feel like it, I just want you to hold me."

I said "WHAT??!! What was that?!"

So she says the words that every husband on the planet dreads to hear... "You're just not in touch with my emotional needs as a woman enough for me to satisfy your physical needs as a man." She responded to my puzzled look by saying, "Can't you just love me for who I am and not what I do for you in the bedroom?" Realizing that nothing was going to happen that night, I went to sleep.

The very next day I opted to take the day off of work to spend time with her. We went out to a nice lunch and then went shopping at a big, big unnamed department store. I walked around with her while she tried on several very expensive outfits. She couldn't decide which one to take so I told her we'd just buy them all. She wanted new shoes to compliment her new clothes, so I said let's get a pair for each outfit. We went onto the jewelry department where she picked out pair of diamond earrings. Let me tell you...she was so excited. She must have thought I was one wave short of a shipwreck. I started to think she was testing me because she asked for a tennis bracelet when she doesn't even know how to play tennis. I think I threw her for a loop when I said, "That's fine, honey." She was almost nearing sexual satisfaction from all of the excitement.

Smiling with excited anticipation she finally said, "I think this is all dear, let's go to the cashier." I could hardly contain myself when I blurted out, "No honey, I don't feel like it." Her face just went completely blank as her jaw dropped with a baffled----WHAT?" I then said "honey, I just want you to HOLD this stuff for a while. You're just not in touch with my financial means as a man enough for me to satisfy your shopping needs as a woman." And just when she had this look like she was going to kill me, I added, "Why can't you just love me for who I am and not for the things I buy you?"

Apparently I'm not having sex tonight either. Women.....!

116

UPVOTES

Divorce future.

opiewaan · 30 October 2020 · Archived copy · Reddit

*I spent 25 years keeping
other people happy. So, if I
want to spend the next 25
traveling and eating pussy, I
damn well will.*

me

Quotes Creator

116
UPVOTES

SURPRISE! You are getting a divorce. A Man's Checklist of things to do right now.

sak144 · 31 March 2023 · Archived copy · Reddit

Title is self-explanatory. You are reading this because either you have officially been served with papers or your wife has threatened you with divorce and you know that she is serious. Here is a checklist of what you need to do NOW.

1. Do NOT leave your home, do NOT react with anger.

This is difficult as you are dealing with all sorts of high emotions. Your wife just told you that she is willing to destroy your family, your relationship, and your life as you know it. Your first reaction is shock, sadness, anger, and complete disbelief that feels like this is not happening to you - that you are watching a movie of somebody else's life unravel.

You CANNOT act now in a "fight or flight" mode, which is your natural, human instinct. If you make the wrong move here, you will be screwed in many ways that you cannot even understand just yet. Find a safe room in your house you can retreat to. Either your bedroom or basement. If the door has a lock, great. If not, consider installing one. This is going to be your retreat for at least the next few weeks or months. This is going to suck, but you've got this. Identify that place and lock yourself in there to take some deep breaths. Do not pack up your shit and leave. DO NOT LEAVE. This is your house.

1. You need legal counsel NOW. Your wife might have told you that this is going to be cordial, that she wants it to be civil, maybe even that she still loves you and you will work this out together. She might also be telling you that she plans to take the kids, dog, house, cars, money and everything you own. **IGNORE EVERYTHING SHE SAYS, BUT DO NOT RESPOND IN ANGER.** Ignore everything she says to you from this point forward. No more believing anything coming out of her mouth. Her actions have just shown you that she is perfectly willing to wreck your life, destroy your family and relationship and has no qualms doing so. You now are involved in a lawsuit (divorce is a lawsuit) with an enemy combatant.

Think of your situation this way - she just surprised you on the opening kickoff of the Super Bowl with an onside kick that she recovered at your own 20 yard line. You are on defense in a very bad position to start this game. You need help and you need a Hall of Fame coach to get you out of this jam and you need them now.

Where do I find a good lawyer? How do I know they are good? If you are like most people, you will know someone who has gone through a divorce - either a friend or even some random acquaintance. Start there. Did they come out ok? Who did they use as their lawyer? If you don't know anyone, or who they used, your County likely has an online court docket system where you can search by name. Type in your divorced friend's name and search Domestic Relations cases. The docket will show who their lawyer was.

If you know absolutely no one that has gone through this, google search news articles with your town's name and "high profile divorce" or some variation of that to see who people who have the ability and money to hire good lawyers actually hire. NOTE: this is never the lawyers who advertise all over the place. Those hacks advertise so much for a reason. Contact these lawyers for a consultation now. It's only a consultation at this point and lasts one hour. The big money concerns come later - do not worry about that yet. Just line up consultations.

A consultation actually is a great defensive play for you, because if you have this consultation, it actually prevents your wife from hiring that same attorney due to a conflict of interest. You can even turn this into an offensive play here, as if she has not yet actually filed or served you with papers, find out which lawyer her bitchy, stupid divorced friend (or friends) used. In all likelihood, this is who your wife is planning to hire. Call that lawyer now and schedule an initial consultant ASAP. This will block your wife from being able to hire that person. Now she is on defense.

1. You need to identify multiple ways to physically work out and take care of your body.

Along with this, **DO NOT DRINK. DO NOT GET STONED.** Repeat, your first inclination might be to go get completely shitfaced. **DON'T DO THIS.** You will be wrecking yourself in big ways you still don't quite understand. You need to be sober, thoughtful, strong (both physically and mentally), and ready for the battle of your life. Whether you were ready for it or not, this is now going to be the toughest thing you've ever dealt with. Your wife has been plotting this behind your back for months now. She has a gameplan that might even have been put together by an expensive, sleazy lawyer. You need all of your mental and physical strength to respond to this.

If you are not a member of a gym, go join now. Even if you think you won't ever go, just get the membership. Planet Fitness costs \$10/month. Do it. You can always cancel later.

Identify multiple physical activities. Yoga is great in this situation for multiple reasons. It is low impact and if you are not a gym person, anyone can do yoga. It's very relaxing for the mind. Yoga also tends to be 90% women, which is going to do wonders for your confidence and mindset and psyche going forward during this divorce. Every guys loves looking at yoga pants. Almost every yoga place has an introductory offer (pay \$30 for unlimited yoga for 30 days or something like that). Do it. Even if you know you won't use it, do it.

Buy a heavy bag and put it in your garage or basement.

1. Change all of your passwords and logon IDs immediately. This means email, online banking, credit cards, phone bills, and whatever is sensitive information. She might argue that you are locking her out of a joint account or whatever. Who cares - again, ignore anything coming out of her mouth. If you are doing anything wrong, the courts will sort all of that out later. You need to lockdown and secure all of your information right now.
2. Find a way to record all of your interactions. Check your state's laws on recording. Your state might be a "one party consent" state. This means that only one person in a conversation needs to consent to it being recorded. That person is you. There are awesome free "voice recorder" apps you can download to your phone that actually record everything, even when the phone is in sleep mode. Have that ready and anytime she approaches you with that stupid look on her face "wanting to talk", click that button and start recording.
3. Hire a (male) therapist that specializes in divorce/relationship issues.

Even if you think therapy is douchey, and have never done it before. You are going to need someone that you can vent to and just let it all out to during this upcoming process. Therapy is relatively cheap and way cheaper than venting to your lawyer you are about to hire. Find a guy therapist and know that you only need to make appointments "as needed". Maybe you'll never need him, or maybe you'll need him a lot. Just get it lined up now.

There are many, many other things you are going to need to deal with over the coming months. But these are essential for dealing with the first few days and weeks after your wife has shocked the hell out of you.

Remember, you got this. It is going to suck beyond all belief. But you are tougher than you think and are going to come out ok when it's all over. The people you hear about who lives were ruined during this process most likely were ones that made bad missteps early on in the process which became difficult, if not impossible to recover from later.

Don't f** up early. Start working on a plan and gearing up for this fight. You've got this and you **WILL** get through it.

116

UPVOTES

Ex wife having regrets

Betteroffalone1111 · 20 September 2024 · Archived copy · Reddit

So a buddy of mine ran into my exwife last week and he pretended he didn't know we got divorced, He asked her if we were no longer together. From what he said she feels sad and didn't want the divorce. I don't ever want to get back with her and have moved on but it got me thinking. Is she saying all this just so I would feel bad? She chose to move out, wanted the divorce, her co workers got her a divorce cake for gods sake. I'm sure she's trying to paint the picture that she's the victim here.

116
UPVOTES

Holy Shit! I'm not that guy anymore!

Wedditwong · 15 December 2024 · Archived copy · Reddit

I've been posting on here for support as I go through my divorce (de facto) with 2 kids under 5yrs old.

Firstly the support has been amazing so thank you.

I just found an old iPhone from 2015 which is when my ex refers to me being the 'old you'. And I've really struggled to see what she means.

I'm me, right?

God no!

The photos and videos on this iPhone from 2015 are insane. Like, I am NOT that person.

Naive. Innocent, almost pathetic kinda guy. Like, no substance.

Now? Now I've earned some fucking grey hairs, I've seen some shit and I've endured enough stress and resurgent trauma from my business and my childhood to make ME think "now I'm a man".

That little bitch before? Fuckin embarrassing.

No wonder she liked "old me" the way she did. Cute. Cuddly. Needs support.

Now? Totally different breed.

The old me was by no measure who I am now, and I'm fucking proud of that...

Night legends, rock on.

I can not wait for what my future holds, it's gonna be off its fucking head.

116

UPVOTES

Divorce Woman Effects on Married Women

Helpful-Paramedic463 · 27 September 2025 · Archived copy · Reddit

Been seeing this woman for a couple months. I've gone out with her and her friends. Had dinner with her best friend and her husband.

Long story short, on a date this week she tells me that her best friend is frustrated with the husband because he plays too much golf and has gained some weight.

She goes on to rationalize how it would be very easy for her best friend to "succumb" to the advances of another man and that's how cheating starts.

Long story short, I'm sure she's been filling this married woman's head with all the negative stuff so she can also join her as a divorcee.

My wife cheated on me after starting a new job. Her boss is a divorced boss babe. The woman in the office are all divorced.

No one made her cheat but damn sure she was influenced by the women.

I'd advise any man to be highly suspicious of a divorced woman on his wife's orbit.

116

UPVOTES

I'm currently laying on my 10 year old sons empty bed crying like I would if I had lost him forever

Suspicious_Bed8776 · 15 July 2026 · Archived copy · Reddit

I'm not the type of guy that cries all that often, this would be the third time in the last three years, all three times because I miss my kids.

Their mother just picked them up and as I was walking back to the lounge room I looked in his room, Playstation still on with the unmistakable song that he has while his Fortnite character waits in the lobby, half eaten packet of Doritos on his bed (that I told him not to eat) along with a 3d printed articulated dude that I only just printed in time for him to have a quick play with before he left (His mum doesn't like him taking things like that to hers) and the feeling of loss was too much to bare, I laid on his bed to feel as close to him as possible and the tears just started flowing.

I know that I'll see him again but five nights a fortnight is just not enough, it feels like they are gone as quickly as they get here.

I hope all you other Dad's that miss their kids as terribly as I do are doing okay.

115

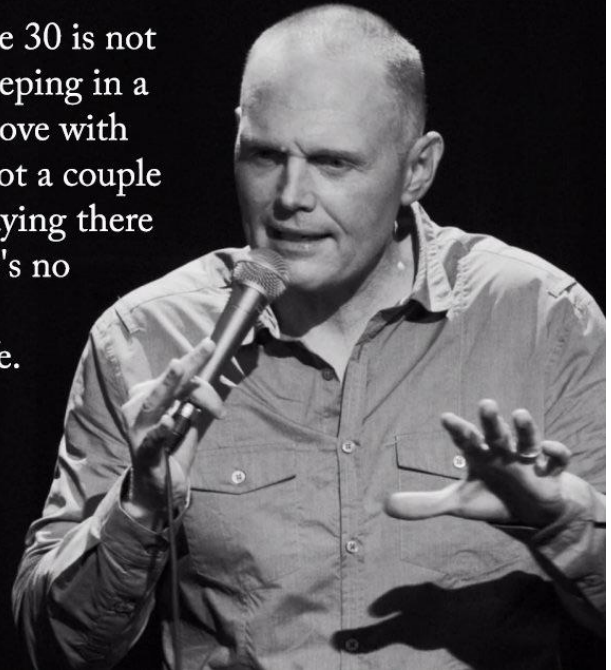
UPVOTES

This says so much!!!!!! I had my own similar fantasy. Did you?! 29 M. Divorced this year

bigtony199077 · 18 July 2020 · Archived copy · Reddit

Realize that sleeping on a futon when you're 30 is not the worst thing. You know what's worse, sleeping in a king bed next to a wife you're not really in love with but for some reason you married, and you got a couple kids, and you got a job you hate. You'll be laying there fantasizing about sleeping on a futon. There's no risk when you go after a dream. There's a tremendous amount to risk to playing it safe.

- Bill Burr



115

UPVOTES

Who is she?

Helpful-Paramedic463 · 1 February 2025 · Archived copy · Reddit

Man the text, video, and pictures my wife sends to her AP are pretty wild. Can't tell you how many times I asked her to send me some NSFW pictures only to be called a pervert. And I'm not talking anything crazy just some boob.

It's really amazing to watch unfold. Makes me wonder why she didn't feel comfortable being like this with me.

For the last few years she told me she enjoys sex but doesn't need it like I do. She said she could go a year without sex and be fine.

Of course she's telling this dude she loves sex and I get that it's a mini honeymoon phase and they get a rush out of sneaking around.

20 years down the drain for a felon with multiple DUIs and DV. Absolutely insane.

115
UPVOTES

There's hope guys

jdubby619 · 15 April 2025 · Archived copy · Reddit

This forum really helped me over the course of the last 15 or so months when my world ended and my wife told me she wanted a divorce. So I just wanted to share for some of you that are in the early stages and things seem impossible, but happiness and a new life is waiting for you.

I'm in my own place now, I've got a rhythm with seeing my daughter, and life is starting to feel actually normal. I spent the last year in therapy, and I allowed myself to be selfish and spend time discovering who I am outside of husband & Dad. I've even started dating and met someone great.

Just wanted to share because I know some of you are in the depths of hell right now and any kind of happiness seems impossible, but it isn't. You will get there, just keep prioritizing your mental health and put one foot in front of the other.

115
UPVOTES

Banned

warwww · 11 May 2025 · Archived copy · Reddit

Wow. Banned over in divorce_dads simply because I advocated for men to focus on themselves and their kids as opposed to stressing over a Mother's Day gift.

No foul language or ad hominem attacks.

Guess some guys still are incredibly sensitive about Mother's Day and ensuring their ex receives gifts.

114

UPVOTES

Haven't seen my ex in over a year. I just saw her Facebook photo.

MartyMcFly7 · 24 May 2023 · Archived copy · Reddit

My (52M) ex (51F) fell out of love with me several years ago (after nearly 30 years together). We just reached the 1-year anniversary of our divorce, so I thought I'd take a peek at what she was up to. I was shocked.

At first, I was wondering why she'd post a picture of her mother as her Facebook profile picture... then I realized... it was her! She'd cut off her hair, started wearing glasses, was seriously showing her age, and had gained an unhealthy amount of weight.

Looking back, when I was going through my divorce, it felt like I was losing everything; like my life was ending. Now (at the risk of sounding completely shallow), I can't believe I was upset about losing... *that!* I really dodged a bullet. I never could've imagined that -- as hard as the divorce was -- it was actually a good thing. I was removing a cancerous tumor from my life so I could move on to something better. What a relief it is to no longer be responsible for this person.

Divorce isn't always a bad thing.

Not all ex-wives will start working out (start working out!), taking better care of themselves (take better care of yourself!), and run off with some rich bloke they met online (run off with some rich blonde you meet online!). Some of them will crash and burn (DON'T crash and burn!).

114

UPVOTES

I have been divorced over 13 years and have moved on to live a happy life. What am I still doing here?

lxz72 · 9 July 2023 · Archived copy · Reddit

I have been lurking in this subreddit for some time, giving words of advice and encouragement from time to time.

Yesterday, I gave some advice and told a brief summary of my journey from the time I got separated to where I am now.

Somebody posted a question under my advice asking "What are you doing here?".

Nobody in my immediate family ever got divorced. My two brothers that I am very close to, viewed my separation like a high school break up. That I should just get over it. They did not understand that it was a lot more than that.

I did seek therapy and I was unhappy that regardless of how deep the conversation with my therapist was, in one hour it stops. I felt like most issues went unresolved and I went home feeling the same way I felt when I went there, just that my wallet was a bit lighter.

I turned to a group called "Divorce Care" and sought out some Divorce support websites. It was there that I found the support I needed.

Divorce care was a Christian structured program, usually done in a church. It was very helpful, but just like therapy it was an hour long, and with as much as 12-15 people in one group, sometimes you walked away feeling unresolved and since it was structured, it was not like you can go back on the next session because you had to move on and follow the program. Don't get me wrong, it was very helpful and I highly recommend it and it's free.

I joined two online support groups, one was an all male group that gave fantastic and very helpful insights and tips on how to deal with your divorce and custody. It was very technical.

The second group was a male and female group. Most people were going through the same thing as I was at the same time. But there were some people who were there to offer advice and hope. This group was more emotional.

I went through, navigated and healed from my divorce with the help of a lot of people I met through these two groups. They offered me very helpful advice. Guidance. Told me what to expect (you'll be surprised to learn how many people are going through the exact same thing you are at the same time as you) by those who have gone through it.

And the best things I got was friendship and hope that things will get better.

In the 13 years since I got divorced, I still try to offer help and advice to anybody who needs it. It is my way of thanking the strangers who helped me get through that difficult time, made me feel that I was not alone and gave me hope that things are going to get better.

So that is why I am here.

114
UPVOTES

I have the deepest empathy for all divorced men.

ooomn57 · 5 July 2024 · Archived copy · Reddit

I am divorced myself. I very sincerely feel the truest empathy for each and every divorced man, be they the ones who wanted divorce when they discovered the true faces of their wives or the more unfortunate ones to whom divorce occurred.

You, fellow divorced men, are very likely to have heard the well-known quote stating that men are the only creatures that are not unconditionally loved. That's a very true saying. Men do not receive unconditional love, or at least the vast majority of them.

We need to love ourselves unconditionally to compensate for this, we need to take care of ourselves, we must be good men, we must be happy.

113

UPVOTES

Who else has noticed...

Protomize · 17 March 2023 · Archived copy · Reddit

How easier life has gotten after divorce? I realize I have so much more free time, peace, money and a positive mind. So much so, that it's so easy for me to reject a woman I'm dating when she begins to make my life even the slightest bit more difficult. It really just hit me today and it brought a massive smile on my face. I'm getting a big bonus from work soon and I don't have to worry about spending any of it on a pointless vacation or gift. It can just go straight into my investment accounts. Life is really good when you focus on yourself.

113

UPVOTES

Anybody else having an absolutely dog shit 2024?

abort_retry_flail · 16 September 2024 · Archived copy · Reddit

So, let's see... In February I got outsourced from a job that I loved (powered through and found another decent gig in 3 weeks). My wife I initiated divorce after 18 years together in August. 4 weeks after that I found out my father has stage 4 cancer. I'm leaving/selling my 'forever home' in October due to divorce and moving 1500 miles from my all-time favorite place and all my friends to care for my father. On Friday I'm going to be putting down my best friend/pet cat of 23 years that I've spent literally half my life with.

The hits just keep coming, but I'm still standing.

113

UPVOTES

My role as a man in my former marriage has turned me off from dating

HP_Love_Shack · 10 May 2025 · Archived copy · Reddit

I got swept up in the role of provider and caretaker for my now ex wife. She had what seemed like endless needs. Was sick all the time and I had to caretake. Needed me to be her therapist. I did all the housework after work. Also she had a spending addiction so we were broke no matter how much overtime I worked. She couldn't keep a job as well but I had to be the breadwinner.

Anyway, she could indulge by working part time, get a masters degree, quit a job that was frustrating her, etc. while I had to keep my physically demanding job at all costs to support it all. The hypocrisy of her being a modern feminist while I had to be in this conservative role was plain in the open but since we had kids I did what I could to maintain the marriage. On my admittance I had terrible boundaries and got walked all over. No matter what I did I was resented not respected.

The marriage was killing me, the divorce was excruciating, now I feel I'm out of a type of prison...and it changed me entirely.

Now that I am single and have done "the work" to see my issues, I just have lost interest in considering dating. I don't feel bitter about my ex at all, I feel I'm over that. But I feel done with the role of pursuing. I rarely hear about women who respect their men, or even take them out. Also over time it just feels like resentment builds after we put in most of the work and build the romance. At my stage in life I don't want to meet a woman with kids of her own that will demand I get in that same role after all I went through. I don't want to complicate things.

Maybe this is the consequence of years of building something that utterly failed. I lost energy, finances, my youth.

In contrast, my ex left me for someone like 12 years younger than her.

Does anyone else feel "checked out" of the role society still expects of us? I no longer want to be a breadwinner, caretaker, sweep them off their feet like it's a Disney movie.

Like I feel I'm over HER but not the role I walked into. Anyone relate?

I guess I just want a peaceful life now. Time to get more hobbies.

113
UPVOTES

Thinking About Divorce? Read This First.

DivorceStrategy · 3 January 2026 · Archived copy · Reddit

Disclaimer upfront: I'm a woman, and a certified divorce coach who primarily works with women. I also work with male clients.

I recently shared these tips in the main divorce subreddit, and given an increase in inquiries I've been receiving from men, I wanted to repost them here with a few additional observations that may be relevant for men considering or going through divorce.

I specialize in high-conflict divorces. My clients - both women and men - are leaving controlling, emotionally abusive, or highly manipulative partners.

One pattern I see specifically with men is difficulty pulling the trigger on divorce due to guilt, fear of being perceived as "the bad guy," or a sense of obligation to keep trying at their own expense.

If you're in a difficult or high-conflict relationship, it's okay to put yourself first and decide to leave. That choice does not make you weak, selfish, or the villain.

My top 10 tips: (I'm a certified divorce coach with an MBA. I'm not an attorney and this is not legal advice.)

1. Never reveal your intentions prematurely. Once the word "divorce" is spoken, dynamics can shift quickly. Prepare first **BEFORE** telling your spouse.
2. There is no such thing as an "amicable" divorce. You can have a civil divorce where both people take the high road — but don't get lulled into a false sense of friendliness. This is not a time to be nice. This is a time to protect your interests and put yourself first.
3. Divorce is a business deal. Treat it like one. Separate the emotional side from the business side as much as possible. Spend the time you need getting emotionally prepared before you tell your spouse. Emotional regulation is paramount. Your superpower is not reacting.
4. Assume everything is discoverable. Texts, emails, and social media have a way of resurfacing. If you wouldn't want it read in court, don't write it.
5. Do not over-explain or try to "educate" your spouse. You don't need to justify your preparation or get buy-in to protect yourself.
6. Be very careful who you talk to. Friends and family are often well-meaning, but they can give misinformed — and sometimes dangerous — advice based on emotion, not outcomes.
7. Make self-care non-negotiable. This process is exhausting. You need clarity, stamina, and emotional regulation to make good decisions. Put yourself first. Develop a self-care routine and stick to it.
8. Get organized before you hire an attorney. This alone can save you significant time and money. Start simple: • What you make • What you spend • What you owe • What you own

And build out your supporting docs and files from there.

1. Expect things to escalate — even if they haven't yet. Plan accordingly, move deliberately, and don't make rush or snap decisions. "No sudden moves" is one of my core mantras for my clients.
2. Set firm boundaries around communication. You do not owe immediate responses, constant access, or emotional support. Limit, structure, and document communication whenever possible, especially if conflict is high.

A few additional thoughts specifically for men:

*Guilt is not the same as responsibility. Many men stay far longer than they should because they feel responsible for their partner's emotions. You are responsible for your behavior, not someone else's reactions.

*Being calm does not mean you aren't being harmed. Emotional abuse and control don't always look loud or dramatic. Men often minimize their own experiences because they don't "look like abuse."

*Staying for the kids is not always the protective choice. Children benefit from stability and emotional safety - not prolonged exposure to chronic conflict.

Divorce is overwhelming, but strategic preparation can change everything. Slow down, think strategically, and focus on the outcome you want to protect your future self.

112
UPVOTES

Every "single mom" in OLD

FineTransition96 · 20 February 2023 · Archived copy · Reddit

I just can't shake the prejudice that every single one of them 35+ with kids is just the same as my ex-wife. A lunatic that blew up her own family to "find herself" and ruined a man in the process.

Allthewhile [r/datingoverforty](#) is full of them, complaining how unfair it is that they can't find a man that lives up to their ridiculous standards (fit, handsome, successful, funny, loyal, etc. etc.). Of course, they all "deserve" nothing less because they are just soooo awesome and "magical" (that was one of the expressions they seriously used in one of the last such posts)

It is hilarious ☹️

I myself can never take a woman being a single parent seriously ever again. I just experienced it myself how delusional they are with their "grass is greener" attitude. I'm really curious how my own newly minted ex-wife will fare.

112
UPVOTES

Why is r/FemaleDatingStrategy allowed but r/MGTOW not?

Happy-N-Healthy777 · 25 March 2023 · Archived copy · Reddit

[/r/Divorce_Men/comments/121nnd2/why_is_rfemaledatingstrategy_allowed_but_rmgtow/](/r/Divorce_Men/comments/121nnd2/why_is_rfemaledatingstrategy_allowed_but_rmgtow/)

112

UPVOTES

The justice system is so one sided against men in a divorce

Stabinzee · 23 March 2021 · Archived copy · Reddit

Short back story. I initiated divorce in 2019. Years of infidelity finally culminating with her bringing the guy she was fucking TO MY HOME while I slept in my basement and my children were asleep on their beds. FINALLY granted a divorce in Feb of 2021 and STILL have to wait on the property division because she wants more money than I have.

Why is the system one sided? This piece of work has gotten a DUI and totaled her car from it. To THIS day she is driving on a revoked license because she won't go get the ignition interlock that was court ordered to be in her car. Anything happen to her? Nope! 9 months ago my oldest son facetimes me crying his eyes out begging me to come and get him because his mom was drunk, screaming at him and my youngest son and eventually passed out on the floor on her living room unconscious. I called the cops, they showed up, gave me my boys, called CPS and had a case filed against her. My Attorney argued for a Guardian Ad Litem to be instituted for my kids and what did the judge say "Meh, no, I don't think so, we'll see how things go and if something else happens we can revisit" If that would have been me? HOLY SHIT My ass probably would've been thrown in jail.

I gave this woman everything, including her career. She went to school for FREE from MY military benefits and has a great well paying job. I am now retired from the military and she is going after everything. My pension, my house, just anything she can get her hands on simply out of spite that I was no longer willing to accept her infidelity after years of repeated mistakes and the only reason I ever stayed was for my children. Now, here I am! Waiting for this fucked up court system to let me know that they're going to give her everything she wants and leaving me in the dust. WHY? Because the family court system is biased and it's complete and total bullshit. Now I sit here and spend \$35 an email or \$275 an hour to have my attorney try to get what they can for me but no no, at the end of the day this judge gets to decide it all. Evidence stacked against the ex wife, but that's ok, we'll just let those mistakes go and punish the man. Fuck you.

112

UPVOTES

They really are delusional....

Apprehensive-Cost496 · 14 December 2023 · Archived copy · Reddit

Hey Gents, just venting this morning just to get this out to someone and this group has always been a lifesaver. Post history says it all but the abridged version is exw cheated with an old turd, I ended it and now almost 1 years later, things are going good on all fronts, personally, professional, financially, kids, etc. I have to deal with the ex still but I keep it cordial, grey rock, keep out my personal details and well, it could be much worse. Friends and family are all in the know on why I chose to divorce.

Anyways, I still think the exw has some delusions on her thinking her cheating was not so bad, she clearly has no shame just by how she tries to act around me, ask about my family, parading around Old Man Balls AP at my daughters party, etc. Well, this is a new one -> I checked my mail the other day and low and behold she sent me a Christmas cards of her with the kids and some glamour shots. I then get a call from one of my best buds that he also got the same Xmas card and was like "WTF"? I'm still waiting to get the same call from my parents but holy crap, this is a new level of delusion.

Anyways, I have not said anything to the ex, will not acknowledge or react (this is what I'm thinking is the goal). Just venting here brothers, that is all. Anyone else have any stories of delusion?

112
UPVOTES

Just Ride It Out

WhiskyAndWhy · 4 October 2024 · Archived copy · Reddit

I'm sitting here, watching The Force Awakens with my son. Texting, on occasion, my girlfriend who I met nearly three years ago, post-separation but pre-finalization of the paperwork. I loved my now ex wife. We were together for nearly 20 years. Almost half my life.

But I am so much calmer, easier, happier now.

Guys. I know it sucks. It's miserable. There were times I felt dead.

But it was worth it.

It doesn't have to change how you feel now, but please, somewhere in the back of your mind, bury the knowledge that it will get so much better. You will get so much better.

Keep going.

112
UPVOTES

I can't believe my 4 years of life savings are gone just like that...

coderoncruise · 19 October 2024 · Archived copy · Reddit

After 8 years of marriage, I now have to give my ex everything I saved over 4 years.

I'm buying her out of the house that I worked so hard to get. I have worked 2.5 jobs, earning over \$300K per year, just to afford the down payment and get the mortgage approved. The house was in my name, and yet, here I am, having to split it.

On top of that, I have to give \$50K back to her parents – the money we used for the down payment. What makes it even harder is that I put in so much time and effort working for her parents and grandparents. I did all that thinking I was helping my family, and now it's like none of that matters.

Meanwhile, she spent all that time focusing on herself, working out, and improving her own life. Looking back, I wish I had used that time to focus on myself too – whether it was hitting the gym or studying to improve my own skills.

It just feels so unfair.

112

UPVOTES

Marriage is Lonely

ManagementUsed3304 · 22 April 2025 · Archived copy · Reddit

Before I got married people told me it's hard work and there are rough times. No one told me how lonely being married is. No one warned me about the risk of having a "fair weather wife". I've been in my relationship for 16 years... and my depression has only gotten worse and worse. I'm on anti-depressants now, I figured that would be proof I need companionship from my companion, but no, I am still expected to smile, be the life of the party, support her through tough times, manage our household, pay the bills, have ambition, stay in shape, seduce her, and deal with my problems alone. This is going to lead to divorce.

112

UPVOTES

Dating Mid 40s

Helpful-Paramedic463 · 12 August 2025 · Archived copy · Reddit

Do not become emotional invested with these women. A lot of them pretend to have their shit together but they're hiding behind booze or their looks. I'm extremely thankful to a few mentors I have who've walked this path before me and have set me up with the correct mental game plan.

I've been fairly successful the past few months but this past weekend, two of the women I've been casually seeing had meltdowns.

I went to bed early Friday night and didn't text "good night" to one. She sent me a text the next morning saying that this doesn't work for her anymore. Cool. Bye.

The other one made plans with me for Sunday and then went on to ask why does it have to be Sunday. Later that night same shit. "We're in different places in our lives."

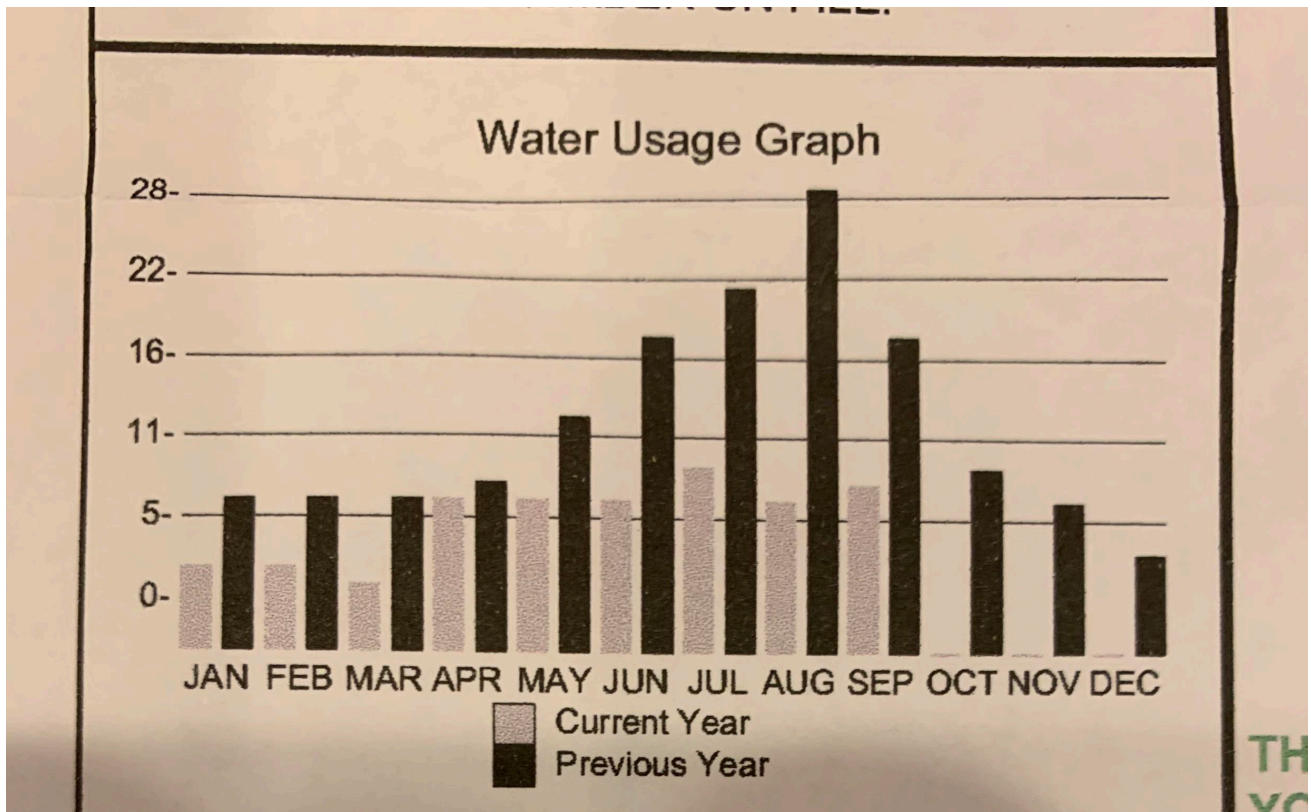
That same night she texted my buddy who actually set us up and was trying to gauge his interest in her. He has a long term girlfriend and immediately called me and gave me a heads up. We both laughed about it.

Stay strong. Do not compromise your standards, gentlemen.

111
UPVOTES

Nice side effect of divorce

soopirV · 25 September 2019 · Archived copy · Reddit



111
UPVOTES

Just bumped into ex-wife. I'm okay

Ruggiard · 18 April 2023 · Archived copy · Reddit

Hi gents

That's it. I just bumped into the ex wife about a year since we left court. Hadn't seen her since. She looked shocked (picture the proverbial deer in headlights).

I had a friendly talk and walked off. I'm okay.

No rage, no hate, no desire. Just a conversation and that's all.

I guess I'm moving on. Hope you will get there too

111

UPVOTES

I hate the modern mindset

steaksauce872 · 10 September 2023 · Archived copy · Reddit

I hate the modern mindset men and women have towards marriage. I hate that everyone is viewed as replaceable, I hate that my STBXW could get on Tinder today and have 400 men literally lining up to bang her. Meanwhile I could do the same and get absolutely 0 activity on it. I hate that my two kids now have to split time between their parents. It seems so ludicrous to me. I don't know who to blame for my marriage falling apart, me, my wife, social media, some probable affair partner.

My parents were married 42 years, I'm not saying all of them were good. But they were committed to one another.

I am beyond mad, sad, confused about what happened after our kids were born. It was our dream to have a family and it turned into something that I could never have predicted. From a work standpoint I did everything I could. I could have paid more attention to her I guess? I feel like all I do is ruminate. It's been 7 months since this bomb was dropped on me

111

UPVOTES

Divorced in 20 min

AntisocialBehavior · 31 May 2024 · Archived copy · Reddit

Divorced - a weight has lifted

The last 6 months have been a ride. The deepest sorrow, almost making it to indifference. When she came over to “offer a long overdue apology and explanation,” and walked away from me a few weeks ago, something critically shifted. I came to the realization that the person who was my wife IS GONE. The woman I once loved is a ghost.

It’s incredible how watching her walk away allowed crystallization of all hard self-work I’ve been doing over the last 6 months. I realized then that I deserved so much better than this “new person”.

In retrospect, it’s almost laughable that I pined so hard for this woman who blew up our life and absolutely eviscerated me, stepping over my body, bleeding out, with a smile on her face.

Today was our preliminary court hearing. I saw her outside the court house, and the automatic motor program of a wave and a smile executed. Her expression was one of sorrow. There was no response.

Before the hearing, her attorney delivered a laughable initial offer. I asked my attorney if the offer was fair. It was not. We came back with an offer overshooting the “fair” mark expecting a negotiation. They accepted without any counter offer.

We stepped into the courtroom. I had this incredible feeling of indifference. The whole process took 20 minutes. The judge agreed and we were divorced in less than a half hour.

I had my fair deal, and tears were streaming down her face.

I guess it’s sad for her that she chose to fuck another man, blow up our marriage, destroy another family, gaslight the ever-loving shit outta me, treat me with utter contempt and disrespect, and get dumped by her AP.

I feel free today. I feel this crushing weight lifting off of me. I gave her every opportunity to come back and rebuild our marriage and she fucking shat on every one of the chances I provided.

The only bit of emotion I felt was when she petitioned to change back to her maiden name. I don’t know why that hit me, but it did.

She doesn’t deserve to carry my father’s name and the reputation it represents in the surgical community. I want her to change it. She should not be part of our legacy of service. To those in our profession, our last name is associated with dependability, devotion and service. She has demonstrated that she doesn’t have those values.

There are still miles to travel, but I get to decide which direction to go. I need to learn to trust again. I have learned so much about myself during this process and it’s too soon to tell if they were worth the price of admission.

I will say that I a different and better person than I was before she hit my life’s reset button.

I want to thank the community for the support provided along the way. It has been an incredible journey so far.

You don’t have to keep giving yourself to people that continually hurt you.

111

UPVOTES

Social Media to Men: Abusive Wives are HILARIOUS!!!

Gullible_Rich_7156 · 30 May 2025 · Archived copy · Reddit

Just a few memes from my feed lately:

“A great marriage is when you fall in love with your spouse more and more each day. Except yesterday, yesterday she was bat shit crazy because I messed up in a dream she had.”

“Marriage is finding out that your wife has two settings: Absolute angel and homicidal. Usually triggered by hunger, hormones or your breathing.”

“Marriage is finding out that your wife is an amazing, calm and loving person, unless she’s tired, hungry, or too full, hot, cold, you’re breathing or chewing too loud, she’s agitated by you, the kids, the dog, or it’s the week before or the week after her period-basically six days a month.”

Tons of “like” and “laughing” reactions along with comments of “Yup! That’s me!” All from men. Between dating and marriage I spent 17 years with an abusive, controlling, manipulative woman like this. If you can relate to any of these GTFO. Don’t wait like I did.

111

UPVOTES

5 years later and the ex is finally get a taste of real life

guy_n_cognito_tu · 18 August 2025 · Archived copy · Reddit

As background: I am five+ years divorced from my second wife. Marriage lasted less than 5 years, she was an alcoholic, diagnosed BPD (that was kept from me), and attempted to have me arrested, fired, and completely removed from our son's life. I discovered during our marriage that she was playing me, primarily for money. She was being coached by her mother and sister, who thought that a short-term marriage would result in a free house, plus a lifetime of alimony and child support. We now coparent 50/50.

Now, don't get me wrong, my ex did well for herself in the divorce. Despite her misunderstanding of the modern divorce process, she played me pretty good. She came into our relationship with zero assets and a \$50k a year job, she walked out with about \$250k in cash and \$1500 in child support for the next 13 years. Now, for most people, that would have been life-changing, and certainly would have set them up for a decent future. Not her, though. She didn't work at all during the first two years post divorce, partly because she didn't want to let go of the SAHM lifestyle, but also because I think she assumed another man would be along shortly to provide for her needs. She also sold the perfectly good, brand new car she took off me in the divorce and bought an Audi....because her friends also had nice cars. When staying home didn't work out, she stated working part time, but still grossly underemployed. She also decided to go back to school.....to become a therapist. Not a real school, mind you, but an online school.

Fast forward to today. She assumed she'd be working in a private drug treatment facilities with wealthy people, but those jobs didn't materialize, so she's having to work in a women's prison. Not only is the money not very good (she could work fast food and take only a slight pay cut), but apparently the divorce money has run out. And that should be a rewarding moment for me, but it's having an impact on our son. Suddenly, he has no shoes at her house other than the ones I provide, and she can't afford \$35 a month for her portion of the drum lessons he's been begging for. She owes me money for child care, and is basically telling me she's not going to pay. And she has no humility about this.....preferring to let our son believe he's doing something wrong by asking for things like a normal kid. She won't do anything fun with him, because having to work 8 hours a day is too much for her to handle.

I just thought I'd share, and I knew this group would appreciate a post-divorce story. I knew she's likely crash and burn, and now it's playing out.

111
UPVOTES

Being a step dad is a joke

Tazz-Mission · 8 November 2025 · Archived copy · Reddit

I've known my two step daughters since they were 7 and 6 respectively. They are both in their late teens now and while they want to have a relationship. My stbx wife actively makes sure it doesn't happen.

I just think it's crazy how during the marriage you are pretty much demonized if you don't put your all in as a step father but once it's done. It's like you never existed.

111

UPVOTES

You guys were right...

Apprehensive-Wish330 · 2 May 2026 · Archived copy · Reddit

Something has been super off to me. She gets her hair done a few hours away, but today when I checked her cars location after her appointment to see if she was on the way home, it had been stopped somewhere for over an hour. None of her friends live in the area where the car was and something wasn't sitting right with me.

I decided to logon to her Mac and check her text messages. Full blown fucking affair man. Back in February we were talking about getting pregnant and all of a sudden she stopped bringing it up. In the texts she told him she was going to try soon and asked if he had feelings for her as she would wait if he said yes. Fast forward a little bit and she's telling him that he's her person, they're talking about taking baths together, etc. I feel fucking gutted man.

Part of me wants to bring it up, but I don't know if that's the right approach. Should I just start contacting lawyers and put it in the papers?

110
UPVOTES

It's crazy how many women of this generation don't even care to try and fix issues in marriage. I am truly shocked on how fast and easy she was willing to give all this up...

saygrace2 · 23 May 2022 · Archived copy · Reddit

[/r/Divorce_Men/comments/uw9kff/its_crazy_how_many_women_of_this_generation_dont/](/r/Divorce_Men/comments/uw9kff/its_crazy_how_many_women_of_this_generation_dont/)

110
UPVOTES

She's Not Yours, Its Just Your Turn

OkEmphasis5923 · 30 September 2023 · Archived copy · Reddit

Was reading about Hugh Jackman's divorce the other day and it really drove home the saying "She's not yours, its just your turn". I mean if a 6'3" moviestar can't keep a grandma-looking wife who is 13 years older than him, what chance do all of us have? His wife isn't stupid, she's well aware that she will never ever have a chance with anyone remotely like him again, and yet she wanted out. It doesn't matter whether you are alpha this or beta that, 6'3" or 4'11", handsome or ugly, rich or poor, marriage is a total crapshoot.

110

UPVOTES

It never ends

CrazySanta7 · 15 March 2024 · Archived copy · Reddit

Ex and i bought house in 2016 (2 kids) and she initiated divorce in 2017. Of course, she was cheating with co-worker almost that whole time She wanted to remain married 10 more years until kids turned 18. Lol. Nah...'i'm not that guy". I went and filed and did all the divorce legwork, just like everything else in the marriage.

The good news about cheating spouses is if you move quick, you can get a more favorable ruling in some cases. They are blinded by the affair. She said i could keep the house. I refinanced to get her off the deed. It was a struggle honestly. The payment was over \$3500. It was mainly the escrow that kept going up, especially windstorm which is required where i live. The escrow portion alone was \$2000 per month. I make decent money, but it was rough at times.

Anyway.....getting ready to put on the market in April. Like most homes, the value started going up in 2020. Her first comment was "how much money from the home sale do I get?". This was a karma moment. "LOL...nothing" was my reply. It's just hilarious how they always have their hand out, even years later. Would she pay half the debt if i was under water on the house? F NO. She has not talked to me since. I don't give a single f. My oldest has lived with me 100% for years (her choice) and i have not asked for a penny.

I thought this was comical. Appreciate you guys. You might not always agree with my comments but we all share a common bond. If i knew you personally, i'd be there whether we agree or not. Make it a good one, men!

110

UPVOTES

I really appreciate my x wife

Ordinary_Cup_1827 · 2 April 2024 · Archived copy · Reddit

I really appreciate her showing me reality. Out here with other men and shit . Maybe it's the stoic practice. I really appreciate this lesson and I will never trust another woman again . I been there through all the stages. I say this before. Everything was real, the wedding the promises the love. Just wasn't temporary. People change over time . I'm not mad , I don't hate her , I don't miss her. I really appreciate this life lesson. Was together 15 years married 12. Been 6 months. Life truly stress free. Gentlemen some of you remarried or even have a girlfriend. Me I'm truly enjoying being single at the moment. Girlfriend eventually but I will never invest so much in a woman again .

110
UPVOTES

Ran into my ex and her partner today

Khancap123 · 10 September 2024 · Archived copy · Reddit

Feel like I've come a long way. I just didn't care, beyond I really don't want to deal with this today. I was coming out of the grocery store and just crossed the walkways so I wouldn't literally run into them.

I felt a bit of power In that my ex was looking at me and I just kind of moved on, it wasn't fear or hurt it was I have things I want to do this afternoon, she saw that too and looked angry I guess but I didn't care. I had bought a fresh crusty loaf of bread and now I'm having a sandwich.

Becoming your own person again and not being tied to a difficult person is worth it.

110

UPVOTES

She wanted this...why is she increasingly so hateful?

Exotic-Belt-6847 · 26 December 2024 · Archived copy · Reddit

In short, just looking for support at holiday time. Separated for just over a year but finally got my own place this November. She seems resentful, jealous and grows increasingly hateful and petty over stupid things. She chose to stray and pursue an AP and then was firm on wanting separation. I gave her the house and Im the one who moved out since we have two young ones. Its beyond me as to why she can be this miserable when she seemingly has got exactly what she asked for.

110
UPVOTES

Don't lose your cool.

redditrock56 · 15 June 2025 · Archived copy · Reddit

I work with a woman who is going through a divorce, she still talks to her soon to be ex-husband since they have kids together.

To make it brief, she started dating, he found out, and then called her and screamed, threatened, and generally made an ass out of himself.

I overheard her talking to a colleague, not only did she find it incredibly funny, she's now going to tell her lawyer about it to use against the poor bastard.

Easier said than done, but when it's over, turn your emotions off, and don't lose your temper. Showing anger, showing that you care makes everything much, much worse, in and outside of court. I know this woman pretty well, she's going to keep fucking with this guy to help her case, and to satisfy her ego.

All the anger and screaming in the world isn't going to get her to care, once she's gone, she's gone for good.

Stay tough, guys.

110
UPVOTES

My wife is whoring around

LooseBranch568 · 30 August 2025 · Archived copy · Reddit

We both grew up very religious and waited until marriage to have sex. To be honest, I still hold that view.

We had a great sex life. She would speak positively about it often. But there were other problems.

It's in my post history. She asked for a separation in June. A month later I caught her sexting multiple men.

I filed for divorce. Now she is suddenly a bar fly and having sex with as many men as possible, at least according to mutual friends. I found a plan B was purchased several hours away on our shared target account.

I found out who some of the men are. Most of them are much other than us and honestly really weird and gross. She's just looking for dick.

She's a complete slut now.

And I cannot handle it. It's devastating me even though I'm trying to heal and move on.

Do you know what that does to a man? I'm completely emasculated.

110
UPVOTES

Don't Mistake Sex for Love

Boglehead101 · 18 October 2025 · Archived copy · Reddit

When I met my wife in our late twenties, we were both living in an indulgent chapter of our lives. I had a successful career, money was plentiful and we partied hard.

She was very sexual, and at the time, it was intoxicating. Something however was missing. There was never a gentle hand on my knee, never an unprompted hug or warm embrace. Affection was absent, and I was always the one who initiated even the smallest gesture of tenderness. With sex so freely available, I overlooked the void where warmth should have been.

As she moved into her mid-thirties, that dynamic shifted. The physical intimacy that had once seemed abundant was rationed. I found myself constantly turned away, left alone in a marriage stripped of both affection and desire. It was lonely.

She is the daughter of a chronic alcoholic, raised in a dysfunctional family. I've since learned that difficulty expressing genuine affection is a common legacy for children from such homes.

Now, she has turned away completely and served divorce papers.

If there's a life lesson for other men in this, it's this: don't confuse abundant sex with real closeness. Without affection, intimacy is just a performance, and performances eventually end.

110
UPVOTES

Some advice for young men (from the mom of a newly divorced young man)

Rae_Momof4 · 19 May 2026 · Archived copy · Reddit

I came here a month or so ago looking for support as my 26-year-old son went through divorce proceedings. Your comments were very helpful not just in helping me to support him, but also because seeing similar stories let him know he wasn't alone.

When my son finally let us in, it was almost too late. He was, in his words, in a very dark place and having some very dark thoughts.

If your marriage is breaking down and the red flags below are happening to you, reach out for help. There are people who love you, who see what's happening, and who want to be there for you. Don't allow yourself to be cut off from them when you need them the most.

1. Whenever you express concerns about something she's said or done, it leads to a fight that morphs into somehow being your fault. Her goal is to make you question yourself and doubt your reality.
2. When something positive happens to you, she belittles it. Maybe she shames you for thinking it's a big deal, or maybe she says it only happened to you because of her. Her goal is to wipe out your self-esteem.
3. Whenever you seem to be enjoying yourself, whether that's with friends, family, hobbies, or even a simple conversation with a stranger, she picks a fight. Her goal is to ensure you only focus on her.
4. She tries to drive a wedge between you and your friends/family through making derogatory comments, shaming you for your relationships, attempting to sow gossip, lying, etc. Her goal is to break down those relationships and make you feel unloved and alone.
5. She monitors your phone, email, etc., ensuring that she's a part of every interaction. Her goal is to make sure you have no chance to give or receive information or support.

Once you question yourself and doubt your reality, once your self-esteem is gone, once all forms of enjoyment are gone, once you feel unloved and alone, once you're isolated from everyone who can help, you're at your most vulnerable.

Don't let that happen. Reach out for help.

109

UPVOTES

I wanted to believe it wouldn't happen...but you guys prepared me.

Rekman707 · 15 July 2024 · Archived copy · Reddit

I posted on here a few weeks ago. A little over a month since she said we were over. She's officially filed now and we both have lawyers. I'm just waiting to be served.

I know it's still only the beginning, but it blows my mind how fast things turn south. I didn't want to believe all the stories here. That my wife could possibly move to another "branch" so fast. Well, she did. And it's probably nothing real or deep. But after 15 years together, I can't stomach the thought that I've been replaced emotionally, and or physically. It absolutely repulses me with the disrespect she's showing to all those years. At least that's how I view it. But recently the memories that surface hit VERY hard.

We're still cohabitating, since I refused to leave. Was called a douche and "less of a man" than someone else she knows, who let his wife kick him out of the house. I didn't give in. I didn't even fight. I just said no, and walked away.

I've been a grey rock for weeks now. But so has she and that almost just pisses me off more. I know I don't deserve this, but this was a decision out of my control. We only talk about the kids or other things that are necessary.

It's so hard to accept that she's not my problem anymore. She's straining the relationship between her and one of our daughters. Our daughter is old enough to realize that her mom is moving on too fast. Neither of us recognize who she is anymore. And that makes me sad, and so angry.

She seems like a rebellious teenager right now. And disguising it under a cloak of a desire to be her own person, and fueling it with "you go girl" cheerleader friends and an unsustainable level of inspiration from her new freedom and learning who she is. A dark part of me looks forward to when it all comes crashing down.

I'm afraid of digging too deep on this subreddit, because I'm afraid of what I'll find. But so far, you guys were pretty accurate. The woman I married would be disgusted with the woman that's divorcing me.

109

UPVOTES

Wife is now the breadwinner and wants a divorce

DivorcinDiamonDealer · 1 October 2024 · Archived copy · Reddit

We've been together for 15 years. I dropped out of college and paid her way through grad school by selling diamonds and gold.

She is now a doctor at a state hospital and has a private practice making 300k+/yr, all while my income has dwindled from ~150k/yr to 50k.

She is living a lifestyle I can't afford and she resents that I haven't saved properly or adjusted my business to keep up with her.

I am on her state health insurance, we don't have any shared assets or finances, and keep our bills separate. Though I am responsible for half of our \$6000/month rent.

She basically wants me out as soon as possible which involves me moving across the US since I have no reason to stay in our current city.

I don't really know the point of this post, I'm just at a loss of what to do.

I would love to stay with her and figure this out but she is very resolute about her decision.

109
UPVOTES

Imagine being bitten by a snake, and instead of focusing on healing from the poison, you chase the snake to understand why it bit you and to prove to it that you didn't deserve to be bitten.

P1Day1 · 10 January 2025 · Archived copy · Reddit

A friend sent this to me today. I wish it were something I read when all this shit started long ago, so that's why I'm sharing it with my brothers now, because I know someone out there needed to read this and refocus. God speed, gentlemen.

108

UPVOTES

Well I lost...

Staff_Horror · 13 March 2025 · Archived copy · Reddit

Nearly two years later and \$160,000+ in lawyer/court costs... I lost.

The judge allowed my ex to move my two beautiful, brave, intelligent daughters (7 and 4) two hours away. I had previously won an emergency order to even see the girls as my ex withheld them from me for 6 months after separation without so much as a phone call and I was given a "without prejudice" order of every other weekend and Tuesday to Wednesday one week and Monday to Wednesday the other week. That was stripped from me and I'm now to drive 2 hours every other Friday to pick the girls up, drive them home then drive them back Sunday night.

During the arbitration, all of the following happened and SHE STILL WON!

- got caught lying on an affidavit saying I abused her, took back that statement in arbitration and said her previous lawyer told her to make that claim.
- got caught lying about being off work on long term disability with a shoulder injury for the past 5 years despite playing softball every weekend.
- told the arbitrator she doesn't have a job in the city she wants to move to and wants to move there to be closer to extended family. When asked how often she saw that family during our 8 years of marriage, the answer was twice.
- admitted that the girls were in full time daycare from the time they were each 1, despite her being off work. I would do the drop offs and pick ups.
- my witnesses all testified that she was not present with the children and would sit on the couch on her phone while I actively played with them, cooked for them, cleaned the house (she admitted to me doing all that). Despite that admission, she claimed she did all the "heavy lifting" of raising and taking care of the children. Her reasoning was she took the kids to their dr appointments. I can tell you the kids have prob been to the dr 3 or 4 times in their lives. This is how fucked up it is, the witnesses were done over zoom and they started the call with her dad saying how he is of hard hearing and we needed to speak loud and clearly for him. He still had trouble hearing it. Later in his testimony he said he heard "through the walls", 2 stories up that my ex was the one who put them to bed every night. Again despite testimony from someone who stayed with us for 7 weeks saying I did it.
- Lied about the home and whose house it was. Her parents were on title because we needed co-signer and her dad paid the down payment because our previous home didn't close until 3 weeks after we took possession. Her and her parents convinced the judge that we were holding the home for her parents and they put all the money down despite her father slipping up and saying we paid it when our previous home closed. \$250,000 in equity in the home and I was awarded \$44,000.
- Told the arbitrator that she doesn't post the kids on TikTok or allow them to access the internet. We provided not only videos of my daughters on the internet but an entire TikTok page that my now 7 year old has at her moms where there is no adult supervision at all including dancing to inappropriate songs.

I had tried to take the high road the entire time. Arbitrator even in her order said how I was extremely credible. My one fault, in the middle of being withheld from my kids, I made a playlist when I was informed she hacked into my Spotify to still get free music. I made a playlist of nasty song titles. This was given more credence than anything she did.

I am utterly heartbroken. I sent her full table amount of child support every month even when she was withholding the girls because I wanted to do everything right in my power to show the courts where they should be.

The system is **BROKEN** towards dads. My lawyer and I left that arbitration **SURE** we would get no less than 50%.

Arbitrator ruled that ex has seen the error of her ways and wants to move forward with the best interest of the children despite me providing evidence of her making dropoffs difficult but refusing to do them in the school office and causing a scene in the parking lot on multiple occasions. Literally text messages showing her doing that. Not to mention the stuff she has said to the girls about me and things like to misbehave at my house so I won't want them, how they're not my real family anymore etc. obviously can't prove that but cmon...

I was harassed on social media by her friends and family. I was stalked at my work by her mother. None of it mattered.

I'm devastated guys... literally can't sleep, don't know what to do with myself. Heartbroken.

I also can't move to the city she is going. I've been looking and rent is nearly double what I pay here, plus no jobs in my field.

Any advice on how you've all coped losing your kids? All I can think about is how as they get older how will they want to drive 2 hours away from their friends, jobs, extra curriculars to come see "Disney Dad"?

108

UPVOTES

No more support payments

rsmiley77 · 11 June 2025 · Archived copy · Reddit

My ex increased her earnings by double but thought that she'd still be getting the same amount of money. It was just enough for me to owe no support anymore. I still don't fully believe it's true.

For the ex, it may be a little harder to afford the jeep wrangler she just purchased a month ago. She'd been pulling in more money than me when you factored in the money I was paying her on top of her salary.

Guys, know the law. It's the only thing that counts. Keep a list of your kids overnights with you. My ex and her attorney thought they had a good hand to play but it crumbled quickly when faced with the 58 percent of nights the kids spent with me last year. They swore they wouldn't except anything less than 60-40 them. Changed their mind really quick when faced with my color coded calendar of the last 18 months overnights. Their hand was trying to say I hadn't paid for receipts that hadn't been submitted by my ex.

Anyways thanks for reading my rant. My goodness I haven't been able to afford going out for the past 7 years. I deserve to go out and get a happy hour drink somewhere just for a small congrats to me. I'm still on cloud 9.

108
UPVOTES

It's done
TxAlive · 3 January 2026 · Archived copy · Reddit

We told the kids. She did. She got half way through before my son broke down and started bawling. He's the heart of the family. Daughter stormed off to her room. He followed, to his room. Now they just want to be left alone.

I'll never forget this day and never forgive her for putting her perceived happiness in front of my kids happiness.

107

UPVOTES

Just got taken to the cleaners last week... but its over :)

boosted1234567 · 17 April 2021 · Archived copy · Reddit

I am just so upset at how much money was stolen from me. I lost about \$150k of my self-earned net worth at 34 years old. Together since 2010, Married 6 years. No kids. 1 year into marriage, she wanted to chase her dreams and decided to be a personal chef. I wanted her to be happy, and heck I'd get good food out of it too. I was nothing but supportive. We expected about a \$15k pay drop from her \$60k job. She ended up bringing in about \$20k a year for 5 years, while I averaged close to 8x that. I had a few of the best years income wise in my life, but no longer can attain those levels due to change in commission structure. Most of her lack of income can be explained by her lack of motivation... worked 1-2 days a week on average and constantly told friends & potential clients she had a waiting list. She filed for divorce last October, and finally admitted a few months ago that she grew unmotivated due to my income.

I held a 49% stake in her business... in the beginning, I was pushing hard to work out what I felt sounded very reasonable. I didn't want to pay lawyers, and of course wanted to split as simply & quickly as possible. I said "You can keep your business (???), your car (\$15k), your house (a rental, \$162k equity), your 401K (\$20K) and your cat". I wanted to keep the marital home (the same \$162k equity), my car (\$15k at the time), my 401k (\$200k) and my 2 dogs. Splitting our cash accounts (about \$80k) was never an issue.

Now... I had just spent about \$80k renovating our home to **her** spec... Brand new appliances, her dream kitchen, paint, floors, counters, bathrooms, *everything*. It was supposed to be our "forever home." After a grueling 7-months remodeling process through COVID (Including \$20k loss due to horrible contractors) we finally move back in and I discover she had been chatting with 3 men for the last few months via video chat. 100% emotional cheating, deceit, shit talking me etc. Tried 3 months of therapy (I was trying to regain trust and meet her unmet needs at the same time... tough battle) and she decided to file anyways. Come to find out, she admitted a couple weeks ago that "she knew it wasn't going to work, and just wanted me to go through therapy with her to see the same conclusion". Great, now I know I've just wasted half of another years' income while she was comfortable not working (and didn't file for unemployment because she had yet to do our taxes from 2019 which has always been her responsibility).

Knowing she had access to half of my home's equity and half my 401k scared the shit out of me with just how much more work I put into our worth and to afford our lax lifestyle (amazing vacations... 2 weeks in Spain, 2 weeks in Hawaii across 5 different islands, once-in-a-lifetime \$700 12-course lunches etc.) I cared for her and we had great fun together, and I'm sitting here thinking I've **ALREADY** contributed enough to this person who has cheated on me now for the **2nd time** in my life.

In early negotiation, she tells me that I can't have even 1% of the value in her rental home to even the scales. This was her first home she purchased when we first started dating in 2010. After all, that's what her lawyer drafted in the initial divorce papers, that she "keeps" her separate property uncontested. **I pushed like hell** to get her to see the perspective that **we saw** value in her rental property as part of "**our nest egg**" just like my 401k. She could see what I meant, and I know she saw the fairness in that equation, but still reinforced that it was her separate property and she gets to keep it. I knew immediately that I needed to lawyer up to get my fair share of her property to offset the massive amount of loss I was exposed to. By law, I'm due half of the principal reduced on the loan, half of the rental profit and half of the capital improvements done to the home. TX law does not entitle the spouse to any equity on a separate property.

I had been quite nice to her in the months leading up to mediation... after all, I didn't want to give her any more reason to go after more than what she already was. It didn't seem to help, though, unfortunately. In the end I got a \$23k credit against the \$81k equity I owe her for the marital home (she wanted \$81k to herself). I paid her out of the home with my only 401k... so in total: she took \$145k of my \$197k 401k, while keeping her own 401k (\$22k, and she also has a \$44k 401k pre-marriage), took \$9k of my \$20k checking (my earnings post-separation), \$33k of our \$62k brokerage. I got to keep two cars... but she got to keep half the value in them including the \$6k additional

I paid post-separation. The bleeding wouldn't stop. The short of it is, she took \$280k of our \$555k net worth. Of that \$280K net worth, she contributed about \$120k including the \$46k rental offset I had to fight for. Total damage for me was approximately \$160k to make up the difference at a 50/50 split.

The *MOST* painful part of all of this... is looking at these numbers... this massive amount of money on her side of the table, and sending my first counteroffer. I had asked for a simple \$20K valuation of her business. The business that I had no hesitation on allowing her to explore. The business that I built the **entire** branding of: I built the website, made her business cards, sourced her car from across the nation (to match her business colors), surprised her with a custom cooking-themed license plate to draw customers in. I spent hours upon hours perfecting her branding. She would get compliments from people all the time, and would always smile and say "that's all my husband!"

... Yet when it came to ask her for a simple \$20k valuation, meaning a \$10k credit in my direction... for ALL that I've contributed. Not just to her business, but the freedom she has been afforded these last 6 years. She knows how hard I've worked these past 6 years to make our wealth grow while also admitting to growing unhungry due to my income. **She said no. I get \$0 for my 49% stake in her business.** Even though she's been unemployed this entire last year and brought in practically nothing while living off my contribution. That really hurt, knowing that I was so unappreciated despite her also "wanting to remain friends" and "wanting me to be happy" and "not being out for blood".

Everything was finished after an 8.5 hour mediation day, motivated by a final threat that was communicated which was essentially: "I know his bonus is about to hit in a few days, so if we don't finish today I can go after that too"

Expensive to say the least... \$1100 for each portion of the mediator fee, plus \$2k for just my attorney. I get a call the next day saying that my ex said I had agreed to pay her portion of mediation (never happened). She deceived me and made me think I was paying my \$1100 portion when calling in, come to find out my attorney had already paid it out of my retainer. I ended up getting that sorted out and forced it back on her. Just ruthless.

And I had a thought the other day... **I JUST KNOW** she is going to be filing for back-paid unemployment for the last year. Got to live off my income and spend it freely, take 3/4ths of my-one-and-only retirement while holding onto a shit-ton of equity herself and getting an additional fresh payday from the workforce commission too. And of course, she's now very motivated to work and build her business to \$100k/yr.

What has this taught me about marriage? **JUST DON'T DO IT!**

107

UPVOTES

The person you divorced isn't the person you married.

oli_21_ · 20 January 2022 · Archived copy · Reddit

Ain't that the truth.

107
UPVOTES

Another thing I won't miss from the ex....

Betteroffalone1111 · 16 August 2024 · Archived copy · Reddit

Won't miss all the damn stupid fall decorations, Halloween, Christmas. No more pumpkins, fake leaves, pumpkin spice, candles, ghouls and goblins, ungodly amount of Christmas decor. That is all....

107

UPVOTES

Knew it was coming...

LoveCrispApples · 6 September 2024 · Archived copy · Reddit

Well, just now, my STBXW finally let me in on the worst kept secret on earth: She is "officially" dating the "work husband" she monkey-branched to.

Not a big surprise of course, but actually hearing the words spill out of her mouth with such conviction doesn't make it hurt any less. More, in fact.

Day 76 since she said she wanted the divorce, and it's not yet finalized. All the signs were there. Started many, many months ago when my wife told me this guy first confided in her that he was having marital problems of his own. The little gift exchanges she nonchalantly passed off as "normal" for Nurse's Week. Then, the phone call log between them that my son discovered back in July. Her recent urgency to get this divorce pushed through.

Sick to my stomach. 16 years gone. Oh well, such is life. I will NOT let this set me back to Day 1. It just depresses me to no end that loyalty means nothing anymore. Vows are a big joke to some people. Commitment is an option now. The woman has zero integrity.

107

UPVOTES

Went to a cuddle party...

CorporalCabbage · 17 December 2024 · Archived copy · Reddit

Yeah, I'm a very feelings based dude. Probably (definitely) one reason why my wife wants out. That being said, this has been a very challenging 7 weeks since she told me she doesn't want to be married anymore. I was scrolling the Meetup app and saw a posting for a cuddle party in my area. So, I reserved my spot and went.

For those who don't know, a cuddle party is pretty much what it sounds like. It's a room full of people who mingle and you can ask anyone to cuddle. No one is under any obligation to cuddle, and the spoken consent must be received before any interaction. You are free to say "no" if someone asks to cuddle, and the event is run by counselors who are available if anyone gets overwhelmed or their feelings hurt.

After a long discussion of rules and procedures, the party began. It took me a little while to find my group, but when I did, it was really great. I chatted with a girl who was a teacher (just like me) and another girl with her boyfriend who were nice.

After some easy conversation where I got to tell my story and my feelings about my upcoming divorce, a girl asked to sit with me shoulder to shoulder. We talked a while longer and eventually ended up in a nice cozy pile. One girl held my hand, while the other cozied up to my side. Then, we just laid there, silent, for nearly an hour and a half. It was wonderful. I felt so content. My mind was perfectly clear and all I could do was smile through it all. I felt worthy and loved.

When I reflect back on this, I realize that I was touched more that night than in the last few years of my marriage. My wife was unable to just "be" with me. She always found the need to be distracted by something, and it hurt my feelings for years. When I would bring it up, she would snap at me. "What do you want to talk about then? Our days?! How was YOUR day?" Holy shit. I just wanted a connection with the person I made children with. All she ever cared about was completing tasks in her never ending to-do list of life.

If you are a touchy-feely guy like me, check out cuddle parties. They might do some of us some good as we walk through this fire.

107
UPVOTES

Didn't want the divorce/ blessing in disguise

DudeforRighteousness · 10 January 2025 · Archived copy · Reddit

It takes a long time to be able to understand it.

But her leaving and refusing reconciliation ended up being a huge blessing.

I changed, she didn't.

She is still the same miserable, selfish person that was dragging me down for almost 2 decades.

I believe God hates divorce, but sometimes he allows people to walk away when they are a severe detriment to you.

If she hadn't left I have no idea where I would be right now in life.

But as it stands now.... i've lost 115 pounds, gotten in shape, I'm much more stable mentally and spiritually and my relationships with my family and friends are 10 times better than they ever were.

It's a shame that she never changed, but I'm not responsible for her.

I'm just focusing on my relationship with God and my kids.

107

UPVOTES

Ex showed up with her new boyfriend to drop off our son

Puzzleheaded-Yam1718 · 22 March 2025 · Archived copy · Reddit

I didn't meet him. I didn't want to. Trying not to compare my Honda fit with his muscle car. My flabby stomach with his steroid injected body. I got bad vibes. Initially, I thought to meet him since he'll be around my son. But I have let that go. I don't want or need to meet him. I can only control my time with my son. My ex is/was not emotional or mentally healthy. Divorce finalized December 31. Ex says she and him are "getting serious" and thought I should know. Yesterday she invited me to go with her to see my son get his haircut. Then we went to the park. I stayed emotional far from her. Safe. Remembering all she did and said and how she treated me.

Reality is hard to swallow. The hardest thing to grieve is the dream I held in my heart of my family. Not sure what the guy wants with a newly divorced mother other than sex, and boy can she (and all females) manipulate with sex. Her new bf drove away fast making sure his muscle car engine roared. I tell myself; let it go.

107

UPVOTES

The Damage and Destruction of Divorce

Delicious-Curious · 22 February 2026 · Archived copy · Reddit

I know a lot of this has been said on this sub for years, but I'm in need of shouting into the ether after crying a lot today.

My wife's unilateral decision is so destructive.

Intact family. Gone.

Extended family. Her parents have stopped talking to me.

A future together. Gone.

Retirement. Not together.

Taking care of each other as we age (I'm 47, she's 46). Nope that'll be gone.

The stability of home. Gone.

The familiarity of home. Adios.

The sense of identity. Chopped up into little pieces.

Photos, mementos and other things from 20+ years of marriage. Hurts so much to look at them.

Kids trying to navigate this. So painful to watch.

Simple things like my garden beds I took pride in and understood the seasonal rhythm of all the flowers. Soon to be gone from my life.

Family meals. No more.

Holidays. Changed forever.

Pets displaced and no longer together.

It's all so fucking painful. I had moved toward acceptance but the last few days feel like the first days of this all over again as waves of grief wash over me while my wife plays her happy music playlist for all of us to hear.

Then how dare I bring up even the tiniest thing she may have done wrong either in the past or even today. Nope. She's never wrong. Then gaslights me. I have so many gaslight burns.

I know we men handle this all very differently. Some have told me just say screw it and move on. But I'm mourning my literal life as it flashes before my eyes because I made my wife "feel invisible." Meanwhile, no need to explore her childhood trauma or narcissism. Nope, everything is my fault. She has literally not acknowledged anything she has done wrong.

I've given my whole adult life - and for what?

So what am I left with? The list of damage and destruction above and many other pieces of debris as I'm discarded from her life.

So so painful.

107
UPVOTES

Best ever

Backdoorman1973 · 10 August 2026 · Archived copy · Reddit

55m here. Wife on 25 years just up and left about 6 months ago. She filed for divorce and to show me, she asked for nothing. Just left.

I have since saved an additional 5k a month and bought a new Porsche. Just for fun. No problem with the ladies as the new lady friend likes to show up unannounced and make breakfast in a tank top and panties while I am still sleeping. She (51F) is a retired professional and has her siht squared away and her own money.

Keep your head up boys. Things will improve for you. The best has yet to come.

106
UPVOTES

Never give up and never let anyone determine your self worth!

76ersPhan11 · 4 August 2022 · Archived copy · Reddit

It may seem impossible and pointless but never give up! As of today I officially have 50/50 custody after 2 years of fighting. The healing can finally begin and now I can focus on my happiness. Such a good feeling and I'm looking forward to the next chapter of my life!!

106

UPVOTES

I sat on a bench for 7 hours

Initial_Topic_4989 · 22 November 2023 · Archived copy · Reddit

Before the whole divorce and discovering the cheating of the thing that I married I used to be able to work the whole day, no problem, because it was for the family.. see I was able to do that sacrifice because I understood that as a man I had to provide for my family and that I did not have the excuse to use my feelings to avoid my responsibility, but now? Man I can't stand working just two hours in and I feel like quitting.

Today, after my break I sat on a bench in a nearby park, I turned off my phone and without noticing 7 hours passed, just thinking about my parents and when I was a kid, nowadays that is all that I could think of when life was actually good. Now? I am a slave of the system... If I quit my job and decide not work I get arrested because the honorable court has decided to grant alimony to a cheating witch.

106

UPVOTES

Great Day To Be A Man in Texas

sunlightshawty · 25 September 2024 · Archived copy · Reddit

I (27M) have been lurking in this group ever since my wife (23F) decided to leave me and our daughter (4). I was a truck driver working 90-hour weeks to support our family, while she was a stay-at-home mom. She never enjoyed being a mother and struggled to keep our house clean, I even had to hire maids for a 1,200 square foot home. I always felt taken advantage of, but I gave her the benefit of the doubt when she said postpartum depression was the reason for her laziness and sadness about her life. However, I knew this was merely an excuse. I would spend two weeks on the road and then be home for three days. Most of the time, she wanted to spend those three days going out with her friends to clubs while I stayed home to spend time with our daughter. This pattern continued, and the more I expressed my feelings about it, the more she blamed me for things that justified her behavior.

Long story short, I thought, "Let me find a better career that is more family-friendly and allows us more time together." After discussing this with my wife, she agreed and seemed genuinely happy to make some significant changes. We moved in with my family to reduce our expenses, and she began working as a server while I took care of our daughter and pursued an online degree. Everything was going well for a few months, but two days after I enrolled in my online college program, she suddenly told me she was done with the relationship, wanted a divorce, and had found a place of her own. She moved out within a week (May 5, 2024). I was blindsided and, to say the least, did not handle it well. I cried non-stop and felt like my entire world had been turned upside down. Over our 5 year marriage, through trucking I had no friends, she really was the only person I spoke to, so losing her was very difficult. I am just now beginning to recover emotionally and feel normal again.

I later discovered that she had stopped wearing her wedding ring at work and had given her number to a man she was serving. They began seeing each other after her shifts, and she would come home to me, pretending to be tired from work, all while spending time with him and being intimate.

Knowing she was unlikely to handle the divorce paperwork, I hired a lawyer and initiated the process, citing adultery/infidelity as the grounds for the divorce. It has been a challenging journey, but as of today, it is nearing its conclusion. I was named the primary custodial parent, and standard possession orders for her visitation will be in place (she gets every other weekend and every Thursday). She has to pay all of my lawyer fees (\$11,000). I am getting my car back, which she has been driving while I paid the note and insurance, so she will need to find a new car for herself. Additionally, she has to pay me \$250 in child support every month and \$150 a month for 11 years to help pay off any debt. She is extremely upset. I am very happy and looking forward to adjusting to my new life and cherishing the time I will spend with my daughter and family. Haven't smiled this hard in a long time. The sweetest revenge I could have asked for was to see the system work in my favor knowing how much I have done for my family. She has always talked so bad about men and is a self proclaimed "super feminist" well baby, I guess this man beat you in this battle! So good luck to whoever finds her next lol she is a handful. (also, I found out her bf dumped her last week so that adds to my happiness lol). Good luck to anyone going through divorce, this shit sucks but you never know where it may end up! Have faith and I wish everyone the best.

106

UPVOTES

I'm starting to think that being single is the way to go

No-Marsupial1823 · 3 January 2025 · Archived copy · Reddit

After divorcing and dating a bunch of women, then meeting a nice girl and starting a relationship I've found myself in a place where I feel like I'm better off alone. Not only that I'm starting to feel like that's what's meant for my life. Relationships are uncomfortable, challenging. They are a financial burden and just difficult in so many ways. I feel like when it was just me I was a bit lonely but i prospered so much more on my own. Most of all I was happy. Didn't have to deal with anyone else's shit and baggage. Maybe my life is meant for me to take good care of myself and just basically have sex with different women until it's my time to go. I think I'm starting to accept that fate and be ok with it.

106

UPVOTES

Had trial yesterday. Lost the kids. How to cope with this? Please share your tips.

NegativeDividende · 4 November 2025 · Archived copy · Reddit

Hi,

wife wanted out of the relationship to be with her affaire full time. This was okay for me. We agreed on 50/50 custody since April. After a few weeks she realised that 50/50 custody will reduce child support payments from me to her drastically. So she changed her mind and went for full custody. I was fighting back but ultimately lost in court yesterday.

My kids are 8 and 4 years old. The seven month I had shared custody was the best time of my life. We have been a great team and we had so much fun.

Yesterday the court ordered that I can see my kids every second weekend and one Wednesday afternoon for two hours every second week. This is killing me. Im completely devastated. Also my son is suffering. He was with me in court and asked the judge to keep custody 50/50.

How do i cope with the pain? Its eating my soul. I cant stop crying. Please share your tips.

105
UPVOTES

Am I the only here who is seriously considering never marrying again even if I find my "soulmate"?

oldskoolflavor · 29 October 2021 · Archived copy · Reddit

Spending my life with this person, yes. Marrying and signing papers? Huge NO.

105

UPVOTES

Sometimes You Have To Be The Bigger Man

SilverknightFL · 6 November 2022 · Archived copy · Reddit

This is a horrible story, but it's a story that needs to be told. March 2021, wife moves out to a place I bought her. There was no cheating, kid was grown but lives with me with her daughter. We literally grew apart (what we wanted out of life changed). She dated, a guy moved in with her for a few months, they broke up, got back together. Grandchildren will tell you everything. I really didn't care. Florida is a no separation state. We agreed to not doing the divorce until January 2023 for tax reasons. I'm not dating. Not really ready. We agreed we could date, screw, whatever we wanted to do. Then the test of your moral character. After 7 years of remission from breast and ovarian cancer, another cancer shows up. It's terminal. Maximum life expectancy is 5 years if everything goes well. Fast forward. I'm already aware of the cancer, diagnosis and treatment. I am supportive. That's being a nice person and not an asshole. That's not the test. The STBXW calls me and says her boyfriend was yelling at her the night before and she went to bed scared and woke up scared. I asked what she wanted to do (both her and my name are on the deed, so I have leverage). She says "I want to move back home and sell the house." Here's your test. She's scared and wants to spend as little time as she has with her daughter and granddaughter. What's your answer? I said yes. That day she kicked her boyfriend to the curb and came home. She had no expectations of our relationship, but our divorce was going to be amicable. She expected to sleep on a pullout couch. She referred to everything as mine (belonging to me). My house, my everything. She asked if she could sleep in my bed the first night with me. I said yes. That was three weeks ago. We've not had sex and I have a big emotional wall. Her chemo is doing its thing. Last weekend she lost all her hair. She's bald and proud. But it's a fight to get as much time as possible. There's no medical way short of a miracle she lives more than 5 more years. Average 18 months. I can give her that. I'll be 59 in January. She's a young 55. I can give her daughter and granddaughter that. Now I know our situation is unique. No cheating or minor children. But think hard what you would do. She wants to have time with her family and me. She wants to die with her family and me. I was used to sleeping alone. Being as alone as you can be with a 5 year old in the house. But this defines you not just as a man, but as a person. It's sad, but I feel good about what I can do. Thanks for a place to tell this story.

105
UPVOTES

The BEST parts about being divorced

Weary_Landscape_7098 · 22 March 2023 · Archived copy · Reddit

(Aside from no longer being chained to that bitch of an ex-wife, I mean)

For me: I don't have to go on vacations with her whole family any more. Good lord what a pain the ass that was. That is really one of the best parts of our divorce.

Her family goes on a trip to the beach for a week every summer. Cool. Not sure why ALL OF THEM have to go, but whatever. But yeah, my now-ex and I would join her parents, and her siblings and their spouses, and sometimes aunts and uncles, and various other family members, at the beach for a week.

The first few times, it wasn't too bad. But then people started having kids, and then the drama started. Next thing you know there were 20 people in this beach house, most of which were young kids. And there was *drama* between my ex and her siblings and their parents. Every year, just *constant drama*.

Then there were the Disney trips. Same thing: whole fuckin' family would go to Disney as a big group every few years. Misery is a family "vacation" at Disney, and all your young kids are having screaming fits. Why? Because their mom and grandma have a *schedule* to try and see everything in the park in one day, and said schedule doesn't take into account that your kids are 2 and need a fucking *nap* because they're hot, tired, and overstimulated. And it's hot and humid as *fuck* outside and you're squished into a tiny area with 2 million other unhappy parents.

Not having to go on those stupid "vacations" has been the *highlight* of my divorce, without question. My stress levels are way down, and I don't have to hear or deal with drama from my (former) in-laws.

A few other thoughts: the ability to go wherever I want, whenever I want, and spend money on whatever I want without someone nagging the hell out of me, has been incredible.

105

UPVOTES

She fucked another man

organicwilly · 18 October 2023 · Archived copy · Reddit

I (39m) filed papers on my wife (41f) of 15 years three weeks ago. Since then she's been open with me about being on dating apps and going out on dates. We've been emotionally separated, but tonight she admitted to me that she's found a 'soulmate' and two nights ago she had unprotected sex with him. She said it was great and for the first time she feels loved by someone.

I got the whole confession on video and informed my lawyer. I am not really that hurt by this because I saw it coming a long time ago. Part of me is even happy for her because eventually I know I'm going to do the same thing. I obviously am kind of dumb struck, I stopped sexually pursuing her after I had my initial suspicions.

This is just another confirmation that I need to keep forging ahead and to not look back.

Fellas, if your wife is letting another man be intimate with her, don't think for a minute she'll change. I see a lot of posts on here about you guys forgiving that shit and making things work out. That's not going to happen.

Here's my advice, once you 'know' she's cheating, tread lightly. But once you 'know know' there's nothing else you can do but set her free.

Hopefully this information helps me in some way but in a no fault state I'm not sure.

Good luck guys

105

UPVOTES

Just discovered long affair while on vacation

BillyPubicHair · 16 July 2024 · Archived copy · Reddit

I just turned 42 and just found out two nights ago my wife (40) of ten years has been having an affair for at least 5 years. We have a four year old daughter. I'm stuck in Munic with her, my daughter and my inlaws for one more day. I knew something wasn't great about our relationship but didn't expect this. I want to try counseling for our daughters sake, but with such long betrayal it would take magic to get me to forgive her.

I guess I don't have any specific questions yet, I'm just gutted right now and like lots of men I don't have anyone I feel I can truly talk to about this, just need to put it out there to the universe. I feel like the future I was planning on is gone and I'm terrified.

105
UPVOTES

Time to Deploy the Nuclear Option

Interesting_Elk4355 · 16 February 2025 · Archived copy · Reddit

Today was the final straw. My soon to be ex and I were negotiating over the separation of property, one thing lead to another, and she ended up mocking me saying that I expect to be awarded for not walking out on my daughter like my dad walked out on me. I'm going for full custody and I'm using her past drug use (meth), stint in rehab, and her psych eval with a laundry list of diagnoses as evidence. I also have a video of her striking our 4 year old child. I didn't want it to be this way, but enough is enough and it's time she learns a hard lesson about being a raging bitch. I'm also thankful this all went down in a text message. She's about to learn a hard and expensive lesson.

105

UPVOTES

Sex after divorce.

Hour-Jellyfish-7205 · 20 March 2025 · Archived copy · Reddit

My whore ex wife was a fuck machine. There wasn't a time or a place that she wasn't ready to fuck or be fucked. The problem was that it took me too long to realize that she wasn't just a fuck machine for me. Our marriage ended when I caught her fucking some guy in our driveway way after a night out with 'friends'.

She lied, she pretended, she attempted to gaslight. Then she fessed up. She pretended to be a sex addict.

Since leaving her, I've found a good woman and it's good to fuck someone that's all for you.

105

UPVOTES

Just found out my 38f wife is having an emotional affair....

StillMaterial5215 · 3 March 2026 · Archived copy · Reddit

...With a 27 year old male coworker. Apparently they have made out a few times, but by the looks their texts they are very much in love. We have 5 and 7 year old daughters.

Honestly, I have been speculating about this for a while now and I actually feel relieved to know. I confronted her about it, I really wasn't over the top or yelling. I actually understand. The only thing that hurts is that I was emotionally and physically neglected the entire relationship, but other than that...I mean just fuck her.

She is a garbage human being. Like pure filth

105

UPVOTES

The 9 Stages of Divorce Every Man Goes Through

justanotherfelo · 1 August 2026 · Archived copy · Reddit

If I had to write the stages of divorce from a man's perspective:

Stage 1 – Overwhelming

This is when you know you got hit by a bus. Life is gonna be different from now on, but you don't know exactly what's going on.

Stage 2 – Strategic exit

This is when you understand that the woman you saved, loved, and cherished is now your sophisticated enemy, because she knows you.

Stage 3 – The shock

This is when you start living life without a family, without a wife, and you're getting used to it slowly. This is when you still don't really know what's going on around you, but you just keep moving.

Stage 4 – The first realization

This is when you realize you're basically free to do whatever you want, and the first instinct is to get yourself a new woman.

Stage 5 – Identity shift

Now you're starting to understand you're actually going through an identity shift. You're not a husband anymore, and you're not the same father. You're a man.

Stage 6 – Individualization

This is when you start getting your power back — the same power you had before you got married, sometimes even more than that. Usually it comes with a lot of expansion and nervous system regulation.

Stage 7 – The lie gets exposed

This is when you understand that a woman is actually a burden. You can have one or you can't, it doesn't really matter. But you're moving forward. Being successful can be done with or without them.

Stage 8 – After you understand

Solitude is wonderful, especially for a man. You become extremely picky with women. You don't let them in so easily, and you check them out carefully before you do.

Stage 9 – Appreciation

This is when you start to appreciate what life gave you — your kids, your progress, the family you still have, and yes, even the divorce.

104
UPVOTES

1 year since my divorce and think I finally found bliss boys

Sankronized · 12 June 2021 · Archived copy · Reddit



104

UPVOTES

If you are newly separated, please heed this advice. 4 months out, here are my biggest regrets and the best things I've learned.

No_Committee8461 · 3 January 2022 · Archived copy · Reddit

Hello, if you are newly separated I highly suggest you heed this advice. When my wife dropped the bomb that "she didn't love me anymore and couldn't be a mom anymore" 4 months ago, I was absolutely devastated, and I'm still dealing with the mental injuries. After 9 years together and having a kid together, I never saw it coming.

You may be like I was, reading Divorce subs and having a thousand epiphanies a minute about your relationship, but not taking it into action. I had all the knowledge to minimize the damage of this traumatic divorce, but I did not put it into use, because I felt like my relationship was different. I thought my wife could never do the things I was reading about.

Well I was damn wrong, and I hope you don't make the dozens of mistakes I have during the divorce process. Before we begin, let me say of course I am no relationship expert and I am far from perfect, but I've made 1000 mistakes and from that I've learned a lot. I am going to share it with you in hopes you don't make the same mistakes, these are of course just my opinions, good luck!

First let me explain the concept of the unicorn. The unicorn is the woman who simply realizes after many years of marriage that she and her husband are just not a good match, they both have changed, and that she wants to end her marriage in a way that is least hurtful to her partner while she pursues life as a responsible single woman.

Unicorns exist, but your wife is not a unicorn. Do not let her fool you into thinking she's a damn unicorn!

Lesson #1: If she says she's fallen out of love with you, she has met someone who she is interested in enough to end her marriage over them. Yes, even though she says she just wants to be single. Don't blame yourself, she is employing "the grass is always greener on the other side" fallacy. The sooner you accept this, the less it will sting when you discover her new partner/fling. The best quote I've read regarding monkey branching is "One day she will have the same resentment towards him that she had for you, no exception. He will fart, and she will groan."

Lesson #2: Once you're separated, her gloves are off. Get your umbrella because it's raining lies! She will lie without remorse, take everything she says with a grain of salt. In fact, the best thing you can do is limit contact with her as much as possible. The best way to handle a lie is to not hear it at all. She is not your friend or confidant anymore, the sooner you accept that the better.

Lesson #3: Document EVERYTHING! Record every voice chat/phone call, take pictures/video of every item taken out of the house, and get security cameras. I don't care if she is the sweetest angel and is ready to sign every divorce agreement, remember #2! Prepare yourself for the possibility of court no matter how confident you are that you won't end up there.

Lesson #4: Do not play the pick me dance, it has worked for exactly 0 people. If you want to reconcile, offer marriage counseling, have a discussion with her, etc whatever feels most applicable to you in your situation. If those do not work the first time, LET HER GO! Don't break down to her, don't try to manipulate her, the best thing you can do is let her go. Love is given, not negotiated. Never forget this: The harder you pursue her, the faster she will run away.

Lesson #5: Lawyer up, now! Even if you believe your divorce will be amicable, having a lawyer to make sure everything is filed properly is a must. Getting it done as quickly and favorably as possible is key.

Thanks for reading and I hope these lessons will help you make the best of your separation. All things get better with time, best of luck!

104

UPVOTES

For All the men here * Please read*

Candid-Relevance-333 · 5 April 2022 · Archived copy · Reddit

Most modern women don't care about honor or integrity. They only care about themselves and money. As I read most of these divorce posts, many men are destroyed, depressed and are having a difficult time recovering mentally, physically and emotionally from their loss. I honestly wish I had the answers.. I'd like to say "I will marry again," but it's just not very much of an incentive for men anymore. I'm so sorry to each and everyone of you men who love your families and your loved your wives. All of you men have so much to offer society! Keep your head up! I love each and everyone of you! We got this! God bless you all! Prayers for all of your health ♥🙏

104

UPVOTES

Karma got the AP so good, and it just doesn't stop.

Ecstatic-Shopping313 · 5 January 2024 · Archived copy · Reddit

During the final trial, my ex said her AP got fired from his job (her mom was the employer pffttttt.) If you check his criminal info online, he has **numerous** infractions, many of which are still pending. He got two more this week. Failure to register. Some of those FTRs are dating back several years. My guess? He's so broke he can't afford the repairs to get the car up to snuff for inspection.

His second baby momma just got awarded child support, as well. He cheated on her with my wife.

I got primary custody and child support and kept the marital home.

I'm so fortunate I don't have to wonder if my wife upgraded ☹️

104
UPVOTES

Campsite Observations

Alswelk · 10 August 2024 · Archived copy · Reddit

Watching across the campground that I'm staying at and can't help but overhear a couple where she is nagging him constantly about how their camper is arranged - while doing absolutely none of it herself. By my (admittedly casual) count, he's been completely set up at least three times, only to get some minor correction at the last minute that necessitates starting over.

Meanwhile, I'm having an extra beer (with no one to tell me no) sitting at my campfire while I wait for it to burn out in complete peace. Life is good, there are upsides to this, gents.

104

UPVOTES

Divorced Men On The Dating Market With Kids - Let the goal for the second round be about companionship rather than marriage and cohabitation

BENJIDOVER79 · 30 March 2025 · Archived copy · Reddit

Let's talk straight, man to man. If you're a divorced guy out here in the modern dating market, especially if you already have kids, you really need to think long and hard before jumping back into another marriage. Round two sounds romantic in theory, maybe you think you'll get it right this time, but the truth is, for most men, it's not just a bad bet, it's a complete trap.

Let's break it down. You've already built a life once. You probably already paid your dues with cohabitation, family blending, in-laws, and maybe even child support. Why on earth would you want to do that again? Especially in today's climate, where marriage laws still heavily favor women and divorce courts tend to squeeze the man dry.

Let's say you meet a woman in her 30s or 40s. She's divorced too. Maybe she's got a couple kids, some emotional baggage, and her own ideas of how the second go-around is supposed to work. You think she wants to blend families? She probably doesn't even want more kids, she just wants someone to make her life easier. On the other hand, if she DOES want more kids, even though she already has three, then you really need to question her sanity. I firmly believe that for divorced men and women who already built their families, their "second round" should be about companionship, not necessarily a life long partner who will change your diapers in your elderly age. If things go south again, you're right back in court, possibly paying for someone else's bad decisions. I don't need to give the stats again about second marriages. You guys already know them.

That's why more and more divorced men are waking up and saying: you know what? No thanks. Some are choosing to casually date, but without cohabitation. Others are going full monk mode. And yeah, some guys are looking into the whole overseas thing, going abroad to meet women who actually want to build something real. But let's be clear, that's not for everyone. Not every guy is in a position to fly halfway around the world or start over in a new culture. That lifestyle takes effort, adaptability, and usually a bit of money.

But the underlying reason so many men are checking out of the domestic dating scene is the same: it's just too hard to find a woman over 30 who doesn't come with layers of baggage, unrealistic expectations, or a chip on her shoulder from past relationships. If you're a man who's already built a family once, there's no need to do it again. Especially not if the deal is worse the second time around.

This is where guys need to sharpen up. You meet a woman who's divorced? You better start asking questions, real ones. Don't just take it at face value when she says, "He just wasn't pulling his weight" or "We grew apart." That usually means he didn't take out the garbage the second she asked, or he didn't plan vacations with enough enthusiasm, or he didn't read her mind 24/7. If she left her husband while the kids were still young because he wasn't doing enough, that's a red flag. How is it going to get any easier now that she's flying solo? Unless the guy was an alcoholic, drug addict, or seriously mentally unstable, you really need to scrutinize her version of events.

Start probing past the euphemisms. If she says he was a narcissist, was he really? Or was he just emotionally checked out because she made the house a battlefield? If she says he was boring, maybe she just lost interest and wanted to relive her twenties. Look beyond the cliches and figure out the real story.

And the smarter play? Keep your own space. Don't blend families. Don't sign another lease together. If you want a relationship, fine, but make sure it stays separate. You keep your house, she keeps hers. You keep your finances, your freedom, and your peace. You get to enjoy a relationship without all the social and financial responsibilities that would come with a second marriage and or cohabitation.

And above all, don't fall into the trap of thinking your value as a man is tied to being a husband again. It's not. Your value is in what you've built, how you live, and how you carry yourself moving forward. Don't let guilt, loneliness, or societal pressure push you into another legal and emotional minefield.

You survived the first one. Be smart enough not to go back for round two unless it's on your terms, and even then, think twice.

Stay informed brothers,

-Benji

104

UPVOTES

Why are women always so quick to advocate divorce?

Competitive-Dog-4239 · 3 April 2025 · Archived copy · Reddit

I want to start by acknowledging that there are some men out there who are abusive, and there are women who are as well. But women are sometimes so quick to say a relationship is abusive even when it is just a slight misunderstanding or argument.

When I scroll through some divorce groups on Reddit, they always seem to be a lot of women in them and they are always so quick to suggest divorce, especially to fellow women. My husband got mad because I got us in too much debt, their response, "He is abusive, divorce his ass." My husband wants me to find a job and assist financially, their response, "Divorce his ass." My husband lost his job and hasn't been able to find another, again, "Divorce his ass." The list goes on.

On the other hand, if the same issues are shared by men about their wives, there always seems to be a logical explanation. Oh, your wife sounds depressed or some shit they make up to excuse their behavior.

Another interesting fact is that, there are often more women who complain on social media about regretting their decision to get divorce!

104

UPVOTES

My wife wanted me to kill myself so she could keep the money and get the attention.

Own_Chemist_2600 · 7 September 2025 · Archived copy · Reddit

Fuck the Cunt. What an insane and broken Cunt.

My wife is a teacher. She insinuated that maybe I was a pedophile. She stood over me and inferred that I wasn't really into women. She suggested that maybe I lusted after children. Maybe some children in our family. She just kept looking at me, insistent. Talking about my secret supposed "desires". then she talked about how if I killed myself it would be dishonorable and would devastate the family. Just make sure you don't kill yourself whatever you do. Remember killing yourself is not the answer.

This happened late at night after she would drink. She used to talk about lining people up and cutting their heads off. Find all the bad men and cut their heads off. After 14 years of monogamy and going to work and coming home, I've been trying to keep this person happy for literally thousands and thousands of hours and days.

I don't think she knows what love is. I guess I probably don't either if I have stayed this fucking long. There's just no way I'm not a codependent.

I think she just knows control. There's people she can control and I was one of them for a long time and at the end I really think she just wanted me to off myself so she could keep the money And receive the tears and affection of her followers and sleep the sweet sleep of a "victim".

I have felt broken for the two years up and out of the house and I'm only now letting myself start to understand how deeply fucked this has been. How many times I should've walked away many thousands of days ago. Fuck this Cunt.

I have eaten too much food. I have watched too much legal appropriate aged porn. I have used both of these things to numb out instead of face The fact that I was with a constrictor snake of a person. Numbing out is not the way. Being alive and feeling things is the way!

103

UPVOTES

Fellas please send me your thoughts\prayers\good vibes.....I'm struggling after divorce

WillyT_21 · 20 September 2023 · Archived copy · Reddit

Two years post divorce.

I wake up every morning and I have this huge struggle. It's probably from my comfortable king sized bed. I wake with a smile and don't know why. No pain in my neck or back. It could be from the steak and eggs I have for breakfast nearly every morning. It could be from coming and going as I please with no one to tell me what to do or to criticize my problem solving skills. The no nagging is a real struggle though let me tell you.

Today after I slept in a little.....worked out.....I took a shower and managed my online business and then hit the town on my motorcycle. It's such a battle I tell you. I don't know if I should take my car or truck or motobike around. They are all cleaned and maintained so well it gets hard to figure out which gets priority.

A real struggle is not knowing what I'm going to do from day to day for dinner. I am in the best shape of my life. It's so daunting I tell you. This plays into looking and feeling so good that the vibes I put off get me attention.

I have women that look at me and if I chose I could pursue them....but why? The juice just isn't worth the squeeze. However, there is this pretty girl at the mall I may hit up for her number and coffee date. Maybe. I dunno.....the struggle is so real though. I'm not sure if I'll ever make it.

It's a real battle not knowing if I can cope with the peace and quiet. The no drama in my life is so taxing at times. Making a great income.....being a good father.....setting my schedule.....it's all just getting too much. I'm not sure how to handle this.

As you all can tell by my smart ass post. IT DOES GET BETTER. It's how you choose to look at life. I dropped a 150lb parasite from my life. Someone who made me comfortably miserable for over 20 years. And now what? I AM THE PRIZE. I AM HAPPY\JOYFUL\PEACEFUL. You too can be alone without being lonely.

The thoughts and prayers are appreciated but not really needed. Hang in there fellas.

All the best!

103

UPVOTES

Did your Wife start seeing a Therapist before she filed for Divorce?

HusbandGettingBetter · 6 February 2024 · Archived copy · Reddit

Gentleman, did your wife start seeing a therapist right before she filed for divorce?

Before my wife filed for divorce, she started seeing a therapist. I encouraged her to go. She was unhappy and had some unaddressed significant trauma from before we started dating. I cared for her, and I wanted her to get professional help to address her issues.

Guess what? Six weeks after she started seeing the therapist, she filed for divorce. I was blindsided (for reasons even the wife admitted were justified, but that's another post). I struggled to understand how this happened. We had a tough year, but I thought we were trending towards a better place.

I wondered if the therapist had anything to do with my wife's decision to file for divorce.

Some of you are asking the same question: Did my wife's therapist assist my wife in deciding to file for divorce? Did the therapist give my wife "permission" to file for divorce? Did the therapist tell my wife to divorce me?

Well, I am here to tell you that, yes, her therapist may have contributed to her decision to file for divorce by undermining your relationship.

Relationship-undermining statements by psychotherapists with clients who present with marital or couple problems by William J. Doherty and Steven M. Harris in Family Process (Family Process is a quarterly peer-reviewed academic journal covering research on family system issues, including policy and applied practice) supports this theory finding that a high prevalence of undermining statements by a therapist associates with poorer relationship outcomes.

The authors asked respondents how true it was that their counselor had:

1. Suggested that your spouse could not change without having met that person.
2. Suggested a personality or mental health diagnosis of your spouse without having done an individual assessment.
3. Suggested that the marriage is probably beyond repair.
4. Indicated that divorce is your best or most realistic option. '
5. Suggested negative motives (like being selfish or deliberately trying to be hurtful) behind your spouse's actions.
6. Suggested that your relationship was a bad match from the beginning.

Response options were not at all true, somewhat true, moderately true, mostly true, and completely true.

Shockingly, almost half of the respondents said that their counselor had used five or six of the undermining statements.

In justifying her decision to file for divorce, my wife repeated five of the six statements almost verbatim (she did not suggest negative motives behind my actions). Additionally, the language she used clearly originated from her therapist (e.g., "Intimate Partner Economic Abuse" and "Emotional Dysregulation").

In conclusion, be very weary of her therapist. Her therapist's job is to make her happy, not necessarily make her see the world for what it is rather than what she wants it to be. And, when your wife presents a one-sided version of events supporting her feelings of unhappiness in your marriage (regardless of the messy truth), the therapist can present an easy solution for an unhappy marriage - divorce.

Also, her therapist may fully believe your wife's one-sided version of events rather than calling her on it. Thus, that weekly therapy session becomes a support system reinforcing your wife's fantasy world where she was the blameless victim of your Emotional, Economic, and/or Psychological abuse, but now she is a hero by making the tough but brave decision to divorce you.

103

UPVOTES

30 years

Ok_Individual6763 · 15 March 2024 · Archived copy · Reddit

It's story as old as time: Boy meets girl. Girl and boy fall in love. Boy and girl are married for 30 years. Off-and-on SAHM gets a new job. Starts off calling on lunch breaks to chat, joke and laugh. Enjoying new job. Two months in, girl is secretive with phone, starts being untruthful about where she is, stops sharing her schedule, new clothes, loses weight, buys a bunch of underwear boy looks forward to seeing but never does, starts treating boy like 100% garbage for breathing.

At first, utter denial. She couldn't possibly do this. Never. Even when you see the messages on her phone and she says that they're just jokes. Of course. And you're told how she's never been able to be her own person and needs space, loves you and always will, says she's always been supported, but doesn't want to be married any more so she can live her life.

But I can fix this. I'll just try harder. Everything was great, like, two months ago. This nightmare isn't happening. And when you give a few close friends the outline of what's going on they tell you exactly what's happening. But they can't possibly be right. Again, she'd never do that.

I had to write this down early on so I didn't forget:

No matter what you're told: - Is there a decision she ever made that you didn't support? - Is there a time that you didn't allow her to be herself? - Is there a situation where you didn't do what you could to accommodate what she wanted or needed to do? - Did you ever give her an ultimatum, ever? - Did you ever abuse her? - Did you not tell her every day that you loved her? That she was beautiful, no matter what her shape, size, state of her hair, makeup? Our pet saying when she left for work every day: "Bye, pretty! Don't talk to any men, ok? Lol" - Did you not tell her often that she was your ideal? - Did you not tell her often how much you appreciated her? - Did you ever tell her that she wasn't capable, or she was anything less than outstanding? - Did you ever treat her like she was beneath you? - Did you not give her every opportunity to explore anything she wanted to do in her life? - This is not on you. This is not your fault.

I cooked. Shared cleaning and house duties. Supported the family financially without fail. I'm sure I'm not perfect, but damn, I'm pretty good.

A great saying I ran across recently, probably mangling it: "You can't make someone care about you by giving them more of what they already don't appreciate".

No steps being made to move on. Just two roommates in the house with our grown young adult who has no clue. Just knows that dad is sleeping in the office. It breaks my heart that they're going to know at some point that we're splitting up.

The stages of grief are real, but what no one but your therapist will tell you is they aren't things you go through and then you're done; you go through one, into another, back to the other one, and sometimes they hit you all at once from every direction.

If you're lucky, you get a few days to a week of the "f-it" stage, which I don't think has been officially recognized by the mental health community. It's like a vacation. But don't get cocky and count on it being that way for too long, because sometimes "all at once from every direction" might be just around the corner.

If you're going through this, I sincerely feel for you. I haven't seen my way out of it yet. I've read enough posts here to come up with a roadmap. If I can help with support, DM me. You aren't alone.

The gym is invaluable. I started off going and telling the consult trainer what my goals were and that I could commit maybe 3 days a week. It's been 5 a week, and the results are showing up. Great for your self esteem and gives you something to focus on. If you can, get a trainer or friend to show you the right way to work out and so you have someone to hold you accountable to get up and go. My trainer is the sweetest sadist I've ever met, and I thank him

for it.

Talk to a good lawyer. Even if you're not quite there yet. They'll help you understand what the future looks like, one way or the other. Complete uncertainty after having your world obliterated is one more bit of stress that you don't need.

Think you should get drunk? Nope. Alcohol is a depressant and that's the last thing you need. And, as the Drive By Truckers sang, "It don't make you do a thing, it just lets you". If your emotions are already on the surface, booze will hinder your self-control and your ability to be the best person while going through a terrible situation that you, at least initially, have no control over.

If you've got close friends and family, lean on them if you can. They don't have to know the gory details, but sometimes it helps just to have someone to listen and distract you.

Everyone says I'm handling this well. I feel like a basket case.

End ramble/vent. I may take this down at some point, but I hope this helps someone else to know they aren't alone.

103

UPVOTES

Ex-Wife Reaction to me dating

Cool-Lavishness-1955 · 4 December 2025 · Archived copy · Reddit

Hi all! I caught my ex-wife cheating a little over 2 years ago, filed for divorce 2 months after that and have been divorced for nearly 1 year. She made the divorce process very complex and hostile although she cheated. She still with her now boyfriend/affair partner, but she looks absolutely horrible and miserable. I dropped a comment last week that I am dating a woman now and the reaction has been antagonistic, and she is creating drama. She obviously has not met or seen this person, nor do I plan on having her do so. I am curious on what other men have seen in this type of circumstance. She also sees me so happy postdivorce and I think she is perplexed about what is going on. And truly, I am very happy with my life, and it has nothing to do with dating. Looking forward to hearing what other men's experiences have been.

EDIT: I have three kids with her

103
UPVOTES

Merry Christmas to all this band of brothers

MiloGoesToPorridge · 24 December 2025 · Archived copy · Reddit

I'm more of a lurker than a poster, but hell, I look at this sub every single day.

About thirteen months from separation, two months from the finalised divorce, and I feel like the man I used to be again. Life is quite alright.

I firstly, want to let it be known, that this sub has been so useful and helpful to me over the last year, in a way that you'll never truly know. I love each and every single one of you, and hope for nothing but the very best to come your way.

To those if you who may be feeling a bit crap at this time of year, there is hope... Life is about to get so much better for you, I swear on my life

We are better off without her chaps, so much better off. Remember that.

Yeah, I might have had a few bottles of fine quality Czech pilsner, but I'm still telling the truth.

You're ALL fucking kings, and it'll all be alright, for all of us.

Much love, peace, and best wishes for a merry Christmas and happy new year from this eurotrash limey fucker x

102

UPVOTES

Reminder to my fellow man.

Gemsix · 4 July 2023 · Archived copy · Reddit

I see a lot of posts on here saying “she kicked me out, took all of my stuff and she’s keeping the kids. She has a new man but I keep paying the bills, this is unfair. What do I do?”

It’s annoying. Listen guys, if your wife is talking about divorce and especially if she’s already served you - she’s done with you. Stop paying her shit, stop being passive and do everything you can to secure as much time with your kids as you can. YOU think everything will go smooth and she’ll be happy to give you all the time in the world with your kids, give you half of everything and respect your boundaries but that simply isn’t true.

Women are good at hiding and your wife (ex-wife, even though you don’t want to believe it) doesn’t have your best interest in mind. She wants everything and wants to keep you away from your kids as much as possible. YOU have the power to expose her narcissism and she doesn’t want that.

I’m sorry to tell you, the marriage you had is done - done. There is no “well maybe we can come to an agreement and blah blah blah”. No dude, it’s done and she wants everything she can get.

Quit being naive, grab your nuts and get ready for fking war. She wants everything and unless you fight tooth and nail, she’ll get it.

I don’t mean to be so blunt but I see so many guys just waiting for their wife to file first and they’re surprised when they get fucked. If you have suspicions your wife is about to file, YOU need to file so you get the upper hand. Grow a pair fellas, you deserve more than being wiped clean financially and being told when you can see your kids. Your kids deserve more and if you don’t fight for them, you’re doing them an injustice.

Sorry for the rant. I’m just tired of my fellow man getting run over and giving their wife the benefit of the doubt. I love you guys and I feel for you, please get your shit together and don’t let a woman run over you - because she will.

When they say they want an “amicable” divorce, they don’t mean in your favor - remember that.

102

UPVOTES

Wife had a 3 year affair with my brother!

Think-Bench5665 · 14 August 2023 · Archived copy · Reddit

Has anyone survived something this bad? I have been married 8 years and together with her for 20 years. Found out she had a 3 year affair with my brother, kept it a 13 year secret, let me choose him as the godfather for my first daughter and the best “man” at my wedding. Gets better. Both daughters conceptions fall within the affair time line and now I have to do a paternity test on both daughters. Now I’m in the middle of a nasty divorce because she wants everything. The house, the truck, the kids and my salary. Therapy helps but wow is this hard to process.

102
UPVOTES

Why do they never level up?

DudeforRighteousness · 19 May 2025 · Archived copy · Reddit

Be me.

Didn't want the divorce initially.

She refused reconciliation.

Both of us contributed to the demise of the marriage. She thinks it was all my fault. Likely still thinks that way even though separated for nearly two years.

Was in deep grief. Over it.

I leveled up.

Spiritually, mentally, and physically.

Lost 115 lbs, got muscular. Am now attracting more attention from females.

She is the same. Maybe worse.

Why is this so common?

102
UPVOTES

Something I can never get past

ThrashMetalHooligan · 17 October 2025 · Archived copy · Reddit

My 83 year old father died 7 months ago. In the year leading up to his death, he suffered from late stage Alzheimer's. About 5 months before he died he lost the ability to use his legs. In the final stage of Alzheimer's the part of the brain that controls motor skills shuts down.

My wife started perimenopause about three years ago. At the same time she started hanging around with a group of divorced women. I know how cliché it sounds, but up to that point she was my soul mate. We loved each other and had an amazing relationship. But she changed into something unrecognizable. She became a truly horrible, uncaring human being.

One day about a year ago, I went to visit my dad in the nursing home. He had just lost the ability to use his legs, so he couldn't get up to use the restroom. When I first walked in the room I was overcome with the stench of shit. It filled the whole room and burned my nostrils the second I walked in. My dad was in tears and I could tell he had shit in his diaper. It was humiliating and dehumanizing for him. I said dad don't worry about it, I'll get the nurse and she'll clean you up. Don't be embarrassed. It happens. I realized I was talking to an 83 year old man the way someone would talk to a child. And that made it even more dehumanizing for him.

Before I could leave to get the nurse, he said to me "I just want to die. I'm going to kill myself. The next time they serve Salisbury steak, I'm gonna take the steak knife and stab myself in the throat." I choked back the tears, and went and got the nurse. I told her he needed his diaper changed and that he needed to be placed on suicide watch.

After the nurse changed him, he started screaming at me. He knew I had told the nurse and wanted to know why I took his "right" away from him. I was never able to get him to calm down. I had to leave after about an hour, because it was one of the darkest moments of my life. I said to myself tomorrow is a brand new day and he won't even remember today.

Anyone who looked at my face that day, who had an ounce of human decency and compassion would be able to unmistakably see that I was in a dark place. On my way out, one of the staff members, who I had never seen before, stopped me and very kindly and warmly asked me "Sir are you ok?" I said no ma'am but thank you for asking. She could tell I didn't want to talk about it, but that I appreciated the kind gesture.

I cried all the way home. It was about a ten minute drive. When I got home I sat in my car for a couple minutes and wiped my face off. But like I said before, there's no way to wipe the sadness off of your face. Anyone with an ounce of empathy would've been able to tell that I needed some warmth.

I walked in the house and my wife was sitting on the edge of the couch about 5 feet away from the door. She was in her usual mesmerized state, watching TikTok videos. She looked up at me for about three seconds, and immediately looked back at her phone. She didn't say hello. She didn't ask me how my day was. She didn't ask about my father.

So I took a shower and got ready for bed. I was in bed when she came in, and she looked at me before lying down. She lied down as far away from me and on the edge of the bed as she possibly could without falling off. She turned her back towards me and started watching TikTok videos. There was nothing from her. Not a hug. Not a kiss. Not a kind word. Nothing. On one of the darkest days of my life, when I need my wife the most, I got to stare at the back of her head while she watched TikTok. My wife either didn't care about what I was going through, or was incapable of feeling the most basic human empathy for her own husband. They're both equally despicable and just prove to me what a fucking garbage human being she has transformed into.

I'll never forget the dead look in her eyes when she looked at me, with her mouth slightly open. I can't describe it because words wouldn't do it justice. It was almost like she had no soul. There was just a void. I'll never be able to unsee that.

I can't wait to be divorced from this woman so I never have to look at her face and be reminded of that day again. Fuck her. And her stupid fucking group of divorced friends. And I don't give a flying fuck that she's going through perimenopause. There's no excuse for the piece of shit she's allowed herself to become.

102
UPVOTES

Social media has destroyed everything in this world

850MEGT · 18 February 2026 · Archived copy · Reddit

Went over to divorce women subreddit today...

Smfh, so many women supporting bullshit about leaving their male partners. Very typical response was we grew apart..... the fuck. Why push for marriage take a covenant between yourself, your spouse, and god to get divorced... oh we grew apart. Why have children.. why bring them into a marriage that you know deep down your not happy with

102
UPVOTES

I've come to the realization that marriage and divorce are all about the woman in life and in courts.

TheConjugalVisit · 19 March 2026 · Archived copy · Reddit

She said yes to the dress!

Provide for me.

Pay my debt off.

Pay our bills.

I'm not in the mood.

NEVER GET MARRIED BROTHERS.

101
UPVOTES

the system creates "deadbeat" dads

No_Zone_911 · 24 August 2022 · Archived copy · Reddit

Through my experience, I've found that the ex wife and system as a whole molds us and forces us into a box. I think back about divorced men I knew before my own divorce in years prior whose ex wives said "they didn't care for their kids" or "aren't part of their lives" and I remember how I judged those men harshly.

Now, my own ex says the same about me, as she drops off the kids at daycare or with babysitters and galavants around the city with other men.

It's not true. The system robs us financially and robs us of our children.

This is a long post. I made it through the divorce, but I want to share with others how this stuff actually goes down.

Here's what happened:

I was married ten years. 3 young kids upon divorce. I work a demanding job that kept me away from the house a lot. I was basically killing myself but I told myself I was doing it for my family and that I gave the kids a peaceful happy life with their mother at home. She worked part time and also made great money herself.

The divorce wasn't all her fault. It was both of ours... But that's not the point of this post. I did try to save the marriage though but she wasn't having it.

Originally I set out to have my kids 7 on 7 off with my wife. I thought it was all amicable. I'd get the mystical joint custody but I'd still have to pay child support. Worth it right? I thought so ..

Because of my income, the lawyers put me at the very top of the child support bracket at base. No reductions for joint custody. Plus 70 percent (because I made more than her) of school, daycare, and in addition 70 percent of all child care expenses SHE incurred while at her job (which is typically nights and weekends and doesn't work with normal daycare ie requires an expensive babysitter).

I get paid twice a month. My monthly child support and school/childcare payment to her is more than the first of the two payments. More than half of my income. I have to save money month to month to make it work until I get to the second pay period on the 15th. This is when I get to finally pay my own bills. So financially, even though I make a great wage, It's crippling. That's just the beginning. If I made less, it'd be even worse like some of our brothers on here.

In order to make the payments, I have to stay at full throttle at my job. I leave before the kids get up and I come home after they are back from school and daycare. I also have unpredictable call outs at night, which means if the children are with me, I need another responsible adult available on a "just in case" basis 24/7 during those periods. It's not conducive to having young children around. This is the plight of the working man.

When we were married, it was okay because she was home with the children most of the time. If she worked on an evening, I'd make sure I was home that night. Also, they would go to daycare during the day and she'd have most of the days to herself.

But when we divorced, my job stayed the same. I was still giving her half of my money (post tax) each month but now, every other week I had my job plus 3 on 1 kids with no support. meanwhile now she gets every other week off and is nowhere to be found.

At first I struggled. I convinced my mother to basically move in with me on the weeks I was taking call and had the children. On one particularly memorable night of the second week, my wife video called "the children" from a poolside bar in Mexico in a bikini with her big (brand new) fake tits nearly coming out of her top. Later that night, I got called in to work and my mother stayed with the kids. My brain was melting.

This is just an example. There are numerous other logistical struggles and unfair situations. Too many to list.

Similar to everyone else here. It didn't work. I had a nanny I tried to set up who then flaked and it fell back to my mother. It was a disaster. Meanwhile, my stbxw was at home at her house relaxing, not 10 miles away.

Also... they say it's joint custody but It's really fake joint custody. Because I may have 50/50 visitation but she retained all decision making rights in every area.

At some point, I learned she had taken a new full time job offer in an area about an hour away from where we lived. The divorce was still going and I tried to fight for the right to decide where they would go to school so I could keep them somewhat nearby. Didn't succeed. I can't move to that new area due to my work. I called her and begged her to be reasonable. I explained that I wouldn't be able to get them back and forth to school and that on my end I had paid everything I said I'd pay and that I was being backed into a corner. She let me know "you'll never make ANY decisions that control any part of my life, like where I live or where I have to take the children to school". I was defeated.

The situation with my mom started to fall apart, and I couldn't find a babysitter for essentially 24 hour coverage. Finally, after talking it over with my lawyer, a therapist, my parents, and it any of my friends who would listen... I chose to forfeit having the children on weekdays while I worked.

Originally I thought I'd take them every weekend. But with my job, sometimes I work on the weekends. My wife and her lawyer began their quest to erode that as well. In one iteration of the settlement documents, a few statements started to appear discussing how if I didn't exercise my visitation at a particular time that I was not fulfilling my end of the agreement and would be additionally liable for any childcare coverage costs of my wife for that time and possibly a change in custody.

I called my wife and told her "you KNOW I won't be able to make every weekend, you snuck that in there to trap me". She replied with: "I know you will eventually fail your children and when you do, you are going to pay financially".

I discussed this all with my lawyer who, after admonishing me for calling my stbxw, finally told me to give up on every weekend and just go for every other weekend. With that, I know I could actually arrange things such that I'm always totally available for them when I said I would be.

When I hit my wife with that news that I was backing down my visitation, her head basically exploded. "You are a piece of filth. I KNEW you'd eventually ghost your children". She was furious that her weeks off for vacationing were going to come to an end. (They didn't btw, she just has other people watch them during that time now)

Edit: unlike most women who get more money when they have more visitation, I had already been maxed out on payment so there was no financial incentive to her anymore

And this my friends, is how you become a "deadbeat dad". When my kids are with me, I shower them with my love and attention. We camp out, eat popcorn, watch movies, and do all the good stuff.. Nothing so far has ruined our relationship.

But to the world... My saint ex wife is singlehandedly raising three children without any help (except for half of my income) because her POS ex husband is ghosting his kids.

It's a trap. Those "deadbeats" from the beginning of this post, the ones who I judged? They just welcomed me to the club

101
UPVOTES

Lift heavy shit

pooptartone · 28 July 2024 · Archived copy · Reddit

If you are thinking about going to the gym do it. Get up. Put your all into making the changes you thought about when you were married. Don't let the down times prevent you from being healthy and fit. Keep on going. Fuck everyone else. Become the best version of yourself. She's not coming back. So get over it and lift heavy weights, and dial that diet in. Let's go gents!!!!

101
UPVOTES

Ex wife got arrested tonight

OneMinute · 5 October 2024 · Archived copy · Reddit

She showed up at the house I asked her to leave She laughed at me almost to challenge me Instead i called the police stating she wouldn't leave. She moved her car and parked it in my driveway. She was arrested for domestic violence for walking into my house with permission. I asked them not to arrest her i just wanted her to go home to where she lived in with ap. She admitted to trespassing and even told them she knew she wasn't allowed in my house, who does that? She called me from jail and blamed me for her actions , she called twice the second time saying she thought we where in a better place. I parrelel parent so i don't understand. She was never leaving ap and that was my condition for more involvement. I'm so lost i dont get it, why didn't she just go home?

101
UPVOTES

I have conspiracy theory about TikTok and divorce

jfufiekdb · 23 August 2025 · Archived copy · Reddit

I know a lot of people who got divorced or are getting divorced recently. (Including myself). I've asked all these people if their wives were addicted to TikTok like mine was and they all say yes. I don't know if it's a Chinese psyop or just a shitty algorithm. But I know it's not just a coincidence that all these women are filling their brains with garbage 24/7 and then wanting a divorce.

100

UPVOTES

Anyone else's wife lose her mind after kids?

steaksauce872 · 11 May 2023 · Archived copy · Reddit

I don't know what else to call it. She was amazing before kids. sexual, fun, energetic. We tried super hard for our kids, Including having to go through IVF twice. It was our dream to have a family. Within 6 months after our first kid there was an obvious shift in attitude. All of the sudden I was useless, I didn't do anything right. She accused me of never doing enough. I worked a full time job; brought in 6 figures to support our family. She worked 1 day a week and said I never did as much as her. It infuriated me.

4.5 years later we are now divorcing. Not solely for this reason. But her sex drive went way down. She treated me terribly. She didn't take therapy seriously and blamed all our problems on me.

So now I'm 3 months into her asking for divorce. I feel duped. She had everything a woman could want: 2 kids, a house, a supportive husband, a big fat cat. Like what else do you want? So disappointed at how hard I worked at this life.

100
UPVOTES

Divorcing Wife Vocabulary

21YearsofHell · 13 July 2023 · Archived copy · Reddit

“I’m scared of him”

“He’s financially controlling”

“He’s emotionally abusive”

Standard copy-paste “wife is the victim” BS as soon as a Lawyer gets involved, and sometimes before.

Here are the translations into English for you, given that Google Translate doesn’t offer that yet-

“I’m scared of him” *I want an RO ASAP to get him out of the house so I can keep it.*

“He’s financially controlling” *I want a spousal maintenance order as large as possible and as soon as possible*

“He’s emotionally abusive” *I want max custody, and I want to alienate my kids from their father*

Did I miss any?

Edit- Loving your comments, just like the English Language, there’s always so much more vocabulary than you thought, and yet it all sounds so familiar!!

Just realised that I missed a big one myself-

“I want to keep this amicable” *there’s not a chance in hell that this will be amicable*

Oh! And the old classic-

“I love you but I’m not in love with you” *I don’t love you*

Along with-

“I need space” *I need space away from you so I can fuck my new guy*

One more-

“Let’s discuss this together reasonably without Lawyers, and I’m sure we can come to an agreement” *I’ve already met with a Lawyer, I’m lining everything up to totally fuck you, and I’m sure that you’ll be taken by surprise*

100

UPVOTES

Nothing is sacred anymore

Betteroffalone1111 · 27 July 2024 · Archived copy · Reddit

I've been divorced for about 6 months now , I just recently found out i got transferred to another location at my job, there happens to be this female colleague that I say hi to everyday nothing more than that. Well today another male colleague of mine pulls me over and says hey do u want her number? I was like who? And guess who it was, it was the female colleague, I guess she wanted my number... Long story short we get to texting, she's asking me a bunch of 21 questions, saying how I was cute and all this, I come to find out she is currently married and is going through a "rough patch" in the marriage and just wants a " friend". I ended that real quick but I just come to the realization that what if my ex wife was pulling this same crap while we were going through it. While you gents are going through your life thinking everything is a ok your wife is planning an exit plan.

100
UPVOTES

Wife started calling me "weak" and talking about divorce after I had a rough couple of days this week

Major-Principle-283 · 19 December 2025 · Archived copy · Reddit

We have been together for over 20 years and married for 15 and never before has she acted like this. Basically I became overwhelmed the other day and had sort of a mild mental break. This has mainly to do with my job and also the fact that I had some car trouble that morning. I just got really stressed and ending up calling in sick to my night job and drinking some beers to try and relax. Since then my wife has been saying I'm mentally weak and that I'm supposed to "man up". Saying she wants a divorce. Also she told me that I should not count on her to be there for me when dealing with stress or anything because she's "not a therapist". I'm sort of thinking maybe I should go ahead and get a divorce because do I really want to be married to someone who is telling me that they will not and do not support me? I have 2 jobs and work over 70 hours per week so I don't think it is that unreasonable to feel a bit overwhelmed sometimes. Thoughts on this at all? This has made me feel like I can't count on the one person who I should be able to.

100
UPVOTES

Getting intimate with new people sucks.

BlaqueBoye · 13 April 2026 · Archived copy · Reddit

It's kinda weird but I hate how casual sex is. It feels so weird to be with multiple women and not dedicated to one. This single life is for the fucking birds, who would pick this?

100

UPVOTES

Finally Divorced!!

ApprehensiveSpare925 · 18 May 2026 · Archived copy · Reddit

My now ex wife was a narcissist and probably bipolar (and bisexual). She wore a mask for 10 years before it finally fell off and she showed me who she really was. She went on a long weekend trip to visit a girlfriend. She had sex with her. She also danced with a guy and she said he turned her on. They became friends on FB.

When she got back from her trip she told me "I want an open marriage. Wedding vows mean nothing. It's my body and I will sleep with whoever I want whenever I want." She also said she wanted to do threesomes etc. I didn't agree to any of it so she then cheated.

I also found out she had cheated on me with at least 4 guys while we were dating/engaged.

She put me thru narcissistic abuse; cheated, lied, gaslighted and manipulated me. She also was sexting and sending nudes to a guy in prison. He is in prison for sex trafficking. They plotted together to try and entrap me. They had created a fake FB of an attractive woman and sent me a friend invite. I declined since I didn't know who she was.

I also found proof that she tried to manipulate me into committing suicide so she could get my life insurance money.

She does what all narcissists do in divorce; she went for 100% custody, did parental alienation and chose the high conflict divorce option. Took 3 years and 75k in attorney fees.

So glad that is over.

I did get 50/50 custody. No alimony. Nothing left to split with her.

In the meantime my relationship with my kids is stronger than ever. My son, 12, finally sees his mom for who she is. He said he is going to move in with me full time when he can. My daughter, 10, sees it but won't acknowledge it yet. I didn't contribute to their understanding, they figured it out on their own.

I work out a lot, take KravMaga, go to concerts, see old friends, fish, movies, an excellent cook and my self employed job has taken off. Life is amazing!!!

Keep fighting!! It gets better. You just have to keep going.

100

UPVOTES

How do I deal with this rage

Rilesley · 3 June 2026 · Archived copy · Reddit

I'm so FUCKING angry. I've never been angry like this. I never let myself get angry because I never wanted to do something or say something I would regret. And here I am. I hate the person I have become. I'm angry all the fucking time now. And when I'm not angry, I'm crying my fucking eyes out.

SHE IS ONE FUCKING ROOM OVER. smiling and laughing and flirting with her affair partner. FUCK HER. FUCK CHRIS. I'm so fucking close to trying to break the fucking laptop that I BOUGHT HER. maybe then she could feel as alone as I do. cut off from her AP and her remaining friends. SHE IS EATING FOOD I FUCKING MADE. I'm trying to fucking hard to be amicable and not do or say anything stupid. I WILL NOT ruin my life for this bitch. 11 FUCKING years wasted on her. 11 FUCKING YEARS I loved her, supported her, forgave her, compromised for her. I never even raised my voice at her. I did everything I could to make her happy and comfortable. All to be told, " I can't lose him. I don't have the energy to fix things with you." when our couples therapist told her she needed to cut out the AP from her life to fix things,

I don't know how to deal with this. holding it in feels like I'm killing myself. SHE IS RUINING MY FUCKING LIFE, and she can fucking LAUGH with her affair partner. MY fucking jaw hurts from how much I have been clenching my teeth.

I'm not going to do anything, and I'm not going to say anything. She leaves in a week to move down to Texas for her oh so perfect life. her new fucking job, her new fucking boyfriend. while I have to sell the house, move back in with my parents, lose one of my cats, lose my best friend, lose my wife, lose my financial freedom, lose my FUCKING 20s to this fucking bitch. FUCK HER. WHY DO I FUCKING STILL CARE FOR HER. IM SO FUCKING LONELY

I just need people to talk me down. I know I'm angry. I know it's not healthy. But if she started to talk to me right now, I would say things that I shouldn't say. I really want her to regret leaving me for the rest of her life, and I hope she hates her new life. I want the best for her, but I want this to fucking haunt her. And I know the best way to do that is not to show her how angry I am and make sure she remembers me being kind, but FUCK

99

UPVOTES

It's incredible how all this changes you

Initial_Topic_4989 · 7 November 2023 · Archived copy · Reddit

I don't even recognize myself, I was such a polite and kind man, always smiling, always talking to people, now I don't even recognize myself after all this shitshow and it's been a year after the whole thing.

I am always so incredibly tired, I did everything right according to the books, society, disney, the Bible and yet I got destroyed. This woman betrays me and even gets alimony, where is the justice in this? what kind of crap is this?

99

UPVOTES

Got cheated on, feel like a simp.

Heavybluecrab · 16 February 2024 · Archived copy · Reddit

I got monkey branched big time, co worker, same story as so many blokes here. Two kids so gotta co parent with this slut.

Lately I've managed to get 50/50 one of the sticking points was / is more communication, which I've been doing, but hating.

TBH, 100%, I'm in this weird area where I'd love to fuck her, but hate her, sometimes couldn't think of anything worse than her talking to me, sometimes would love to chat with her. Like I'm really close to being completely over her. Really close. She's moved in with fuckhead who left his wife for her.

Thing is, when I coparent, I feel like I'm accepting all the horrible shit she did. Like it's ok to disregard me after 17yrs. I feel like I'm a simp for coparenting. Previously I've parallel parented but the new agreement for 50/50 was more communication and it sorta does need it, but god I hate it.

99

UPVOTES

Lost interest in women

duck__man · 25 December 2024 · Archived copy · Reddit

Every woman I've dated after my divorce is very demanding. They want me to get new furniture, want me to pain my place, want me to go to therapy, don't like if I work too many hours even though I have deadlines, blah blah.

I would never dare to tell a woman I was dating to replace furniture in her own house.

I used to hate sleeping alone and that's why I always hopped on the dating apps very fast, but with my current relationship looking like it will end soon (she's so demanding) I have no interest to hop on a dating app. I'm just enjoying being by myself. Nobody is telling me what I should do and it's awesome.

99

UPVOTES

STBXW admits why she does not apologize when she is wrong

HusbandGettingBetter · 5 March 2025 · Archived copy · Reddit

I hope this helps guys understand the mental gymnastics in their Ex-Wife's or STBXW's head.

For the duration of our marriage, I handled our kids' various medical appointments. I was the point person for our kids' pediatrician, dentist, orthodontist, and other medical providers. However, after she filed for divorce, the STBXW informed me that my services in this department (as well as many others) were no longer needed. This way, she can show everyone that she is a super-mom and I was barely a father.

Last month, my STBXW texted me. She was upset that I scheduled a doctor's appointment for our kid in the middle of the day. She told me that the next time I had the audacity to schedule a doctor's appointment in the middle of her workday, I should either take the kid or cancel it myself. She was fed up with missing work because of my inconsiderate, poor planning. This was one of those texts you could hear her yelling in a disrespectfully condescending tone.

I replied that she had scheduled the appointment, not me. She doubled down, insisting that I scheduled the appointment. Luckily, I had proof that she scheduled the appointment and sent her a screenshot of her text where she literally says that she scheduled the appointment. (If I had did not have the screenshot, I would have been accused of gaslighting or having a bad memory) She replied that I am good at finding stuff in my old texts and nothing else.

A week later, I confronted her in person about that exchange. I used **I Statements** to express my frustration by saying I feel frustrated when she reflexively blames me for many things. I tell her I am upset that she does not acknowledge her mistake or apologize when she is conclusively wrong. I told her that when I am wrong, I admit my mistake and apologize (something I had done in the previous five minutes). Instead, she makes a derisive remark.

She then admitted that I was right before our kids interrupted.

An hour later, I received a text message from her admitting that I was right about the doctor's appointment, that she was wrong to blame me, and that her frustration towards me was inappropriate.

WOW! An actual apology with an admission that she was wrong! This has only happened a handful of times since I've known her. I feel vindicated and heard!

As I reread her text to make sure I did not misunderstand it, I received another text telling me that her frustration stems from her general feelings that I am not sufficiently supportive of her career and her ability to support our kids. She feels that I am not open or curious about her struggles.

Yup, she can avoid any accountability or responsibility while shifting blame to me because I am insufficiently supportive of her career at a point where the divorce is all but finalized. I do not know who told her what divorce was going to look like, but whoever did is an idiot.

So, here is how the mental gymnastics that allow her to avoid accountability and apologies work:

1. She is frustrated or inconvenienced by something.
2. She reflexively blames you for that something.
3. You deny fault.
4. You provide conclusive evidence that you are not at fault.
5. She does not acknowledge that she was wrong or apologize, as she blames you for being wrong elsewhere and, therefore, does not feel wrong.
6. As she does not feel wrong, there is nothing to be accountable for or to apologize for.

She does not feel wrong or the need to apologize because she feels wronged about other things. Facts matter, except when those facts are inconvenient; then, feelings matter because you are to blame for those feelings.

Honestly, this is why so many of my conversations with my therapist begin with "I'm not the crazy one here, right?"

99

UPVOTES

Divorce Plunged in Kentucky. Equal Custody for Fathers Is a Big Reason Why.

hhh888hhh · 14 September 2025 · Archived copy · Reddit

“A law setting 50-50 shared custody as the state’s standard was hailed as a victory for fathers, but critics say it puts mothers and children at risk.

It was 2017, and across Kentucky, divorced fathers were coming together against a common enemy: a custody system they felt favored their ex-wives.

Although custody laws in Kentucky and elsewhere granted judges discretion to decide what split was in a child’s best interest, aggrieved fathers claimed that this typically meant relegating them to the role of every-other-weekend “Disneyland dads,” forced to cram two days of fun into what mothers had two weeks to create.

“You become like ‘Uncle Dad’ instead of a parent,” said Rob Holdsworth, 53. In 2014, he reluctantly uprooted his life and civil-service career in Dayton, Ohio, to relocate to Bowling Green, where his ex-wife had moved with their two sons. He took the only job he could find—working nights in a soap factory—to see the boys just a few times a month.

“It was very depressing to be here, a couple of miles away from my kids, and be told I’m not going to get to see them more than that,” Holdsworth said.

Alone in the house near his sons’ elementary school—wandering in and out of their empty bedrooms, staring at the “Daddy you are our superhero” crayon poster they gave him for Father’s Day—Holdsworth had more time than he knew how to fill. He resolved to spend it lobbying for legislation granting dads like him more rights in a divorce or separation.

Around the country, the fathers’ rights movement was gaining momentum. Dividing time and decision-making equally between parents, advocates argued, reduced children’s feelings of abandonment, promoted gender equality and lowered tensions between feuding couples.

“There is no law that affects more people other than taxes or traffic,” said Matt Hale, vice chair of the National Parents Organization, an advocacy group formerly known as Fathers and Families. “Giving kids equal access to both their parents is just common sense.” Dads like Hale and Holdsworth found a sympathetic ear in lawmakers including Jason Nemes, a Kentucky state representative whose own father was his primary guardian after his parents divorced.

In 2018, Kentucky became the first state to pass a law making equally shared custody the default arrangement in divorces and separations. Four other states—Arkansas, West Virginia, Florida and Missouri—have since passed their own versions of Kentucky’s custody bill. Around 20 more are considering or close to passing similar laws, according to an analysis by the National Parents Organization.

The law has become a model for other states, not least because Kentucky’s divorce rate has plummeted. Between 2016 and 2023 it fell 25%, compared with a nationwide decline of 18%, according to an analysis by the National Center for Family & Marriage Research at Bowling Green State University.

Hale calls the drop in the divorce rate an unintended bonus of the custody law. He suggested that parents are increasingly likely to stay together because they realize they’ll be in regular touch regardless, so “they might as well work it out.” He added that he’s heard stories of couples who decided not to break up because of the presumption of shared custody, and years later are glad they stayed together.

Yet some argue that these impressive numbers hide a far more complicated story.

“People think divorce rates going down is a good thing and that it indicates stability in marriages, when that’s not always the case,” said Bowling Green family and marriage center assistant director Krista Westrick-Payne. She

explained that the divorce rate typically goes down when couples believe the costs of leaving outweigh the benefits.

Some people are staying married to abusive partners, critics of the law say, because they are terrified of leaving their children alone with a parent with a history of violence. “They know their kids are safer if they stay,” said Elizabeth Martin, chief executive of the Louisville-based Center for Women and Family, which provides services to victims of domestic violence (most but not all of whom are women). “Even if it means taking some beatings.”

Many of the Kentucky law’s detractors are quick to acknowledge that dads often struggled in custody hearings before the new mandate took effect. They agree that a more equitable division of parenting labor is a noble goal. They’re just not sure a presumption of shared custody is the best way to do it. They worry, too, about the dire cases that seem to be slipping through the cracks.

“We have seen this law put kids in harm’s way,” said Darlene Thomas, who runs GreenHouse17, one of the state’s largest domestic violence programs. She explains that judges are wary of trampling on parents’ rights, which places a hefty burden on any who hope to prove that a fellow parent is abusive or that splitting custody evenly is not in the best interest of the children. “It makes it harder for judges to consider the whole picture.”

GreenHouse17’s 42-bed shelter for domestic violence survivors sits amid horse pastures, rows of carefully tended flowers and a grove of apple trees 20 minutes outside of downtown Lexington. Thomas says Kentucky’s shared parenting law has upended the nature of her work. Before 2018, she said she helped her clients legally, physically and emotionally separate from their abusers. Now, she said she is often helping them figure out how to stay.

“What the presumption says to many survivors is, ‘Why fight it?’ Why tell your story if it’s already presumed there will be a 50-50 time share?” said Thomas.

Women file into her office one by one, each of their stories more disturbing than the last. One mother who shares custody with her ex-husband said her son has returned to her with a dislocated shoulder and admits he doesn’t feel safe with his father. Both her son and daughter, she said, have recently come back distraught after their dad started throwing rocks at cats and wanted them to join in.

Another mother of two young boys said she worked up the courage to leave her husband over two years ago, after years of being hit and strangled, but was horrified when a judge awarded her ex 50% custody. She pulled up photos on her phone showing how her sons have returned from their dad’s house with fingerprint-size bruises on both sides of their ears and hematomas on their arms. She now wonders if her boys would have been better off if she had stayed with her ex.

Hale, who wrote the first draft of the shared-custody legislation, says “There are lots of safeguards in Kentucky’s law that protect children from being placed in a dangerous situation.” He notes, for example, that if one parent is subject to a domestic-violence order, the presumption of 50-50 custody is automatically overturned.

For Kimberly Rummage, 39, dozens of phone recordings of her husband’s abuse weren’t enough to persuade a Kentucky judge to override the custody split. She said that after her husband nearly killed her in 2023, she applied for an emergency protection order and filed criminal charges. When he was arrested, she assumed the worst was over.

But “just a few weeks” after her husband’s parents bailed him out of jail, Rummage said, he was granted 50% custody of their son. She said the judge indicated his abuse wasn’t a factor since he didn’t lay hands on their son and was contesting the domestic violence protective order. A few months later, Rummage said, “I got the domestic violence order, and nothing changed.” Rummage’s ex didn’t reply to a request for comment.”

Full article can be seen here:

https://www.wsj.com/us-news/law/the-equal-custody-experiment-41e1f7a6?st=ESTtMo&reflink=article_copyURL_share

99

UPVOTES

Maybe Divorce Made Me a Chauvinist

Ok-Guidance6491 · 18 March 2026 · Archived copy · Reddit

I hate to say it but I think I have lost faith. Even though I am currently seeing a nice woman, I don't think I can ever trust women again. Not really. It's not just my ex's affair but the stories of other women confessing to cheating (anonymously online of course) and the way they justify it as the husband's fault (big surprise right?).

They really do tell on themselves. And I'm sure in their mind they truly believe their own bullshit. It's crazy! "He wasn't ambitious. He never touched me. I made more money than him. He was abusive." But almost never "I am a cheating asshole with issues I need to work through". Nope. No self-reflection.

I really don't think they know that their addiction to social media has given away secrets that were mostly kept safe for hundreds of years. Now the info is out there and I don't think men can ever see them the same again

99

UPVOTES

She did not think it was funny...

warbul · 3 June 2026 · Archived copy · Reddit

This was two weeks after my wife said she wants a divorce.

I'm close to tears telling her I don't want us to be strangers. I want us to work things out. Then she says:

"We have our kids, so we'll always be in each other's lives, *for better or worse*."

I go from the verge of tears to laughing out loud. When she looks at me confused I said, "for better or worse huh? Just like our wedding vows."

She did not think it was funny. Oh well, it still makes me smile. I mean, what's she gonna do, divorce me? lol.

98

UPVOTES

Reconciliation is foolish, please stop

Initial_Topic_4989 · 14 December 2023 · Archived copy · Reddit

These people MOCK YOU, they MAKE FUN OF YOU, while you are working hard for the family or you are at home cooking for your spouse they send messages to each other making fun about how clueless you are, THEY MAKE FUN OF YOU WHEN YOU ASKED THEM FOR SEX AND THEY DENIED YOU, while you are sleeping on YOUR bed where they fucked the other person on they are thinking: "If only he/she knew what I did on that bed"

You discovered their true nature, they don't regret cheating, they don't regret hurting you, what they regret is how this might possible ruin their reputation!!! WAKE THE HELL UP!!!! THIS PERSON IS A PIECE OF TRASH, DIVORCE THEM, DON'T BE THEIR FRIENDS AFTER DIVORCE, GREY ROCK OR MINIMUM CONTACT FOR LIFE

98

UPVOTES

Don't fear asking your wife/girlfriend to do what she is supposed to do in the marriage

Initial_Topic_4989 · 2 January 2024 · Archived copy · Reddit

For the men who still believe in marriage and want to do it again...

I did so many things wrong in that fucking marriage

So many guys are terrified of their wives, and I understand because now I can see how I was the same with the hoe that I married. I remember when I came home from a hard day of work and the freaking house was a mess, I should have had a conversation right there asking her to clean the house and keep it in order as she was the stay at home parent, but nooooo I had to be a pussy and buy into the narrative that I should do as much house chores as her even if I was the one working and getting money with very little days off.

Demand respect from your wife or girlfriend, do it now before it too late.

98

UPVOTES

For Those that did ALL the housework

One_Cartographer_465 · 29 January 2024 · Archived copy · Reddit

During my marriage(s) I found myself doing All the house work. Cooking, cleaning, fixing, mowing, parent teacher conferences, etc. joining this sub, I see I am not the only one making the money AND doing the work. I have noticed since the X left, I do the same work, but it is SOO much easier. Have you noticed this? Your chores did not change, but it is a much easier job since the task master left?

98

UPVOTES

Therapy is worth it

ww3historian · 27 March 2025 · Archived copy · Reddit

I wrote a post here a couple of years ago that "Therapy is for women only".

Well, a year after that, I decided to give it a try.

I've been with 4 different therapists now and I can tell you some things I learned from them, not just about divorce but also in relationships after the divorce.

1. In my marriage I was very controlling. I made the money and she was a SAHM. Since I made the money, I called ALL the shots. Where we live, where we go on vacation, what cell phones we have, everything.
2. I thought since she was SAHM and didn't have to pay for rent or food, that she was loving it. But then I was told that rent and food are free in prison as well and nobody wants to live there.
3. I basically created a prison for my ex wife, while thinking I was providing her with a life that many women would envy. She was not a very good communicator and never let me know this, so after 19 years of marriage she had enough and left.
4. Now this hurt my self esteem. Why did she leave me. Am I ugly, am I fat, am I boring? The thing is, she is just one person. Her opinion only matters to her. It doesn't affect me or how I see myself or how others see me.
5. In the moments I missed her, I just thought about the 6 month period where I begged her to stay and she screamed at me like a banshee. I still shudder when I think of it.
6. I was so angry with the money I had to give her in settlement, plus alimony. But she did raise the kids while allowing me to focus on work and advance my career and get raises. I really believe I was further ahead in my career than if I was single. I also have 2 kids now thanks to her. It helped me diffuse my anger over alimony.
7. When she got a new boyfriend and move in with him I was devastated. But then I went out with other girls and I stopped thinking about her in a way that she was still my wife. She is a single person as I am and can do whatever she wants. I don't control or own her as she doesn't control or own me.
8. Starting dating was tough. As somebody who called all the shots it was tough to go and date women that were single for 10-20 years and did whatever they wanted. It also was tough not to talk to them about my divorce and use them as my therapist. This is when I decided to get a therapist again.
9. The issue with dating was that I was very needy. I basically wanted an instant replacement wife. Most of the women wanted to take things really slow, which I took as a rejection. I went on a ton of first dates because I thought "You never know what the connection will be like in person". What a mistake that was. Not a single person that I was not sure about on the app actually turned out to be cool in real life. Not a single one. So I just went on stupid dates that went nowhere which depressed me even more.
10. I finally decided to tighten up my standards. No women with kids. No tattoos. No weed. I met a cool woman, but she lived like a mile from the airport and woke up at 4:30am and kept the house at 60 degrees, with a ceiling fan on. I couldn't sleep over at her place, ever so I broke up with her.
11. Then I dated a night shift nurse, which was a huge mistake.
12. Then I dated an office manager. She was a disaster.
13. Then I dated a lawyer. She was obsessed with sex which I loved, but super mean.
14. Then I dated a teacher who was very nice. We hit it off. It was great, until she started hanging out with her ex bf

(they didn't speak for like 5 years after breakup, but just started hanging out again). When I said I don't like that she's talking to him she called me controlling and insecure. That's the third time I started going to therapy. The therapist got me to realize what are my boundaries. My boundary was that I don't want my gf to hang out with any guy who saw her naked in the past. I just couldn't do it. It caused a huge fight but she agreed to cut that ex bf loose. I also wondered why did it make me insecure in the relationship. Since she dated a few guys before me, I was insecure that she was comparing me to them. I don't even know them, but it just didn't feel right. The therapist would ask me 5 whys. Why do I think they are better than me, and is there any evidence. There was never any evidence, and in the end, she was with me and not them.

I also fixed my insecurity by not being needy and not making her the center of my world. I started kickboxing. I started a happy hour group at work. I started walking my elderly neighbor's dog and I met a few people in my neighborhood with whom I've hung out. I fixed up my back yard. I started renovating my house little by little with DIY youtube videos. I quit kickboxing but started going to the gym 3x a week. All of this took away time from her, and now she was chasing me! I was also more pleasant to hang out with because I wasn't needy and I had things to talk about. I was also in much better physical shape, other woman were glancing at me, and I didn't feel insecure anymore.

1. In therapy I learned to not assume and not accuse. If something is fishy or doesn't feel right, I would just ask her a question. I always accused my wife and she grew to resent it and it always ended in a big fight. And 100% of the time there was a good explanation for it. For example she gave me her phone to send myself some photos that she took during the day, and when you send photos it suggests a few people. One of them was a contact named Maman. In the past, with my ex wife I would go crazy, and ask who is this Maman guy!!! But instead, I calmly said, hey it suggested Maman, I haven't heard you mention him, do I know him? And she'd say, oh Maman is my mom, it means Mom in Farsi. And it would be resolved without any drama.
2. I also learned to give the benefit of the doubt. All of us are dealing with crap, and imagine how nice it would have been if our ex wives gave us benefit of the doubt and some compassion instead of being thankless harpies.

I know a lot of people here are jaded, just like how I was. But it's not a way to live life. I feel like my life is a lot better now than it was before therapy. The current relationship that I'm in would have ended if I didn't learn the skills in therapy, mostly about how to communicate. And I feel like I'm a lot better partner to her, much better than I was to my ex wife.

98

UPVOTES

"Family"

chase_the_wolf · 3 June 2025 · Archived copy · Reddit

"Let's take a family picture!" she says after the preschool graduation (lol a preschool graduation jfc),

We aren't a family. Did you forget that you broke our home apart. Do you know how many times I've had to listen to both kids cry that they just wished mommy and daddy were married. Cried that they don't understand why they're different from all the other kids. How in the absolute fuck am I supposed to answer that?! I sure as hell can't tell them the truth because that's looked down on for "bad mouthing the other parent."

You want me to keep perpetuating a false reality where we're a family...except...mommmmy and daddy do not live together. Mommy 100% does not give a fuck about daddy. It's all performative and I'm just supposed to act like this is all ok? I'm supposed to feed my kids nonsense because "KiDs ArE rEsiLliAnT!"

Remember that divorced parenting class certificate we had to get? The one that was filled with stats about how much worse it is for children of divorce across all categories. I'm supposed to pretend like our kids will be the exception...none of this will affect them....because...."kIdS aRe ReSiLliAnT!"

"I'm organizing a family day for the company and it's something we can do together." IN-FUCKING-SANITY!

The Lion, The Witch, and the audacity of this...

You honestly think I want to come and pretend like "It's all good." in front of your coworkers and Boss that you, at minimum, had an emotional affair with. You know...the dude you told me was known for being a Flirt but don't worry. I honestly can't tell which is worse - 1) you've got good intentions and can't understand why I would absolutely not be excited about attending a "Family Day" you are organizing. 2) you're doing this intentionally just to humiliate me.

The worst part...I don't hate you. I hate myself so much for all the red-flags I ignored. I will be tied to you forever and I only have myself to blame.

98

UPVOTES

It gets better

Helpful-Paramedic463 · 30 June 2025 · Archived copy · Reddit

Started going out on dates this past month and I'll tell you, it's refreshing to go out with women who actually want to spend time with you to include intimacy.

Gotta have thick skin because this new world of dating is full of women who will ghost you, not even show up, or simply looking for validation.

First date should be coffee or drinks. Do not spend money on these women early. If there's no connection, all you paid for was some coffee and on to next.

I'd set these dates up after work and try not to stay for more than 30 mins. Most of the time these women work as well so the timing works.

Gentlemen, if she cancels or doesn't communicate, drop her. Don't waste your time.

They like to play the game of "so busy at work today" or "I dont check this app often" but it's 100% bullshit. They're glued to their phone. Do not waste your energy with these types.

Move the conversation to text and do a FaceTime. They will put up old photos, use filters, make themselves look skinny with weird angles. FaceTime them to make sure they're real and not using ten year old photos.

Move to a FaceTime call asap to determine if you want to move forward. Do not waste weeks texting and find out she's an orca with a giant mole on her face.

I was pretty busted up about my situation. I'm not getting into anything serious and am currently seeing a few women.

Get out there. It's fun.

98

UPVOTES

She told me today. Christmas Eve

Rich-Insurance9305 · 24 December 2025 · Archived copy · Reddit

I don't even know where to begin but I'll try to keep this short. A bit of background on me, I have a good job, own car and I purchased a home with her, we have no kids and no joint savings or investment accounts together. We've been married for three years living together for two of those years.

Basically I come home and start dinner or I pick up dinner for us. I was content in our marriage and we both split up responsibilities evenly for what we could manage with our time. She works less than I do and is home more often.

Often times she would ask me to do simple things like make the coffee before bed, empty the dishwasher and so on pretty frequently. I'll be honest, I overlook those small things often but just as often I take care of almost everything else without being asked.

She is an early riser and I am not. She has a habit of asking me to do something to wake me up. For example, this morning I was sound asleep and the first thing I woke up to was her "can you empty the dishwasher?" I literally just opened my eyes. I've asked her multiple times to not do that and it's very irritating for me.

So today I responded to her by saying "what the fuck" and rolling over back to sleep.

Needless to say we got into a big fight about how I don't do enough around the house and now she's looking for an apartment.

I find this unbelievable as I pay the mortgage, I pay all of the bills, most nights I'm the one cooking dinner or ordering food after I just get off work.

She told me she was going to start looking for an apartment and I was relieved. I can't imagine living like a slave for the rest of my life just to please someone who could never be pleased.

97

UPVOTES

I hope my reversed role success story, helps my fellow men feel a sense of hope.

TastyWheat67 · 20 February 2022 · Archived copy · Reddit

I was a stay at home dad who never lied, drank, cheated, once in our 29 year marriage. That's not a misprint. My wife made \$350k per year. We had a home that was paid off, nice cars, zero debt. The only thing more painful than her betrayal was her refusal to acknowledge it. I tried to forgive her but her arrogance made forgiveness impossible for me. I told my counselor that I couldn't live without her. But every time I tried to talk to her, she made it worse with her constant lies, lies, lies. She told my sons that I hit her when I never did. So after 5 years of the worst pain of my life, I sat her down with my sons to expose her lies. She moved out, thinking that I'd be screwed without her. HUGE mistake on her part. Long story short, I got a good lawyer, and she is so fricking sorry now. I got the house worth \$800k, the cars, spousal support, child support, and she lives in an expensive, small apartment and has to drive past the house that she paid for, twice every day. She still tries to sound like a victim but her lies are known to everyone and I feel so vindicated. I came close to putting my hands on her over the years but thank God I never did. I stuck to my principals. I don't think I could ever trust another woman but that's fine. My wife's arrogance and stupidity were the reason things worked out so well for me.

I had to go back to work after being out of the work force for over 10 years. So now I'm the oldest diesel mechanic around, at age 54. But the labor shortage means that I make better money than I thought I would. I won, and I'm happy. I hope my story helps someone out there.

97

UPVOTES

Freedom!!!!

Shitpostradamus · 12 May 2022 · Archived copy · Reddit

The last year-plus of my life has been absolute hell. Wife asked for separation, and had an affair while we were “working on it.” Then she dragged her feet on providing me the necessary paperwork to get our divorce taken care of for almost five months. It all ended today, gents! Judge signed off on the divorce this morning:

I’m custodial parent, 50/50 parenting time,

No child support, No alimony, No more ungrateful wife bleeding me of all that I love about myself.

Chalk this one up in the win column for us, y’all. And keep the good fight for all of you still mired in shit. Much love!

97

UPVOTES

What's The Point?

HereinPA1 · 12 November 2023 · Archived copy · Reddit

I was asking myself this over and over again with tears in my eyes last night before I went to bed.

What's the point of finding your person, ask her to marry you, spend the money on a wedding, take your vows and commitment to heart, start a family, move three times to better homes as that family grows, keep advancing in your career, earn more to provide for your family, save as much as you can to secure your financial future in retirement, spend almost 20 years married, all of it and trust that person to be by your side for the rest of your life until death do us part?

What's the point of it when she's unhappy but it's kept in silence, confides in her friends instead of you, mourns the marriage ending months in advance before dropping the bomb on you, tell you that she is done because she's changed and needs to focus on her happiness, break apart that family you've been raising for 18 years, flips the switch and instantaneously turns against you, immediately starts treating you like you never existed and moves out to begin her new life 6 weeks later?

What's the point of believing she'll do the right thing because she is also successful and not come after my retirement, not try to force me to refinance the mortgage at one of the worst times to do so so she can also get a \$200k payday or force me to sell the home less than 2 years from our daughters graduation?

What's the point of signing a contract with your forever person when that same person can unilaterally break it because she wants to and gets paid to do it?

The very last time I asked her why she wouldn't have another talk about us, her response?

"Because there's no point"

Exactly.

97

UPVOTES

Walked away from my wife and her daughter

Terrible-Link2836 · 26 December 2023 · Archived copy · Reddit

Discovered my wife cheated or is still cheating who knows, and my daughter is not mine. Didn't handle it in the best way. I just left a copy of the paternity test, my ring, and my phone. Packed a bag and just walked out. That was 2 weeks ago. I got a little Walmart throwaway phone and working as a handyman at a little motel about 50 miles from my home. I am so messed up, and I have no idea what my next steps are or what to do. Any help or advice would be great.

Sorry I didn't include enough information.

We live in NC. One daughter who is not mine now, she is almost 5. I am currently at a motel working as a handyman. This week, anyway.

Update I called my parents, and they are on the way. This week, I will contact lawyers and see what my options are. Seems my wife has been frantically looking for me. But failed to tell anyone why I was gone, big surprise there

97

UPVOTES

Won but Feel Bad

Helpful-Paramedic463 · 7 February 2025 · Archived copy · Reddit

My wife cheated on me and blew up a 20 year marriage.

The evidence I was able to collect landed me an extremely favorable settlement. She would have got 50% of my pension but now only gets half.

She thought she was going to get a lot of money but now it's a very small fraction and she will no doubt struggle.

I do feel bad but on the other hand, she went out and chose to sleep with a convicted felon while we shared a bed. I didn't discover this until recently.

Anyone have something similar? I'll never take her back but she is the mother of my older children.

97

UPVOTES

Well homies, we did it!

I_am_a_neophyte · 25 July 2026 · Archived copy · Reddit

Guys, I've been gone a while, but it was to center my punk ass for the end (mediation).

The STBXW and her SIX FUCKING HUNDRED AN HOUR lawyer chose the most aggressive condescending twat of a mediator. But, he was at least willing to be reasonable if it made sense, but was an asshole the whole time. If my attorney said, the court would do that, he'd pretty much instantly stop talking and say, I'll be back.

So, she never told her attorney that her car was paid off, and it was worth well over \$20K. She never told her attorney she took 90% of out possessions after we put value on them. She never told her attorney she used all the airline miles. She, I think most importantly, never told her attorney no matter what I believe in being fair. So, when we showed up with the paperwork ready to hand over 50% of my few years old retirement account it fucked their whole plan up.

They argued about every single thing done to the house to sell. The mediator got pissed with her attorney since she even said they never approved things. Then my attorney showed the mediator the emails. Fair split.

It was 8 awful awful hours, but highlight was when I mentioned the airline miles the mediator said it was never brought up in Discovery. So, he went to ask and I heard her scream, "FUCK!" Then he came back and said she offers you 1/2 value as cash. I said, I want the miles, and he went back. She hollered something i couldn't decipher. He came back and said, "in the spirit of fairness, there is a one-time offer of full cash value on total miles." I took that since I know she was using them when she locked me out of the account.

Then she tried some mumbo jumbo to claim she was entitled to 100% of the house proceeds. We chipped that away, but in fairness she did use some pre-marriage funds to bolster our down so I thought that to her was reasonable.

Since we were getting close and it was brutal we did a quick tally. It was looking better than expected.

Sge argued about some items at the house, I saud for half the value. Mediator said she wouldn't. I said, make an offer, they said, free. I said no, the mediator went over and came back and said they were yours.

Then I heard STBXW getting very loud. Turns out her attorney had their helped run numbers whilst she worked on the MDA.

After our shared debt is paid off, I will be walking out with nearly FUCKING DOUBLE THE MONEY SHE GETS!!!!!!!

My attorney's paralegal came by to drop something off and say the Mediator come out of their room and could see her holding her head crying. Crazy how she wanted this and is so unhappy she got it.

She signed the MDA and she has to return sone items she took, in perfect condition, or else, and I no longer have to pay \$800 a month for her insurance. They tried to argue me continuing to pay for it. I declined.

Sorry her single friends and social media got into her ear about how deserves so much more, but we had a good life and I treated her well. She just decided she wanted something i couldn't produce and probably doesn't exist. She wanted literally zero responsibility, zero accountability, and to only ever do exactly what she wanted when she wanted.

Now she works 2 jobs, and is walking away with maybe enough to pay off her lawyer. Karma is a real thing.

I feel better now. Still sad a little, but life is brighter.

96

UPVOTES

Decided I'm not going to let her go.

CommunicationNo2297 · 8 December 2021 · Archived copy · Reddit

I thought it was for the best, to not split up the family, I was wrong.

I have loved her since the moment I saw her.

I have loved her every minute of every day.

For so long she has loved me.

We have spent so much time just cuddling and staring into eachother's eyes.

Her beautiful eyes would make anyone fall in love.

She has the softest hair that I could just stroke all day.

I was never happier than when we would just lay in bed together cuddled up, her using me for my warmth, but I just loved holding her next to me.

The abusive cheating wife might think she's taking everything from me but she is not getting my cat!

Edit: Gentlemen... I have my cat back :) she couldn't be happier!

96

UPVOTES

Divorcing after 22 years of Marriage

GrimStreaker15 · 2 May 2023 · Archived copy · Reddit

Back on April 11th, I got a phone call from a woman saying my wife was messing around with her boyfriend of 7 years.

I confronted my wife and she left the house with both dogs and some items. I filed for divorce and have 46 more days till I'm done with her being in my life.

This is the worst betrayal I have ever gone through. I never broke my vows to my wife during my 22 years and upheld my responsibility as a husband. Sometimes people cheat and are strangers in our own home. I was too in love to see who she was and overlooked the warning signs.

The reason I'm posting this is to give those of you some encouragement and let you know things will get better.

I'm already working out again and dropping the marriage weight and putting myself back out there. Trust me, if I can do it, so can you.

You hang tough, and it's ok to feel this pain and work through your emotions. I know it may seem dark right now, and your life is upended. But, please believe me, this is an opportunity to grow and open doors. Talk to your friends and family and work on yourself. You are not alone, and I know you can make it through this.

Because if my 46 year old fat ass can get in the gym and go back out there, anyone can.

I believe in you, and I'm rooting for you.

96

UPVOTES

She is going to have to work for the first time in her life hahaha

Initial_Topic_4989 · 23 December 2023 · Archived copy · Reddit

Nature is healing, my alimony and child support for one kid can only do so much to support her lifestyle, and her family is not supporting her, they are very religious, conservative people who feel ASHAMED of what she did to me, AKA cheating.

She is so stressed over this, according to a mutual friend, may I suggest McDonalds? BITCH

96

UPVOTES

"Happier After Divorce"

6-demon-bag808 · 31 August 2024 · Archived copy · Reddit

Almost every post on this subreddit is dudes that are happy. I feel like I'm the only person who's effing miserable.

Losing my home, all of my money, best friend, and children ja destroyed me. The stress alone caused a stroke at 39.

Even after everything I have lost that cannot be replaced, I would do anything to have my family back.

96

UPVOTES

Some women look for a 'bailout man' over and over

HP_Love_Shack · 16 February 2025 · Archived copy · Reddit

When I met my ex so long ago I had no backbone at all. Looking back I brought so much more to the table it is ridiculous. I had a home, stable job, was mentally healthy (compared to her) and so on. She had debt, quit jobs, no home, and had major mood swings.

Yet I put her on a pedestal and had such low confidence I saw myself as nothing. Such a shame but I am learning the lesson all these years later. After losing so much like many of you have.

I gave her a home, family, sound finances, let her work less or not at all, put up with her mood swings and emotional abuse.

After being discarded, turned out she left me for another guy. She will be marrying him soon. I met him and he reminds me of who I was when I met her, but worse. I feel bad for the man. He'll be the bailout man for her next phase in life. Because she wore me out.

She's happy to have a new shiny thing in her life, and to feel "love," like she think she felt with me. But when the dopamine wears off things will go south. Hope my daughter will be ok through all of this.

It's crazy how she does not see the patterns. I suspect many of our exes never wanted to take accountability. Like mine. But guess what? If you don't then you repeat the same patterns. That's why I am working on myself, not dating and just having experiences with friends. Rebuilding a sense of self.

If you were a man with no backbone don't jump into a relationship right away like this guy. Don't fall for the "simp hunter" women! So many look for a bailout when in reality our own boats have so many holes in them ourselves.

96

UPVOTES

You suffering is not her punishment.

Hour-Jellyfish-7205 · 11 March 2025 · Archived copy · Reddit

Your ex-wife does not deserve to see you suffer. They do not get to see you suffer. Your struggle is part of your path and your growth and she has no part in any of it. she has no right to it. You are now charting your own course.

Don't give into that voice that tells you that if you just show her how much you suffer because it will somehow turn the tide, punish her or make her feel bad. This is misguided. That suffering only punishes you. It traps you in the past and gives them a Ghost of an idea a hold they no longer deserve. Instead, show them strength, show them resilience, show them you are building a new and better life – for yourself. Let your actions, not your pain, be your statement. The best revenge is to live a good life.

96

UPVOTES

My Wife Changed From Warm and Loving To Cold And Cruel - Hormones, the big disruptor of marriages nobody ever really talks about (it's not just menopause)

BENJIDOVER79 · 14 March 2025 · Archived copy · Reddit

The Unseen Disruptors of Relationship Stability

In today's world, where a **staggering number of women are on some form of hormonal medication—whether birth control, thyroid treatments, or menopause therapies**—it's worth asking: **How much of modern relationship turmoil is biological rather than emotional?**

For decades, many breakups and divorces have been summed up with the familiar phrase: **"We just grew apart."** But is that really what's happening? Or are there underlying physiological changes silently reshaping emotional bonds, intimacy, and attraction?

Hormonal Shifts: The Unacknowledged Force in Relationships

Many men don't realize just how profoundly **hormonal fluctuations** can impact their relationship. These shifts don't just affect a woman's **mood or energy levels**—they can directly influence attraction, libido, emotional availability, and even **how she perceives her partner**.

Some key hormonal factors at play:

- **Birth Control and Libido Suppression** – While often seen as a relationship convenience, hormonal contraceptives can significantly **reduce a woman's natural sex drive** and even alter her **subconscious attraction to her partner**.
- **The Monthly Cycle's Emotional Swings** – Severe PMS symptoms can create **unpredictable emotional patterns**, sometimes leading to unnecessary conflict.
- **Postpartum and Maternal Shifts** – The drastic hormonal shifts after childbirth can result in **postpartum depression, emotional withdrawal, and loss of intimacy**, often leaving men confused about the sudden change.
- **Thyroid Imbalances and Mood Disorders** – An underactive thyroid can cause **depression, fatigue, and apathy**, making a woman seem emotionally detached from the relationship.
- **Hysterectomy-Induced Hormonal Changes** – The sudden loss of hormone production post-surgery can lead to **a complete shift in libido, energy levels, and emotional stability**.
- **Menopause and Perimenopause Struggles** – As women age, hormonal changes can result in **low sex drive, increased irritability, and emotional distance**, all of which can strain a long-term marriage.

The Male Experience: Confusion and Misinterpretation

Many men, unaware of the biological undercurrents influencing their relationship, **take these shifts personally**. They see their partner's withdrawal as a sign of emotional loss rather than a physical response to internal changes.

This **misinterpretation can lead to frustration, resentment, and eventual detachment**—not because either partner is at fault, but because neither recognizes the role that hormones are playing in their relationship's stability.

Why "Just Talk It Out" Doesn't Always Work

Common relationship advice tends to focus on **communication, romance, and keeping things fresh**. But when the root issue is biological, **talking it out isn't enough**. You can't "spice things up" if a suppressed libido is caused

by synthetic hormones, nor can you fix emotional detachment if it's driven by postpartum imbalances or thyroid dysfunction.

Relationships require emotional work, but they also require **biological awareness**.

A New Perspective on Relationship Longevity

Understanding **hormonal health as a core component of relationship dynamics** could change how we approach modern relationships and marriage. Instead of assuming emotional disinterest, couples should be looking at **hormonal health as part of the equation**.

- **Could her medication be altering her attraction levels?**
- **Is an underlying health condition affecting intimacy?**
- **Are natural hormonal shifts leading to emotional distance?**

These questions could mean the difference between **misunderstanding and resolution**.

Conclusion: Beyond the Surface of Relationship Struggles

The idea of "growing apart" is often used as a convenient explanation for why relationships fail. But how often do couples **unwittingly drift apart due to factors beyond their control?**

By acknowledging **the biological dimension of attraction, emotional connection, and long-term compatibility**, couples can **break the cycle of miscommunication** and gain a **deeper, science-backed understanding of their relationship**.

This isn't about placing blame—it's about **expanding the conversation**. A thriving relationship isn't just built on love and effort—it's also built on **awareness, empathy, and an understanding of the unseen forces shaping our behavior**.

Because sometimes, **the key to lasting love isn't just emotional connection—it's biological alignment**.

This article was written by OP BenjiDover79

96

UPVOTES

She's a walking cliché

Vintage-Card-Man · 22 April 2025 · Archived copy · Reddit

One day I'll sit down and write out my story, most of it is along the same lines as everything you've all seen here. However, there are a few nuggets that in hindsight are pretty darn funny and a few other pieces that might help others. For now though, I just have to laugh.

My ex has become a walking cliché. She is late 40s and since the separation and subsequent divorce, she has checked nearly every box of the female midlife crisis attention seeking behavior. Nose piercing? Check! Tattoos all over her arms? Check! Dyed her hair red and cut it into a weird style? Check! Get on TikTok and suddenly "realize" She is neurodivergent and has a new way to blame all of her issues? Check! Moved directly in with her boyfriend because she has nowhere to live? Check!

It's almost like she went to chat GPT and said "My husband divorced me, I'm late '40s, what should I do?"

Meanwhile, I'm over here with custody of the kids. Have literally lost a hundred pounds since the separation, killing it at work, and truly living my best life.

Guys, about a year ago I was at a very low point and did not know how I was going to get through all this. It's amazing what you can do when you put yourself and your kids first. Hang in there and don't give up!

96

UPVOTES

I am fucking sick and tired of these court of whores.

Feisty-Ad-566 · 20 June 2025 · Archived copy · Reddit

Honestly, my lawyer keep telling me to sit and not interrupt be polite and courteous, and not call my ex out for hiding the kids homework when they come to my home but say "she inadvertently forget them" so I don't sound like I am attacking her.

Yet her lawyer goes HAM on me. said 100 lies about me without any proof and I am sitting there like an idiot. my lawyer doesn't know what to say or doesn't know what to believe because her lawyer just made shit out of her ass and wasn't put in the filling so no one was prepared for that. and the hearing officer looks at me like I have two fucking heads and tells me how bad of a father I am and don't give me a fucking minute to defend myself. like WTF even criminals get to fucking defend their self.

The funny part, is that I secretly recorded everything but my lawyer got upset because it's illegal. lol please tell me why I shouldn't go on TIKTOK and call these mother fucker home wreckers out?

96

UPVOTES

“Women cheat because of emotion” is honestly a Coping Mantra to help our male ego, and for women to protect their own dignity.

Internal-Degree-8663 · 10 September 2025 · Archived copy · Reddit

Like come on, man. Let's face it.

“You weren't being romantic enough, I wanted to be loved and I needed my emotions met so I went and got railed by an emotionally unavailable guy I met at a bar!!!”

Really? We're supposed to believe that. A 1 night stand cheating session is not because of “emotions”. Almost ever.

It's because she wanted to get railed by someone else.

The sooner you accept that, the sooner you can proceed with a Divorce rather than acting like it's your fkn fault.

If anything- men are the ones who allow emotion to disrupt their sex drive.

With women, it's the opposite. Not only can she throw away everything. Her family, everything!! Just for a night of sex.

But she can continue to rack up numbers in the weeks after being dumped “I was spiraling and engaging in sexually risky behavior bc I was traumatized alone and scared” etc etc.

Remember how YOU felt during the weeks after the split? The idea of being horny or having sex that fast? Like give me a few weeks to get my emotions in check ffs.

The female sexual nature does not have time for emotion.

96

UPVOTES

Posting this for a friend. Just over 2 years post divorce and his ex ended up exactly where he thought she would.

sevendustybuttholes · 4 January 2026 · Archived copy · Reddit

Since my friend doesn't get on reddit I'm posting this story for him. We just found this out today. I don't care if it's petty, I'm going to gloat because of all the shit I saw her put him through.

He spent 14 years married to his wife. Being friends with him meant being around her frequently. Everything I say is either from my perspective or from what he's told me.

The best way to describe her was a guilt tripper and a taker. She would do anything to make him feel like shit about the decisions he made that she didn't like. So to keep the peace he kept doing everything for her. And she would take whatever she could get from anyone but God forbid you asked her for anything in return. He's such a good person and a huge people pleaser it makes me hate her even more for taking advantage of that.

She built a nice little laissez-faire life for herself as a stay at home mom to a single child. Looking back now it was obviously all calculated so she would never have to work again. She didn't want to work and eventually after years of him begging her to work because they struggled to get by so much, she finally admitted it. She said she would never go back to work again and was perfectly happy making little bits of side money to supplement her spending habits. He was defeated, even her parents supported her decision. They were enablers so that wasn't a surprise. He said it had already been years and he was used to doing things this way so he felt it wasn't worth the fight. He was also misinformed about his rights in divorce and thought he would lose literally everything and have to pay her 50% of his income in alimony. He said it was naive and stupid of him to believe that but it was somehow taught to him that way.

The worst part was, she didn't do anything around the house. She used her little side gigs (a total of about 5-6 hours a week) as excuses for being too tired to do anything. She always had constant excuses why she couldn't even get up off the couch to get her own drinks. I can't tell you how many times I was hanging out at their house and she asked him over a dozen times to get up and get her things. I would watch her come out of her room, walk around the couch to sit down and before even getting there ask him to get up and make her coffee. The area she just walked by. And if he didn't she would whine and complain about why it's such an issue for her to get up and do it, thereby making him out to be the asshole if he doesn't.

This guy worked full time, came home from 12 hour shifts to the sink stacked 3 feet high with dishes almost every day. He did all the laundry, all the outside house work, work on the cars, and half of the cleaning. She would choose a day once a month to finally clean (according to him that meant wiping the counters, dusting a few shelves and vacuuming). When she did she would do it on his day off and make him help, and give him shit for "letting it get to this point".

Eventually he started standing up for himself and she lost it. Frequently. Every tiny minor argument resulted in her threatening divorce. They would eventually make up but after awhile he finally clocked out. He put on a smile and kept up with everything. And then went and saw a lawyer. She advised him what to do and he spent a year preparing.

Then one day when she blew up at him for something and threatened divorce, he didn't fight it. He said okay. She stuck to her guns for awhile. Started acting like little miss independent. Everything she had him do for her she was proudly strutting around doing on her own. Until he got an apartment. You see, he stopped funding his 401k and opened a bank account in his name and put everything extra in there. He had plenty of money to get an apartment and buy what he needed.

That's when she tried backtracking. She practically begged him not to go. Because now she realized she had to actually get a job. I was so proud when he told her there was no chance of them ever reconciling. For one he already signed a year lease. She tried it again when I was helping him load up the uhaul. Dude was so looking

forward to getting away I could see how good it made him feel to not feel like he was a target for her guilt trips anymore.

In the end, they opted to split without lawyers. She took the one vehicle that was paid off and the house (small house with a cheap mortgage, had almost no equity. Only 5 years into payments). She was able to get it refinanced surprisingly without a job because her dad cosigned. The kicker was CS and Alimony. He knew she was terrible with money. He had a decent paying job but he could never get his head to float above water for long before she was spending what little extra they had.

So he offered her a lump sum from his 401k. He knew he was up for a promotion in the future soon which would come with a hefty pay bump and didnt want her to come after him for more money.

He offered her 20k initially because he gave her the house and truck and took on multiple marital debts (a few grand in credit cards) and said he would bump it to 45k as a lump sum alimony payment. She was ecstatic and jumped on it immediately. CS was 50/50 with him paying less than \$600/mo which is what he said the state calculator showed (and confirmed with his lawyer).

Now its 2.5 years later and he just found out the house is already in foreclosure and she's having to move out, back into her parents most likely. Apparently, she never bothered to get a job and just sat at home using the money from the 401K. She didnt realise she had to pay taxes on it if she kept it so now she has no money left, no job, and owes the IRS over 10k (speculating because he heard that part from one of her friends).

He said he feels indifferent to the situation and im sitting here over the moon that lifesucking b***** finally got some karma her way. He is thriving, earning over 15k more than when he got divorced and is looking to buy a home for himself soon. Hes got into better shape, is more outgoing, and generally more confident. The women are practically swooning over him because hes just a genuinely good dude who has everything going for him.

Oh also his kid is moving in with him because apparently the ex has developed a serious drinking problem and she's never without a glass of wine or making mixed drinks before she passes out at night. So he'll be filing to modify CS and custody which he doubts the ex will fight him on because her parents are probably already pissed she's having to move back in at 37yrs old and the dad has his credit ruined for cosigning.

Sometimes the world does right itself every once in a while.

96

UPVOTES

This is a post from divorced women page... you can't make this shit up. I will never marry again

850MEGT · 4 March 2026 · Archived copy · Reddit

28 & getting divorced - never been happier

My husband and I were married for a little over a year when I asked for space/separation. I thought the distance and space would help me make up my mind of why I was feeling the way I was feeling - which was that I didn't think we were meant to go the distance. I was right; the space DID help me make up my mind. On the first night, I felt relieved to be anywhere but in the same house with him. By the third night, I realized I had barely thought about him. After a week, I realized I didn't want to go back and add that weight back onto my chest. After a month, I had never felt more at peace.

I don't even remember our wedding day. I don't remember feeling joy or hope for the future. I remember that it was a fun party with our loved ones, but I feel numb when I try to think about what should've been the best day ever. I knew something wasn't right, and I didn't know how to say it.

There was no abuse, no cheating (at least I don't think there was. He accused me, so maybe he was projecting). Nothing was "wrong" except for **everything**. I found myself not considering him in any decisions. I was selfish. I recognized it and tried to change, or at least tried to figure out the root of my selfishness. I just kept coming back to "I don't want to change." I **wanted** to choose myself. I knew I no longer loved him enough to choose him over me, and he didn't deserve that. Once I started to think about life without him, I couldn't stop. The thought of it was intoxicating. Scary, yes, but so freeing. Starting over is scary, and I'm not usually a risk taker. But it was possibly the only scary decision I've ever had to make that I jumped at head-first.

Being divorced isn't a defining trait. Is it shaping this part of my life? Maybe. But it's just a chapter in the story, not the title of book. Part of me didn't want to leave because I didn't want to be that girl who simply changed her mind. The girl who didn't listen to her gut instincts before getting the government involved. In the end, I made peace with the fact that I am too young to spend the best years of my life trying to figure something out that didn't have a solution. You can't make yourself love someone. I tried. And it only made it worse. I tried to find my love for him again and all I found was resentment and depression. And once the resentment creeps in...it's very, **very** difficult to escape.

The life came back to my eyes the minute I walked out that door. I've never been happier, and I've never had a stronger "this is exactly where I'm supposed to be" feeling than I have been frolicking in for the last several months.

Ladies - simply not wanting to get a divorce is NOT a good enough reason to stay married. Life is so short!!! Live it!!!! Peace, love, and blessings to you all xxx

95

UPVOTES

Never let her see you bleed

NoEntertainment3490 · 5 July 2021 · Archived copy · Reddit

I was granted an extra night to take my boy to see fireworks, he's 4. Had to ask to spend extra time with my child, hard to imagine such a thing but this is my world. My kids are taken from me against my will every week, I'm sure some of y'all can relate. When I went to drop off my younger son (he's too scared of fireworks) my boy said he wanted to go with his mom too. I didn't force it and let him out of his car seat after I kissed his cheek and gathered his belongings. He's already been through so much and I'm certain troubled by the past year. He is a strong boy and I couldn't be more proud of him.

I smiled at my ex as I looked into her empty black eyes and drove away. I started sobbing about 2 minutes down the road and had a good cry. No one saw me but maybe god and now you men. I kept my sunglasses on to be sure. Don't know why I'm posting this but I felt the need to get it out. No one really gives a shit anyway.

Takes care of yourselves fellas

95

UPVOTES

My attorney likes to say...

deathanddebauchery · 25 February 2024 · Archived copy · Reddit

“So far my divorce clients have 100% survival rate!”

The guy isn't wrong. Those women don't know what they had.

My ex wife asked for the 2019 truck and the house... I get to keep the 9 cash flowing rentals, the business, a new car, and my motorcycle. I also got primary custody of my kiddo. So... she can go off and try to find her happiness working 60 hours a week as a hostess barely making ends meet. I will hop on my motorcycle and travel around the country to find my happiness.

Keep pushing through the bad parts fellas! I know they have torn us down! They blame us, even though they overwhelmingly are the ones that leave.

Just keep moving one foot at a time... no matter how heavy it feels. I promise there's better days ahead!

95

UPVOTES

It's been 1 year post divorce. (Long)

No_Animator_6015 · 2 July 2024 · Archived copy · Reddit

I've never really made a post about this, but I feel like it might help anyone here who is searching for "what do I do now?" or "how do I move forward?"

My relationship of over a decade ended in a very painful way. My partner cheated, brought the new person into our home after just a week, and I had to endure hearing them together while I thought we were trying to fix things.

I lost my home, car, furniture, savings, pets, entire friend group, and her family. Everything was gone within a month.

The first weeks were incredibly tough. I ended up living with people I barely knew, trying to keep my business running, and staying silent publicly because she is in the public eye. My ex and her new partner spread false narratives about me being depressed and crazy, which many believed.

With barely any clothes and feeling lost, I had to figure out how to heal. I started exercising outside because I couldn't afford a gym. This, along with work, kept me sane while I battled depression and intrusive thoughts.

After two months of focusing on myself and my work, I decided to explore the dating world, something I had never done before. I tried a dating app called Raya. While there were many attractive people, it felt superficial and didn't really click for me.

Six months later, I had been on a few dates with women from different cultures and learned a lot about myself. I realized dating was like having a verbal resume, something I had to get used to.

Now, ten months in, I've lost a lot of weight and many of my stress-related health issues have improved. I'm eating properly, my IBS is gone, and I'm sleeping better.

A year has passed. My business is thriving, I have a new group of friends, and I've moved past my past. No one in my current circle knows my ex, which feels liberating. I'm now happily talking to someone new and taking things slow, giving myself the break I deserve.

I just want to say, if you are reading this and think life is over and she was the best thing in life and you have it hard. You've got this and life does get better if you put the effort in and yes you can find someone better.

95

UPVOTES

Found out my wife is a garbage human.

AdAffectionate7756 · 8 February 2025 · Archived copy · Reddit

my wife was always the loving and motivating partner. we've been together 8 years and two before that. this is my first and only marriage.

my wife wanted to spice up the bedroom and bring in another woman to be her girlfriend. she asked me to post on reddit searching for a paid service for her specific fetish. she found one and they became fast friends and more. the gf confided in me that my wife is cheating on me while i was on a work trip. after verification from two of her other friends and asking a buddy to do some recon it was all confirmed.

the graphic texts are so heinous that her girlfriend was actually in tears telling me what was said. i didn't even want to hear it but i kind of sat there dazed on the phone. if you had said this would happen two weeks ago i would have laughed.

there's so many weird dynamics with this. her gf broke up with her but still wants to date slowly just us. i can't even trust she told me for me and not to move in, she's lovely, i just feel so fucked up in my head. like anyone i've ever met who has told me anything is lying.

the last layer is i feel incredible guilt. this isn't the person i know and in my head i can't stop thinking this has to be drugs or a mental episode. she doesn't even make sense half the time she talks now. it's like a weird shell of a person.

where do i even go from here? prenupt signed and attorney contacted.

95

UPVOTES

Keep yourself #1

Helpful-Paramedic463 · 26 July 2025 · Archived copy · Reddit

I've had a lot of success dating since the ex moved out and just want to share a few pieces of advice for you men who may be getting ready to start this.

1. Prioritize your health over women at all times. I tell every woman I don't talk or text after 8pm because that's time for me to power down and prep for the next day. If you let them, they will FaceTime and text you until 1am. Establish a hard break for all communication.
2. If you plan to have a few drinks on a date, Uber to the date, Uber back home. This has saved my ass. A lot of the times I'll do dinner and then we'll keep the night going by walking to a new restaurant and having a drink. You get a DUI and your life is going to be wrecked. I'd rather pay \$150 uber through the night than a night in jail and \$10k in lawyer fees.
3. Confidence. I tell them when and where. I don't play the game of when are you available. This Friday, we're doing dinner and I'll pick you up at 6. If she says she's busy or there's a conflict, I just call another girl.
4. Dating in the same town. Be extremely vigilant on how active you are in your area. These women will run every kind of check on you to find out if you're telling the truth. Try to geographically separate if you're going to try and have a few stable ladies.
5. Emotional Damage. A lot of these women and been put through the wringer. If you're up front and honest about your intentions, it will really help you. It'll either end the date early which lets you move on or she accepts it and you're good to go.
6. Dont let them change you. Was out with a stunner last night and she was grilling me on why I liked to workout some much and I should just get drunk and have fun. Told her working for me is fun, I enjoy it, I prioritize it. Whatever you enjoy, don't be afraid to talk about it. Golf, video games, hunting, whatever. Be confident in what you enjoy. If she thinks it's lame, who cares. Bone her and move on.

Last but not least, you gotta get out there and get reps in. Go on the dates and just practice. Have fun gents!

95

UPVOTES

Divorced Female friends.

Consistent-Cry-9452 · 20 October 2025 · Archived copy · Reddit

Is it not funny. Time and time again you read our fellow men talking about their divorce and the lead up to it.

In most cases its that group of "new" divorced female friends.

They sell your ex this amazing fantasy of a great free lifestyle with a amazing new boyfriend.

But they all end up being used and dumped, because they have nothing of themselves to show for.

- No career, no savings.
- Couple of kids. Most guys not into that.
- Rapidly aging because they now experience the stress and pains of living on their own.

They end up like those divorced friends, bittered, men hating, so called feminists that support other woman and the endless circle repeats with the next female victim that is being sold a fantasy story.

The thing is boys, nothing you can do about it, but once your lady starts hanging out with a bunch of questionable lady friends that are all single and mingle around in their 40s+ and frequently club/party.

Just use the eject button and safe your finances and dignity as much as you can because, you are already too late by that time but Not late enough to get chough sleeping.

95

UPVOTES

It really gets so much better gentlemen

BeginningProgress551 · 31 December 2025 · Archived copy · Reddit

20 years went down the tubes in June. She was "done" and I was blindsided. I spent the summer picking up the pieces of my shattered life, paying off joint debts, and cleaning out a house that looked like a robbery had occurred. As she drove off with my dog and truckloads of my stuff, I never thought I would ever recover. I made so many mistakes afterwards. So much cringe and sad, and I did all the wrong things you should do. But eventually, I finally was able to keep no contact. And what do you know, I started to recover. And after a while, I got strong enough to put myself out there, found a great girl, hit some work and health goals, and now I am almost completely back to normal.

And you will be too.

This Christmas my new girlfriend came down from out of state to my family gathering, and we had a wonderful evening. I just kept imagining how my ex-wife would have bitched and nagged about how we should be leaving early. She always made the holidays so stressful, and we had to incorporate her lousy family of just two whole people who were nearly always unhappy and would overstay the welcome every time.

Instead, I stayed as late as I wanted with my family and watched my new girl laugh and have fun playing dirty Santa and other games with fifteen people she doesn't know at all, but that you couldn't tell it from the outside. It was so much more relaxed and laid back. I had probably the best time at Christmas I've had in at least a decade. Maybe more! And it was so effortless.

Later, I took her back to the hotel room I had got her that night, and she showed me exactly how much she appreciated the evening too, lol. It was a perfect evening, something I never would have imagined back in June crying in my living room alone that first night.

I'm not naive, this is all still in the honeymoon stage, and she might not be Miss forever. Hell, I may never even want to get remarried, it's such a terrible deal for us men. But to see how much things can really improve in just such a short time is truly unbelievable.

If you are going through it right now, I want you to know that it gets better. It doesn't feel like it, damn does it hurt when it's raw. But men, hang in there. Follow the rules. And realize that you ARE going to be okay someday, and that day is coming sooner than you think. There will be brighter days ahead for you (and all of us), just wait and see.

Here's to the new you in the New Year

95

UPVOTES

Keep the faith. I'm moving on. Life gets so much better.

Nearby-Car4777 · 24 January 2026 · Archived copy · Reddit

I'm not known here, I'm just one of thousands, but I wanted to send out a final post. I've tried to uplift and help everyone here I could over my divorce journey, but I'm moving on now. Take care of yourselves men. Grow. Meet new people. Be fucking there for your kids. My life is so much better now. When I first got divorced it sucked. Really it sucked like somebody grabbing my balls, twisting until I was about to lose consciousness while telling me it was all my fault, and I should be happy somebody is willing to touch my balls. It gets so much better if you just take advantage of your opportunities, and recognize your old life is over. Wish you all the best my friends.

94

UPVOTES

True love.

lindabelcher95 · 30 September 2019 · Archived copy · Reddit

<https://i.redd.it/p8poex1rtmp31.jpg>

94

UPVOTES

Is anyone else thinking about deliberately staying single as a life decision?

Money-Magnet360 · 12 November 2022 · Archived copy · Reddit

I have to preface this with some context: I'm a 35-year-old man who has been in long-term relationships since I was 16. This isn't coming from someone who has never been in love, lived with their partners, fully integrated their partners into their lives, etc. I have. I'm also not sure if I want kids, so that's an important distinction, or I'd be more inclined to actively seek a life partner.

My last relationship ended in March 2020 right before the pandemic, and since then, I've felt zero desire to enter a formal relationship dynamic again. I'm still very interested in sex, intimacy and friendship, but the thought of being morally linked to one person, with their demands of what will make them happy, the negotiations of a relationship, the compromises, the jealousy, the inevitable fights, sometimes considerable emotional support... is not attractive to me. Even the mundane processes of living together and having to negotiate cleaning, or them having a dick family member you have to pretend to like for their sake. It always seems to start with a strong spark of attraction and then slowly becomes this dance of how can we intertwine our lives and be honestly ourselves, still like each other, not like other people too much, and not lose ourselves?

I'm thinking about planning my life from here with the assumption that I'll deliberately stay single. Wherever I want to go, whatever work I want to do, get my own place and have it exactly how I like it. Still see friends, still have lovers, but no expectations or intertwining. No negotiating to do shit I really don't want to do. I've talked about this with a few friends and their answer is, sure, that works until you meet the 'right person'. But I don't know. The divorce rate is so high, and they were the 'right person' at one stage. I know so many couples who are constantly working to stay together. I don't know if this is something I should gamble on, instead of just embracing being single, having that stability and knowing my life will, for the most part, go how I want it to go.

I think it's beautiful when people find their forever person, and it does work. My parents have been married for 35 years. Every couple in my family are together. It's not like I grew up without role models.

I wouldn't be hurting anyone by living like this. My life will just be a lot simpler, quieter, and (I think, for me) happier. I also won't be lonely - I intend to have a life much like mine is now, rich with friends, family, animals, and community, but just without a formal partner.

Are there any of you out there who have deliberately chosen to remain single and are happy and thriving? Is it possible? I'd appreciate any advice from men who have made this decision or know those who have.

94

UPVOTES

Got everything I wanted at court

76ersPhan11 · 25 May 2023 · Archived copy · Reddit

I don't post on this board much anymore but holy shit guys court went really well yesterday and the judge didn't buy any of her bullshit. All the things she's been holding over my head didn't matter. All the "abusive" texts didn't matter, her claims of my oldest physically abusing my youngest didn't matter, she tried to block my Disney world trip and a judge said nope. She told the judge I wasn't capable of making my son lunch and taking him to daycare and she shot that shit down real quick!! It was glorious!! The judge even told her Father's Day is more important than her bday (they fall on the same day sometimes). And the cherry on top she brought her fucking fiancée!! All the things I stressed about for a long time ended up being irrelevant. Also a judge issued coparent therapy. All the things I've wanted to say to her all these years and I'll finally get my chance. I just want you guys to know we have more power than we think.

Also wanted to add this was the 3rd time we had to get the courts involved and I got the custody and schedule I requested as well. Moral of the story never give up!!

94

UPVOTES

You can't have a successful relationship with someone who doesn't know how to be happy and content with themselves on their own

tv3323 · 4 August 2023 · Archived copy · Reddit

That's a huge lesson I've learned from my first marriage, which is in the process of ending. Maybe it resonates with you.

If someone doesn't know how to be happy and content with themselves on their own, then in a relationship, they will be a bucket with a hole in the bottom. And you as the partner can fill that bucket, and it will empty out and she will back where she started. With my stbx, I could literally calculate that her bucket would re-empty in 2-3 days. I kept a journal the last 6 years and could see it.

Another way I would describe it is that my stbx has a huge emotional debt that pre-existed us meeting. And I can pay off some of that debt here and there, but within days, the debt is back. It's much more satisfying to give someone \$1,000 to enjoy in full, then to pay off \$1,000 of someone's deep, never-ending credit card debt.

And this goes for us men as well. If we are going to get into future relationships, we have to be sure that we can be happy and content with ourselves on our own. Otherwise, we will be that bucket with a hole in it for our future partner. I think that is one of our goals as we transition out of our marriages -- to make sure that we can be happy and content on our own. (And lots of resources out there to help us with this.)

94

UPVOTES

I'm allowed to use refried beans again

drmonix · 19 February 2024 · Archived copy · Reddit

Next week marks a year separated and about 4 months divorced. The other day I was out shopping for tacos, and it dawned on me that I'm now allowed to make them the way I want again, and I realized that was one of the little ways that she used to control me. When we used to make tacos together, she tried them once with refried beans and said she hated it, and never let me use them again.

So today I made tacos with refried beans in them. My gf tried them and said they were amazing. That is it. That's the story.

94

UPVOTES

I heard a story today..

DaddyNoBux · 20 October 2024 · Archived copy · Reddit

One of my colleagues was telling me that her brother had just split up with his wife. They were married around 10-15 years.

Anyway within a week he found out she had been riding some other guy.

Seemingly he is 'in bits'

I almost laughed when she told me because I could have predicted it.

I told her to tell him she had actually done the poor guy a favour. At least he knows it's over and can start making moves.

This goes for you guys out there who have been blindsided.

She's boning some other guy, has been for a while and now has the monkey branching perk activated. She's some other guys turn now.

Embrace it fellas because you know it's over and it's time to start taking care of number one!

94

UPVOTES

Enforcing Boundaries

Helpful-Paramedic463 · 28 May 2025 · Archived copy · Reddit

STBXW has been out of the house for almost two months and it feels great to enforce boundaries.

She cheated with a co-worker but tries to act like nothing happened. She wants the benefits of our old married life along with being a single woman.

I've told her we can communicate about the kids but please don't text me about anything else. I'm not interested in your feelings and I'm absolutely not sharing mine with her.

Our oldest turns 20 next month, next one will be 18 in July, and we have a 13 year old. All three live with me.

I've been allowing her to stop by and see the kids. She can't force the oldest two to see her because one is an adult and the other one is about to be.

However, I'm not a fan of her stopping by to cook dinner and told her last night that if she wants to cook dinner, she can do it at her apartment and invite the kids over.

When she told me she wanted a divorce - prior to me finding the affair - she told me she just wanted to be alone and be by herself.

So I'm going to hold her to that and help her with that. I'll remain professional and cordial with her but I'm not going to be her friend or her shoulder to cry on. That died when she broke her vows.

94

UPVOTES

Ex wife just living it up

Living-Heat1291 · 12 September 2025 · Archived copy · Reddit

I know Im preaching to the choir, but it just bugs me from time to time how much my ex worked the system and won. Adultery, deceit, financial betrayal, all of it and she came out better than most.

I pay \$2500 a month in CS, she remarries to a man with a very good paying job, meanwhile she chooses to be unemployed and just golfs while the kids are in school. Continues to ask me for more money, she has an amazing house, brand new cars, great vacations, and I am still trying to rebuild.

Don't get me wrong, I do well, have a great job, debt free, but it just bothers me so much from time to time that she can be the scum of the earth and still live an amazing life on someone else's dime. Two someone else's actually.

There just is no accountability for her in my case. I know the kids will eventually age out and payments will stop, but we only live once and I feel like no matter what I do, she always wins while being a vile sack of flesh.

Just need to rant, I know I have a lot to be thankful for, just stings when someone who doesnt work for any of it, gets it handed to them.

94

UPVOTES

Divorce has made life quieter and more peaceful, but also a lot harder

Ssla1 · 9 October 2025 · Archived copy · Reddit

I initiated the divorce after five years of marriage. We have a 4.5-year-old together.

The house is quieter now — cleaner, calmer, less drama. I no longer have someone ignoring me or treating me like whale shit. It was a sexless marriage for years, and that took a real toll on me. Half of my earnings and assets aren't constantly at risk anymore, and I finally have peace.

But life is also a lot harder. Joint custody of a four-year-old means a ton of hands-on childcare. I get to spend much more time with her than I used to, and I'm so grateful for that — but it's exhausting. There's no help, no backup, and no partner to share the load.

I know I made the right decision, but sometimes the weight of single parenting hits hard.

94

UPVOTES

4 Years Update

Smooth-Shepherd86 · 29 December 2025 · Archived copy · Reddit

4 years ago I got separated initially and eventually divorced after discovering my ex-wife long long standing affair (the one that I discovered, I don't know how many there were). Two kids involved. I was early in my 40s, blindsided, angry, and convinced life had permanently derailed. I used to read posts like this obsessively, so here's my update. Not inspirational, not tragic, just real.

What's better:

- I'm emotionally stable. Not euphoric, not numb, just stable. I don't wake up with that constant pit in my stomach anymore.
- I'm a solid Dad. Consistent, present, reliable. My relationship with my kids is strong, and that's non-negotiable.
- Career-wise, I'm fine. Not crushing it, not failing. I show up, do good work, pay the bills.
- I can be alone without spiraling. That took longer than I expected though.

What's not *magically* fixed:

- Life is still heavy. Divorce doesn't end, it just changes form. Co-parenting is an ongoing negotiation with someone whose values I no longer respect.
- Dating has been... underwhelming. I've had relationships, but I'm far more selective now. Chemistry isn't enough. Convenience isn't enough. "Good on paper" isn't enough.
- I still feel the cost of the betrayal. Not daily, but it shaped me. Anyone who says it doesn't is lying or hasn't gone deep enough.

Big lessons (the stuff I wish I'd understood earlier):

1. Divorce doesn't create your problems, it exposes them. You don't "heal," you rebuild.
2. Nobody is coming to save you. Not a new partner, not time, not therapy alone.
3. Peace beats happiness. I chased happiness early on and it exhausted me.
4. You don't get your old life back. Mourning that fully is mandatory, not optional.

Where I'm at now:

I'm not trying to "win" at life anymore. I'm trying to build something sustainable: physically, emotionally, logistically. Fewer highs, fewer crashes.

I still believe in partnership, but I no longer *need* it to feel complete. If it happens, it has to fit into the life I've built, not replace it.

If you're early in this process: it gets better, but not in the way you imagine. It gets quieter. More grounded. Less dramatic.

Happy to answer questions, especially the uncomfortable ones.

94

UPVOTES

Fundamentals: Marriage counseling does not work

dday_throwaway3 · 20 February 2026 · Archived copy · Reddit

Looking for an outside authority to manipulate your spouse into acting right is a waste of money, brains and time.

Men who seek marriage or pastoral counseling are in the bargaining phase who have not yet come to grips with their own reality. Husbands are desperate to restore their marriage and avoid divorce. The fundamental problem: You have no power, and no position to bargain from. You're asking your wife to authorize you to lead, when leaders don't need permission. Women respect men they look up to. When you ask a third party to be that authority, she's looking down at you because it's validation seeking behavior. She's disgusted by it. By this point she's lost all attraction and respect for you.

Counseling is not going to change anyone. You are who you are and she is who she is. Thinking counseling is going to solve your problem is kicking the can further down the road so you don't have to face the reality that the situation is not salvageable for many reasons. The principle one being you cannot control her, but she can control you. There is no magic for your situation, nothing the counselor can tell you or your wife that will cause an epiphany and result in the fantasy either of you have for a family.

Sex (lack thereof) is the number one reason men seek counseling

If your wife has already disconnected from your marriage where you have infrequent sex or a dead bedroom, counseling isn't going to help. She's just further along in the detachment process than you, to the point where she thinks the relationship is irreconcilable. When she says "We've grown apart" or "I love you but I'm not in love with you", she's basically saying: "I think our marriage is subtracting value from my life, therefore terminating my marriage will add net positive value."

You cannot negotiate genuine desire. Once you start negotiating, you lose your position in so many different ways because you are willing to compromise. You're willing to say, "Okay, I know that you don't really desire me so I'm willing to do more dishes, I'm willing to do more stuff around the house, I'm willing to negotiate with you. What's it going to take for you to actually want to fuck me?" Which is precisely the thing that turned off your wife even more. She doesn't want a man who has to be told what to do like an instruction manual. She wants a man that just "gets it".

When you negotiate desire, you are only negotiating obligated compliance which results in both parties resenting each other. Ever had starfish sex, duty sex or heard the most emasculating four words ever: "Are you done yet?" That's negotiated desire. Arousal is not a choice. You can't logic her into bed because attraction is not an intellectual decision.

The Gottman Method marriage counseling is negotiated desire. I'm picking on him because he's the guy who trains the industry.

If a woman initiates counseling...

She wants to change the man because everything is all his fault. She is treating you like dirt, blaming her own bad behavior on you, and considers any response you have to her bad behavior far worse than the bad behavior itself. Women attend counseling to validate their viewpoints and put the burden of the relationship on their husband to fix. She's unable to take responsibility or acknowledge accountability of her actions because in her mind she's done nothing wrong.

No matter how many reasons there might be for a woman to be happy in her marriage, if she has visceral contempt for her husband, she can't control how she feels about him. The real reasons will not be discussed. She will not admit to being selfish and self-centered for blowing up the family. Instead she will describe an epiphany of beliefs that were present but suppressed the entire time. She'll gaslight you into believing you're the one who changed, not her. Women will promote marriage counseling just so she can tell her friends she 'tried everything' before leaving

him to be with someone else.

Women only stick with marriage counseling as long as the counselor agrees with them. And the marriage counseling industry knows this, so they cater to women. Once the finger starts pointing at her, it's over. Your spouse won't do any "homework" because your spouse thinks she's not the problem. She chooses the way she feels and no one can change that. Marriage counselors are like churches. People go to the one that tells them what they want to hear.

Marriage counseling industry is a sham for men

Women: Communication is key.

Men: What's wrong?

Women: Nothing.

"Communicating" is a never-ending downward spiral to the bottom of mostly the husband's wallet. You don't need to learn how to "communicate." It's validation seeking wrapped up in equality. If you're expressing a grievance or asking your wife to act right, the battle is already over and all you're doing is displaying your helplessness in the situation.

The YouTube comedy sketch "It's Not About The Nail" illustrates this perfectly.

<https://www.youtube.com/watch?v=-4EDhdAHrOg>

Communication gives all the judgement powers to your wife. You're talking because something bothers you. You're talking because you want your wife to start acting better. If she wanted to act better, she already would be. But instead, she'll turn it around on you and escalate using different tools:

- She'll play the tone card. You didn't communicate well enough. You were too mean.
- She'll make up an argument to distract you.
- She'll play wounded trying to make you feel guilty.

You don't need to spend thousands of dollars complaining to some guy in a sweater vest that "it's like she expects me to read my mind". He's only going to tell you to "listen to your partner." So why spend \$200/hour on some guy to tell you this? Marriage counseling is designed to prolong the time spent and maximize billing from the counseling industry. It starts with the marriage counselor. Then each spouse gets a separate therapist. Then they all meet together. Then the woman files for divorce.

Counseling focuses on venting about the past and many counselors are not even schooled in action oriented approaches. They encourage the wife to pile on to "deload" all her feelings. Then they train the man to meekly listen, and to "reflect" what the wife is continually baying all while the wife continues to pile on week after week. Meanwhile the man's balls shrink because it's a humiliating and emasculating experience for men. That in turn makes him even more unattractive to his wife. Marriage counselors will do nothing about this dynamic. Mainstream relationship therapy has failed men, telling them they aren't sufficient and that there's nothing they could have done to improve their situation. But they still should have tried harder.

The one outlier where you should consider marriage counseling...

If you suspect your wife of undiagnosed mental health problems, then you can use marriage counseling as a covert way to document that. By mental health problems, I mean you suspect her of Narcissistic Personality Disorder (NPD) or Borderline Personality Disorder (BPD). By their very nature, personality disorders are very difficult to diagnose. Trying to get anywhere with a diagnosis during a divorce is a Sisyphean task. So you need to make progress before that.

Ask her to go to marriage counseling, then choose a counselor who will give each of you the MMPI-2 to assess for mental health issues before the counseling actually begins. This is essentially a way to trick her into revealing her

mental instability, while simultaneously getting a professional witness on your side about how crazy she is.

This is an advanced topic that requires much more discussion than what can be covered here and there are subreddits dedicated to it. I recommend you read the book “Splitting, Second Edition: Protection Yourself While Divorcing Someone with Borderline or Narcissitic Personality Disorder”. You need to prepare and protect yourself for the battle of your life.

The Only Way Out is Through...

You feel trapped in your marriage. Every man seeks to understand the forces that drew him into the downward spiral of his marriage. You are in the middle of an internal civil war between your intellect and emotions. You assume you're the cause of the marriage falling apart even if you felt like you did your best. You've spent years subjugating your emotions to your ideals and it's undermined your resolve to leave. You have to sort through an immense, convoluted mixture of traditional and conventional notions about relationships, sexuality, and how you treat the people close to you. For reasons so subtle that they almost defy explanation, you're seeking permission to dump her and walk away. Intellectually you know this is crazy but your emotions are fighting you.

Ask yourself this: "What happens if I accept that she will never change?" I realized that despite the damage being done to our marriage my then wife would always have reasons why her behavior was more important than our marriage. Perform a cost-benefit analysis on your marriage:

1. What are the benefits to staying marriage?
2. What are the costs of staying married?
3. What are the benefits to getting a divorce?
4. What are the costs of getting a divorce?

I accepted that it made sense to divorce and move on. Because the point of marriage isn't to endure it. There is no prize for making a miserable marriage last a long time. Marriage is supposed to be a partnership cemented by attraction, affection, respect and love that you enter into to make it easier for both of you get through life together. It's like you become a team of horses, and you both help pull the wagon, and it's easier with two than with one. But being yoked in a team with a partner that isn't pulling is worse than having no partner at all.

Marriage requires two committed people working together in lockstep while divorce only takes one dissatisfied spouse. Your marriage is over. You are getting a divorce. No amount of fawning or pleading with your wife is going to change the situation. If you think reconciliation is on the table, then you are being irrational.

Don't use the excuse of marriage counseling as a way to “gently” approach divorce with your wife to avoid conflict. Talking to her about it will do nothing other than tip your hand and she will use it against you. In the eight years I've been helping men through divorce, I can't recall the last time someone reported a marriage counselor reduced conflict in a contested divorce proceeding. I'm sure it happens - somebody is going to win the lottery, yet it's probably not going to be you.

Instead, spend the money on a divorce attorney. Here's why you need an attorney and how to find one in your area: https://www.reddit.com/r/Divorce_Men/comments/1c2n16i/fundamentals_you_need_a_family_law_attorney/

Go to personal therapy instead...

Don't confuse marriage counseling with the benefits of personal therapy. Go see a therapist yourself for a few sessions, preferably one that practices Cognitive Behavioral Therapy, work through a Cost-Benefit Analysis for these matters and learn how simple tools can help you on your own.

There are two frequent issues shared by men in this subreddit that need to be confronted and addressed before your divorce is final. Otherwise your wife will steamroll you and take everything:

1. Covert contracts. "If only I washed more dishes then she would have loved me." The book "No More Mr. Nice Guy" explains this in depth, written by an actual psychologist with 20 years of experience from his practice.
2. The inability to set and enforce boundaries. Every wonder why you felt pushed around in the marriage? It's because you couldn't enforce boundaries. The book "When I Say No I Feel Guilty" has been around 50 years and is a must-read. This is super important to digest and internalize before you ever sign divorce papers, else you're going to get steamrolled and screwed there too.

Both of those books were immensely helpful to me get 50% parenting time.

I hope this resource has been helpful to you.

94

UPVOTES

"Congratulations you two!"

Sock_Eating_Golden · 13 May 2026 · Archived copy · Reddit

"Congratulations you two!" Is what another parent on my son's team yelled to me and my ex wife as we were walking to my truck with our kids.

Around Thanksgiving they got engaged. Every fucking Christmas event for the kids was her surrounded getting congratulations and showing off her new ring. Over Easter they got married. Now every fucking ballgame my boys play, I get to hear more right of congratulations. But getting congratulated FOR her wedding really took the cake.

Yes, yes. Congratulations for ripping our family apart. Congratulations for devastating our children.

Congratulations for finding some sucker to join your shit show. Congratulations for convincing me to take SIGNIFICANTLY less equity on my home so the kids could have anything remain the same. Then turning around and selling it at 3x the agreed on value. Congratulations on making BANK.

94

UPVOTES

Wife told me she wasn't in love with me and wanted a divorce end of march. I moved out 3 weeks ago. Tonight she cried and asked me to move back in

SwanInitial7493 · 16 June 2026 · Archived copy · Reddit

She really is insane. i just now made it through speed running the stages of grief. Spent a long time in anger. Finally feeling on the other side and somewhat optimistic. I just had an offer accepted on a new home, so excited to get my own space and move out of my parent's. And now that I've gotten in shape and am finally moving on she wants to forget this all happened? She didn't want a trial separation or couple's therapy, she already had the lawyer before she told me. We've spent thousands of lawyers at this point, have court dates and orders. The worst part is she is now kind of acting like I'm the one doing this, since I'm like how do you put the genie back in the bottle and don't think it can be saved because the trust is gone in the one who is divorcing her. I have to keep reminding her this is her show, this is all her idea and doing. Just what a mind fuck man.

94

UPVOTES

Divorce is finalized

Actual-Bison7862 · 1 July 2026 · Archived copy · Reddit

Got the obligatory "Your divorce is finalized!" Email today right before taking the kids to an activity. The ex and I still live together while we get the house ready to be sold. She found out a couple minutes after I did and tried to high five me. I backed up and just stared at her.

She then said "What? Our divorce is finalized, it's the best day of my life!"

I replied "I know the judge signed but I sure as hell don't want to celebrate with you"

And off I went with my kids. Got back a couple hours later and she had left. And here I am feeling relief. So here is what I learned after divorcing a woman with bipolar after over 15 years of marriage:

- Make a log, I chose to use Google forms. It may not be used in the divorce but having something to reference six months after some stupid shit happens and it gets thrown in your face can help keep your sanity when you are getting gaslit.
- If she says she is going to call the cops, get away from her, and use the time you have to calm down so that you can speak rationally to the police. Removing myself from her vicinity showed the cops I was deescalating and staying calm helped me relay the truth of what had happened. It's what kept me out of jail two separate times.
- She is not your wife any more. The faster you understand that, the better.
- Mediation is business. She had her lawyers convinced I was an abusive POS. They negotiated while my attorney advised me. Check your emotions at the door, build a spreadsheet with your finances so you know EXACTLY what your numbers are, figure out what you're willing to go to court for, and most importantly.. know when to walk away.
- 50/50 custody is not a negotiation. It is a standard unless you let it be otherwise. Make the sacrifice and be with your kid(s). She attempted to make it a negotiation, I laughed in the mediators face and said I was fully prepared to cause financial ruin to both of us for that fight. All that said, walk into mediation with a plan of how you will get your kids to/from school, activities, etc.
- Use a co-parenting app, if she won't use it.. don't communicate until she does. Court admissible messaging didn't change her behavior but I'm pretty sure it forced her attorney to give a few reality checks that helped me out.
- Never stop your enemy when they are making a mistake. Once I figured that out I was able to see her actions as log entries for mediation.
- Unless your friends have been through a high conflict divorce in your state.. their advice is near worthless the majority of the time. Things you do when not under a microscope are not the same as when you are.
- Divorce isn't fair. The more time you waste worrying about fairness the less time you have to fight for the important things.
- Divorce is lose lose. Accept it. Move forward.

What I learned may not be what someone else learned or experienced but after lurking for a year I felt I owed you all something because your stories and advice have helped me to stay calm when everything in my body screamed otherwise.

Thank you.

94

UPVOTES

So, this happens a lot? Women just leave out of the blue with 0 chance for reconciliation?

Vex_Appeal · 6 August 2026 · Archived copy · Reddit

Seems like a lot of guys go through some version of this: wife's feelings quietly fade, she says nothing until she's already decided on divorce. No warning, no chance to fix it.

For about two years, my wife was falling out of love with me and never said a word. I brought it up multiple times over the past year :“you're not treating me like a partner” and every time she denied it, told me she loved me, and told me I wasn't losing her. She had every chance to be honest. She wasn't.

She left the night after finally admitting it was over. I suspect the GLP-1 drugs numbed her emotionally and she blamed the relationship and me, and starting a new SSRI the week before didn't help. The sweet, loving person I married is gone.

She started reaching out to exes within a week of asking for divorce, filed a week after that, and didn't tell me for three weeks. She's since slept with at least two people. I gave her ten years and she treated it and me like nothing.

Maybe this is always who she but the first 8 years were good. I know she's ashamed of the affairs because she makes up huge elaborate backstories about how she's working on herself and trying not to be codependent. Lmao. She doesn't know I know and if I keep getting everything I want I'll keep my mouth shut about it. For now.

I'm about 2 months out and she's trying to rush me, she even had the nerve to say that all of this divorce stuff needs to get wrapped up before her parents vacation so that they're not worried while they're on it... She's just a selfish sociopathic monster that I don't recognize.

93

UPVOTES

Perspective

oli_21_ · 16 June 2021 · Archived copy · Reddit

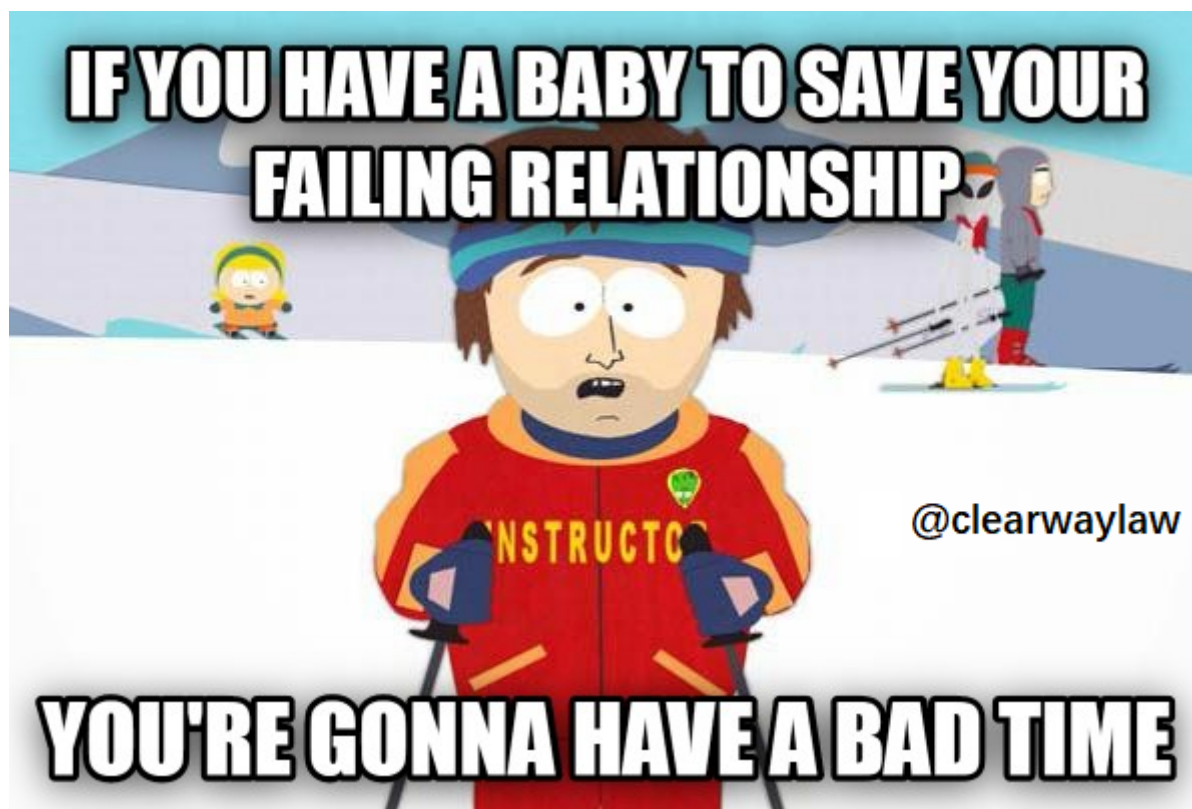


93

UPVOTES

Sad because it's true

AlistairVigier · 10 August 2021 · Archived copy · Reddit

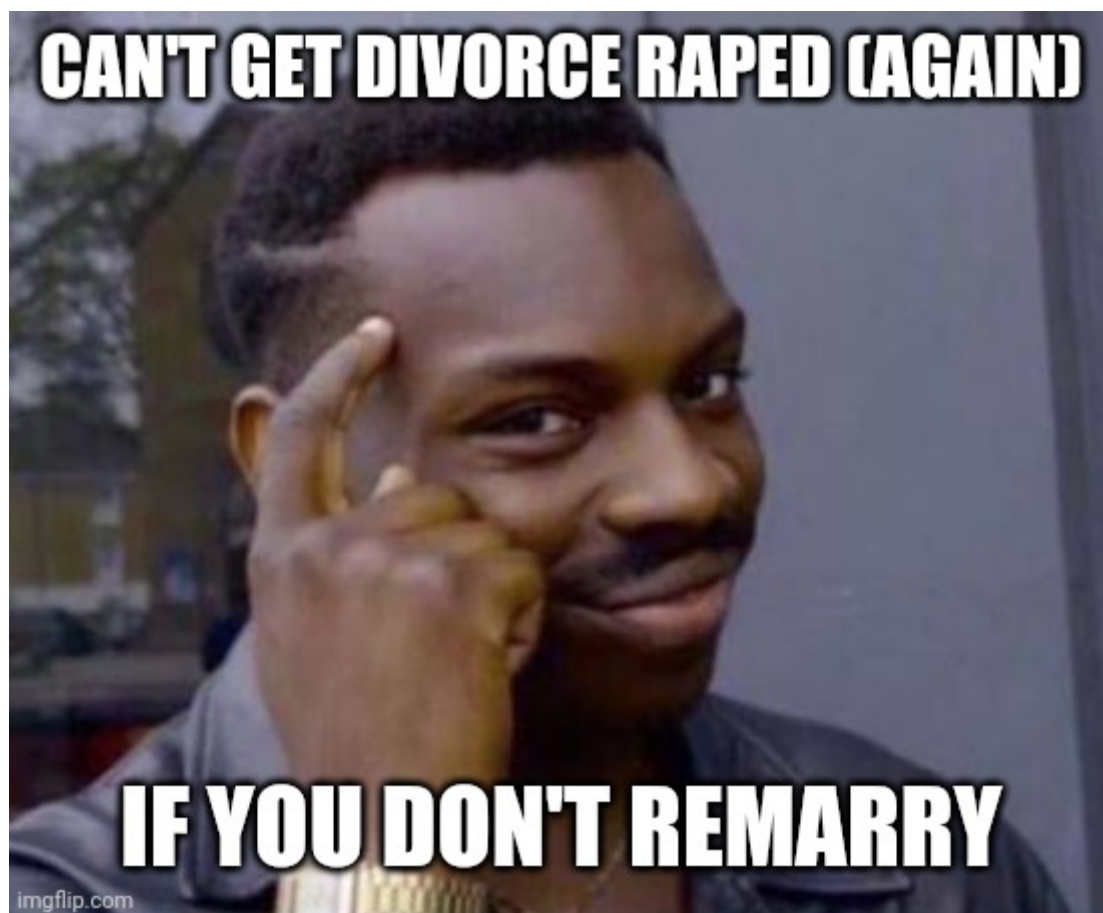


93

UPVOTES

Friendly Neighborly Reminder...

MisterEdGein8 · 8 September 2021 · Archived copy · Reddit



93

UPVOTES

I got a sock today and 60/40 split

One-Donkey-9418 · 25 April 2022 · Archived copy · Reddit

So it was finalized friday, now I'm a free agent. We split the house 60% to me 40% to her because she was having a torrid affair with some clown. Sank her battleship and she wanted the divorce first, well all she got was some of the house, child support, and a used up boyfriend. i kept everything else, 401k, vehicles, my tools,my guns and \$190,000. Happy dance! Looking at a motorcycle now.

93

UPVOTES

Considering suicide. Divorce destroyed my life.

Unfair-Ad-9740 · 28 April 2023 · Archived copy · Reddit

This is what I lost in my divorce two years ago;

My wife, dogs, house, pool, job, wedding gifts (plateware, cookware, bedding), furniture, art work, tools, most of my clothing (she cleaned out my closet).

She took it all. Literally sleeping in my car right now at Walmart.

I'm 52, unemployed, homeless. No way I can rebuild in the time I have left. Will never own a home again. Savings are almost gone.

My life is the horror story you hear about after divorce.

All gone in the blink of an eye. Never had a chance to fix anything, she was just done. She seems fine, totally moved on and living a normal life.

I'm barely alive. Maybe some fast food once a day. Mostly cigarettes.

Never felt this empty. Overwhelming despair.

It's all gone. This might be the end of the road.

Before you offer advice, I was on top of the world before covid. Good job, beautiful house and wife. Great hobbies (tennis, running, yoga). Great diet. Best shape of my life in my late 40s.

Then she threw a grenade and my whole life blew up.

I'm a shell of a human. I eat at restaurants at a table for one, surrounded by couples.

It's over for me. Can't live in the pain any longer. Now I know why men kill themselves after divorce. You're a ghost in the world.

93

UPVOTES

If a new love interest is worried you're not over your ex...

Impossible_Sport291 · 24 October 2023 · Archived copy · Reddit

Tell her the truth. It's not the ex you miss, it is the lifestyle, security, sense of family, etc. I don't miss her. I mourn the loss of innocence. I miss how I felt back then.

I keep thinking I don't deserve to meet someone yet because I'm "not over my ex," but the truth is, I am. I'm just not fully apathetic yet to the destruction she caused. Doesn't mean I'd take her back or that I want her, just that I'm sad it had to end at all. I think that's a very fair thing to feel, and any emotionally mature person would be able to appreciate that. Heck, if a woman said that to me, it would be a major green flag. To properly identify those feelings takes emotional maturity, I think.

93

UPVOTES

The sad reality I've faced: there is zero justice in all of this.

Odd_Bug5760 · 16 January 2024 · Archived copy · Reddit

To summarize: she cheated, flew out of state with my sister in law on my dime, came back, got pregnant by a drug dealer. Destroyed our 8 years. Our son's upbringing. Did this when my dad died. The guy was threatening me calling my son his and saying my wife was "his girl." The humiliation and torture of it all. I was left like a piece of shit on the side of the road, after feeling like I was in a marriage with the woman of my dreams. Now what? I pay for her visitation (temporary custody). She's online posting pictures of her as if she's a celebrity and got pregnant by the guy she cheated on me with. I can't believe somebody you woke up next to for 8 years not only cheats but doesn't even give you a conversation. Traumatic is an understatement. Most days I feel this cold and numbing sensation that tells my body "wow, this really is real." She's living just fine and I am the one left to suffer. It's sad but there's no justice and just pure misery. This all happened 2 years ago but feels like just yesterday.

93

UPVOTES

My wife wants a divorce

bevv45 · 26 August 2024 · Archived copy · Reddit

We live in Utah. I am the bread winner. Make 120-150k a year. I don't have a degree. My wife has a nursing degree, but doesn't work. Because, we have FIVE kids, all 12 yrs and under. Got married in 2009. She wants out. Says that we've both changed too much and she "needs to find herself".

I disagree on getting a divorce. However, she says it doesn't have to be a mutual choice.

I am a very hands-on father. I'm currently the head coach of my 12 yrs old football team, among other things that I do for the kids.

We own a house. Still paying the mortgage.

How screwed am I going to be financially? How much allimony and child support am I going to have to pay?

93

UPVOTES

Had a win last night with my son.

Mickyfrickles · 24 August 2025 · Archived copy · Reddit

I know a lot of us here were blindsided by our partners, myself included. Well, about a week before she dropped the D-word on me, she bought 3 tickets to see Modest Mouse for us and my our son (16). So then she dropped the news and I was uninvited to the show, of course.

Well, she called about 2 hours before the concert last night to tell my son she hurt her back and didn't know if she could go. This is a pattern for her, every time I tried to take her to a concert her anxiety, or her back, or she starts feeling sick, whatever it is she'd either back out or if she did go, she'd want to leave early. So I took him and we had the BEST time bonding all night. It was the first time I've felt joy all summer long, we bought tshirts and met the singer of the opening band and he finally opened up about his feelings about the divorce and how he feels blindsided by it also. We went to the local open late diner afterwards and just had a great time that we won't forget.

93

UPVOTES

Tips from a Top Divorce Lawyer

Pleasant-Mechanic-49 · 12 December 2025 · Archived copy · Reddit

James Sexton is a NYC divorce lawyer with 25+ years of experience and author

Q: How should men handle a breakup?

James: Be the kind of man you'd want your daughter or sister to date. No drunk hate texts at 2 AM, no social media harassment. Grieve privately, then move on. The worst thing is becoming the villain in their story-it'll haunt you way more than them.

Q: What's the biggest myth about divorce?

James: That it's like ripping off a band-aid, quick and clean. Reality? It's like heart surgery with a butter knife. Emotionally, financially, legally it drags. And kids? They're the real victims if parents aren't careful.

Q: What about kids during divorce? You compared it to Batman vs Joker.

James: Divorce can reward cruelty. Think Batman vs Joker. Batman has rules: ethics, morals. Joker? Doesn't care about collateral damage. **Often, the ruthless parent who manipulates kids or uses alienation is rewarded.** The other parent tries to do the right thing, but the system sometimes favors the villain.

Q: What is parental alienation?

James: One parent turns the child against the other: "Your dad doesn't love you" or constantly sabotages visitation. Courts are slow to notice, the manipulative parent often gets temporary custody that sticks, and kids end up traumatized, loyal to the wrong parent.

Q: How do you fight it as a lawyer?

James: Document everything: texts, emails, therapist reports. Build a pattern. Therapy is mandatory. But it's tough; the system often favors "stability" over truth.

Q: Psychological impact on kids?

James: Long-term, it's bad. Anxiety, depression, attachment issues. Studies show alienated kids are 2-3x more likely to have mental health problems as adults. This isn't a phase: it leaves scars!

Q: Do people learn from divorce or repeat mistakes?

James: 50/50. Some do therapy and change. Others? Same mistakes, new name. I always say: date divorced people bc they know the exits ☹️

Q: Red flags before marriage?

James: Money conflicts, over-involved family, constant victim mentality. And compulsive porn: it silently kills intimacy.

Q: Last words for anyone struggling?

James: It'll pass. You're stronger than the pain. Get a GOOD lawyer, a better therapist, and remember: freedom is worth more than resentment.

93

UPVOTES

To the guys struggling right now especially during the holidays

Past-Description-457 · 26 December 2025 · Archived copy · Reddit

I just want to say this straight up to any man reading this who's hurting right now

I know the pain is still real

The holidays can make it louder not quieter

But listen

You're not alone

Your brothers are here even if we're just strangers on the internet. We see you. We've been there. Some of us are still there

If you're a dad grinding every day trying to show up for your kids while carrying your own weight quietly. You're a great dad . Even if no one tells you. Even if it feels thankless

If you're rebuilding after a breakup divorce betrayal or loss .You are the catch, You didn't lose your value, You didn't get replaced. You're still the man

You matter

Your presence matters

Your effort To the guys struggling right now especially during the holidays

Your heart matters

Keep going

Even on the days you don't feel strong

Even on the days you feel invisible

We're not done

This is not the end of your story

Let's survive the holidays

Heal quietly

Build loudly

And let's kick ass in 2026

You're worth it

You always were

93

UPVOTES

Most guys don't lose themselves in divorce because of the legal process...

reclaimDad · 6 February 2026 · Archived copy · Reddit

The legal part is brutal, sure.

But what I've seen trip men up over and over isn't the paperwork. It's the internal collapse.

You go from:

- Husband
- Part of a couple
- Shared identity
- Shared social structure

To suddenly... undefined.

And that undefined space is where most of the damage happens.

Guys spiral because they're trying to solve the pain emotionally while the structure around them is dissolving.

Here's something uncomfortable but useful:

Divorce exposes whether your identity was self-contained or role-contained.

If your friendships were built around being part of a couple, some of them will fade. If your routines were built around the marriage, they'll collapse. If your sense of self was anchored in that role, it's going to feel like freefall.

That doesn't mean you're broken. It means you were structurally integrated.

Most advice online says: "Find hobbies." "Get back out there." "Hit the gym."

None of that is wrong.

But it's incomplete.

The real shift is rebuilding identity deliberately instead of inheriting it through proximity.

That means:

Deciding what matters. Deciding what to ignore. Deciding how you're going to move in high-conflict situations. Deciding what kind of father you're going to be long-term.

Not emotionally. Structurally.

If you're in the middle of that undefined space right now, you're not crazy. It's common. It just doesn't get talked about in a grounded way.

If anyone wants to talk through how to approach that without turning cold or chaotic, feel free to DM.

93

UPVOTES

Divorce Finalized Last Week: Burning all photos in a 55 Gal Drum

tonyway7293 · 30 March 2026 · Archived copy · Reddit

Bittersweet. Divorce was finalized last week after a 10 month process. Very condensed story: 10 years together, 5 married, no kids. I loved her so much, but, in the beginning of 2025, she started a GLP-1, weird comments about other men followed, deleted Ring/Blink home camera footage while I was away, confronted her on it, I witnessed the "switch flip". She immediately filed for divorce and moved out of the home a month later. No remorse, no empathy, nothing. We had a date night together the night before that deleted footage BTW. Even went to a lawn/garden store she wanted to go to and we visited my parents that day. She was acting happy and "normal" minus the comments about other men.

She took no photos with her when she left.

Now that the divorce is final, and the judge said she can't come back to claim anything, I am sitting here with a glass of whiskey, a cigar, and watching all of our photos, wedding stuff etc, burn in a rusty 55 gallon drum.

Tragic, as I never would have imagined this is how it would end. I reflect on her saying "marriage is just a piece of paper" after she filed. I look at a piece of wall art that I just tossed in the drum that she bought. It said "I choose you. And I'll choose you over and over and over. Without pause, without a doubt, in a heartbeat. I'll keep choosing you.". Clearly, that meant nothing to her.

It's been a rough road for me. Still in therapy trying to process it all. My therapist had me take an attachment style test. I lean heavily secure. Therapist believes ex was a fearful avoidant and possibly borderline personality disorder. I wasn't perfect but, I was faithful, loyal and I loved her so much. She never communicated her built up resentment. In the end, she most likely cheated, quit on the marriage when confronted, and then tried to ruin me financially.

Good riddance.

93

UPVOTES

Difference in Women vs Men After Divorce

JayRock1970 · 25 April 2026 · Archived copy · Reddit

I see very consistently on Reddit, a lot of men take divorce and being single very hard. Wish they could go back and try harder, change things. Are very lonely.

While a lot of women, seem to consistently say it was the best thing they ever did, they broke free, found a new freedom and are living their best lives.

I had a thought today. Is it the men that would have tried to move mountains and just couldn't make the women happy no matter what? The women want the marriage, then start getting dissatisfied?

I know when I think back on my marriage, I tried everything. She took and took and it wasn't enough. She turned into a different person than I met. I got resentful and it made me not see her the same. She sensed that and was not willing to change, work on things she'd brought to our relationship after marriage, like all day drug use and reckless spending.

Now she leaves, and I'm sure that's what she's saying.

Just a thought, open to opinions.

93

UPVOTES

I supported her and sacrificed my own progress for 10 years for nothing.

Baxter-Inc · 8 June 2026 · Archived copy · Reddit

My wife was a mess 10 years ago when we married (she's still a mess but in different ways). The idea of marrying a nanny with financial problems wasn't that appealing to me but I loved her and we were best friends. I could fix her I thought. I encouraged her to go back to school so she did and chose a \$60k film school degree -_. I thought oh well maybe she will make it big in the movie industry! She didn't use the degree at all. While in school she would come home crying from her job. I told her to look for a better career and she did. She got a job managing house rentals. From there she still hated her life so I told her to get her real estate license and she did. Well now she's the director of housing from a billion dollar company and she's getting promoted into a C level position \$130k a year or more way up from her meager beginning as a nanny making \$35k a year.

Through all of this I sacrificed my own progression to support her education her emotions her chores and her expectations. I cooked I cleaned I did laundry I kept the house neat all while grinding away at my own career but never pursuing higher education or more money.

Well now that she's well off she's decided it's time to leave me. Im not going to miss her when we divorce, I'm just angry I wasted 10 years on this woman and now I'm too old to sort out my own life. I put all my eggs in her basket and she smashed them in my face.

Tldr: don't not stop your own progress just to help support your crazy wife.

92

UPVOTES

1st vacation day together

SilverZ71 · 23 June 2021 · Archived copy · Reddit



92

UPVOTES

CAUTION: r/Divorce is NOT friendly to men!

MortarGoBoom · 15 May 2023 · Archived copy · Reddit

Captain Obvious here. I realize that I am probably preaching to the choir, but I just got permanently banned from [r/Divorce](#) just for mentioning MGTOW. So in case any of you did have any doubts, that is definitely a feminine-centric thread not friendly to the male plight of being blindsided by females flushing marriages down the toilet. Not even open to alternate POVs or discourse at all! Can't say I'm shocked, but there you have it. Stay strong, my brothers!

92

UPVOTES

Just found out the full extent of my ex's fuckery

FigurativeLasso · 18 October 2023 · Archived copy · Reddit

My divorce officially went through last week. We've been separated for a few months now.

I hung out with my "ex" brother-in-law, whom I'm still pretty close to (he's taken my side in this whole divorce fiasco).

Basically, my ex wife cheated on me. I knew that. But today, my BIL told me more information that I never even knew about.

First off, when my wife went on a "business trip" earlier this year, it wasn't even a business trip AT ALL. Apparently her and her coworker booked a place on the beach together (same state tho, which is why I didn't question the flight or anything. Nor was I suspicious of anything at the time). Another example is, apparently she had been talking to an ex bf she dated in HS. One night when she was supposedly hanging out with her brother (my ex BIL), she actually hung out with her ex.

Guys, this information absolutely destroys my soul. I knew she committed infidelity, but I had no idea it was to this extent. And the fucker had the audacity to lay her head beside me every night while I worked my ass off.

I'm glad the divorce is finalized and I actually made out OK, asset-wise. But holy fuck am I disgusted with this lying bitch who I once gave my everything for and was always 100% honest with.

Rant over.

92

UPVOTES

It gets so much better

Grounded_State · 20 January 2024 · Archived copy · Reddit

I found out that my spouse of 8 years was in a serious relationship with another man for a whole three years. They were taking international trips together and scamming me in the process. It was the most painful thing I have ever experienced. I was suicidal for a long time.

After feeling like death for a whole two weeks since finding out, I woke up from the house I had bought for us. Took one suit case and drove off. My friends thought I was crazy for living everything behind - I didn't have the energy to fight. I was confused.

But it turns out it was the best decision for me. I moved to a new city. Got an apartment and my journey towards healing has been awesome.

Today, almost a year after, I am the happiest I have ever been. I have spent all the time I can get to know myself. Forgive myself. And love myself.

I have travelled. Readjusted my perspective about life. Had the best sex of my life almost on a weekly basis. And my future is looking more promising than it did when I was married.

Being betrayed by someone I loved was the absolute worst experience of my life. But I am so glad it happened because I have never loved myself more because of it. And I have realized you can only find sustainable happiness when you put yourself first.

To the gentlemen going through it now - trust me, it gets so much better.

92

UPVOTES

When Did This Forum Get the Ridiculous Mod?

sak144 · 23 January 2024 · Archived copy · Reddit

Just got an email from Reddit that I had a comment removed for "Harrassment". The comment was encouraging a guy to go to therapy, set goals for himself each day that he could meet, and work on bolstering his self esteem; that the person that cares about him the most in life, is himself.

He responded with a thank you and the post had half a dozen upvotes.

Reddit removes it for some non-sensical reason. Is this a place to help other guys through the same situation, or is this a heavily, arbitrarily censored useless platform like most other social media and news sites?

Rant over - do better Reddit or eyeballs will leave permanently and you'll go through massive layoffs as your platform continues to lose trust like the rest of the tech industry.

92

UPVOTES

Ex Wife showed her true colors

recovering88 · 20 February 2024 · Archived copy · Reddit

I recently started dating someone new and hit it off really well. I decided that I like her enough to introduce her to my son. My ex and I agreed that we would have a waiting period before we introduced anyone new to him. I let her know that I had started seeing someone new and I wanted to talk to her about what the time frame should be. It broke her. At first she was in shock and then it became anger. How dare I date someone else? I saw her heart break in real time. She was under the impression that we were slowly fixing things to end up together but I had no idea. We didn't communicate anything and that was a huge issue in our marriage. It took me everything I had to get over her because she always said that she wanted us to have a good friendship for our son. She flipped out over texts then the next day it started off with apologizing for acting wrong to then her being sad to then anger because I wouldn't end my relationship and go back to her. She had a master plan. We would slowly work on ourselves and eventually end up back together. When was that supposed to happen? 🤔♂. She said that she was planning to tell me that she wanted us to try again but then I started dating. She asked for the divorce, halved my time with my son and sold our house for us to ultimately get back together.... She's been so angry. I will start recording all interactions to cover my ass. I will always have an alibi. I'm going to bring a 3rd party for drop offs and pickup. I don't get it. She wanted the divorce. She tore it all down. She went scorched earth and I'm supposed to welcome her back into my life? She destroyed my peace and now that someone else sees me and likes me it's all supposed to work out for us. Take care fellas. This shit is no joke. I never saw this coming from her and every image I had of her was completely shattered by the way she's acted. What in any of the texts and phone calls that she was going off on would even tempt me to go back to her?

92

UPVOTES

Need support - How did you know it's time to end the marriage

Happy-Personality528 · 10 May 2024 · Archived copy · Reddit

Hello friends , I posted in another thread but I'm going through horrible times . I can't live with a woman who constantly belittles me . Part of me feels guilty for leaving because I have two kids. How do you it's time to end it? I'm just wondering if my marriage is salvageable? Thanks

92

UPVOTES

Has anyone been on the r/Divorce subreddit? I feel like it's run by women and is 90% posts from women talking about how much they hate being married and want a divorce.

batmanarchy · 22 March 2025 · Archived copy · Reddit

Sorry if this is the wrong place to post, but I want to know if the men here have had any experience in the [r/Divorce](#) subreddit. I have tried to have open discussions on that Reddit about my experience in divorce as a man and received multiple warnings and chat bans as well as the threat of a permanent ban. They don't want to hear about men's side of things and treat it as woman hating rhetoric to speak up against anything. I have a feeling the subreddit is run by mostly women or extremist feminists. It's just kind of bs that they would take the name Divorce as a subreddit and then essentially silence men as if it's a one sided support group for women. Comments that don't get deleted are often just an echo chamber of "you go girl, divorce his ass take him to court, get out," etc. anyone have any experience on that subreddit?

92

UPVOTES

Finally part of the "It Gets Better" club.

thriller1122 · 3 November 2025 · Archived copy · Reddit

By way of background, I cohabitated with the ex for over three years after we "separated." It was extremely toxic. She would be out multiple nights a week with the dude and lie to the kids about it. Her and her family went to my kids and friends and spread terrible lies about me. I paid all the bills (\$6500 a month). I got banished to a windowless room in the basement. She would go through my stuff and throw it away. Thousands of dollars worth of clothes and art and sports memorabilia. I couldn't keep food in the house (she would throw it away) so I door dashed every meal for three years.

During the divorce, she tried to take 100% custody. She tried to take the house. She accused me of abuse and lied about everything she could. Even after we reached a settlement, she tried to undo the terms. I pay her \$1000 a month, I had to move out (retained 50% equity in the house). And this is occurring during a government shutdown when I havent been paid in over a month. I bankrupted myself with moving, buying myself out of the marriage, and lawyers fees.

Needless to say, it has been terrible and my mental and physical health is nearly destroyed.

But last night, I dropped my kids off at their moms (she was out drinking with her boyfriend). I went home, had a glass of scotch while watching some golf, and then took a shower and climbed into my newly assembled bed. All in MY house. It is decorated how I want, has the rules I want, and is completely free from the toxicity. And my god did it feel amazing.

Point is, I spent years at the absolute lowest point of my life and it passed. Its over. And for all the dudes that are in it right now, Im sorry and I feel for you. But whatever it takes, keep going. It will get better.

91

UPVOTES

Gentlemen, after losing my dog in my divorce I finally got past it to go get my own dog. Meet Shadow

Alucent · 1 August 2020 · Archived copy · Reddit

<https://i.redd.it/v77x7y41wde51.jpg>

<https://i.redd.it/v77x7y41wde51.jpg>

91

UPVOTES

My soon to be Ex-wife almost made me cry from laughter

Imaginary-Till7271 · 17 March 2022 · Archived copy · Reddit

Hopefully this makes a few of you laugh. I'm divorcing my wife after less than 2 years of marriage. She cheated while I was traveling for work, lied about it, hit me, then admitted it was more than one guy and she got railed on our bed. She asks me today "Do you talk to your dad and sister about this stuff?" I say "Of course I do." I shit you not, she responds with "Does our privacy mean nothing?" I literally can't stop myself from belly laughing in her face. Once I regain composure, I remind her how she dropped off our children at her mom's, came home, and let some dude fuck her in the marital bed. She left for the day, it was great.

91

UPVOTES

You don't Divorce the same woman you married

One_Cartographer_465 · 11 May 2023 · Archived copy · Reddit

I Thought ya'll might get a kick out of this. Quick background, I was married for 7 months when wife filed for divorce. I owned everything out right when we got married (house, both cars, land, etc) STBX quit her teaching job shortly after we got married, so she has no salary plus I am constantly having to work on or pay mechanics to keep her car (200000+ miles) running. She drug out a SIMPLE divorce (that she filed for) four months, to the point that she pissed off **HER** attorney. I just called my attorney to set a court date because I am tired of STBX dragging her feet. My attorney said STBX signed yesterday at 4:50, literally 10 minutes before the deadline. She was arguing over the equity statement, complaining that the money I agreed to give her to move out (equal to 1/2 your year teacher salary) was not equitable considering my assets, and investments. Her attorney had to explain that she is not entitled to anything I owned before the marriage (remember we were only married 7 mo.). Her attorney convinced her to sign, by holding my payment to her until she signed the final decree.

I didn't go into this blindly, I looked for red flags and checked her out (we had known each other for 12 years before dating) to make sure there was no evidence of infidelity and/or gold digging. Just goes to show you, you do not divorce the same woman you marry.

91

UPVOTES

Are AP's really this dumb?

Apprehensive-Cost496 · 28 September 2023 · Archived copy · Reddit

Hey gents, I'm hoping we can get some comedy out of this post!

Over one year out from Dday and divorce from the cheating exw. For those that know my saga, the exw cheated with a twice divorced, serial cheater who has somewhat of an age gap to her as well. As I also found out, the exw had some cheating in her past relationship as well. I made a post in the SI forum about finally seeing the dude prior to my daughter's party and I just felt sorry. Frankly, they are both idiots but I would have thought one year ago the dude would have bailed but nope, he is in it for the long haul. After two divorces, can someone really be this dumb to pursue a relationship with a woman that was actively cheating on her husband? I know water is wet but I figured he would have bounced when the fun stopped.

Anyways, I know I shouldn't be even giving this one half of one ounce of thought. On my end, I'm pursuing some sweet hobbies, the online dating world has now become fun and my kids and I are having a blast. I just keep thinking with the dating stuff, there is at least an opportunity to find a woman without a history of cheating (although there is still plenty of crazy out there). Why put all your chips on a serial cheater like the exw? Don't worry fellas, she could be the last woman on earth and I'd still rather nail a watermelon than her.

91

UPVOTES

Move on is the only answer

Lumptbuttcat · 27 December 2023 · Archived copy · Reddit

I have responded to countless posts with the same response. The only option is to 180, grey rock and move on. That does not solve anything, but it won't make things worse. Begging, talking, buying flowers does not work. The only two things that gets attention are-

1. Being demonstratively "better" without them. Better moods, better dressed, better health, better parent. That strikes at the core.
2. Finding another partner where it's obvious they treat you better AND you treat them better.

91

UPVOTES

I never want to do this again.

Ordinary_Cup_1827 · 22 March 2024 · Archived copy · Reddit

I hate love , I feel like I will cuss out if any women ever say that to me lol. Love is real just not permanent. I'm 36 I know the game now. You meet her, you chase her, you spend a lot of time, money and energy, she's perfect, you married her shit change for watava reason. The court against you . I never want to married again. When I see an attractive woman honestly I swear all o see the potential headache and stress lol. Leave me the fuck alone. I rather have a couple fwb or just watch porn to get off. Feel good not to share a house car or nothing. Everything is mine . I'm just happy to see and have my kids . Was together 15 years married 12 divorced 6 months. Just venting

91

UPVOTES

“Marriage saves money. You will be on a double income and get tax breaks. So many economic advantages.”

Borntadoodishes · 27 July 2024 · Archived copy · Reddit

I hear this a lot. Do you feel like it is true? It was not for me.

Before I was married I was doing very well for myself as a blue collar worker. I was frugal and had money saved.

She had no money but I assumed she had potential as she was working on her masters degree. She worked but did not make as much as me.

I used my savings for the down payment on the house.

I lost the house to her.

Any tax breaks over the years we used for “home improvements” or medical issues she had.

She compulsively shopped and put us in a ridiculous amount of debt. It gave me so much anxiety.

In my estimation if I did not marry I could have retired with close to a million on a blue collar income. I would have never thought about money as I was frugal and a minimalist.

Now I’m starting over again in my 40s with literally next to nothing.

I guess it was one of those things that I had to go through to find the truth: a lot of common traditions and practices (marriage) aren’t always the best for us all.

91

UPVOTES

Reason for divorce

ww3historian · 12 January 2025 · Archived copy · Reddit

My ex wife's lack of interest in sex after our 2nd kid led to me to turn to porn. I was jerking off probably once a day. She caught me a couple of times, got angry but I just brushed it off and kept doing it.

When we were divorcing she said having me look at porn made her feel like crap and was one of the main reasons for divorce. She never acknowledged that her lack of initiation of sex for over 10 years contributed to my porn addiction. When I would initiate it took a lot of convincing for her to agree and then I got the star fish treatment.

Funny thing, now that I'm single I have no desire for porn.

91

UPVOTES

Just Let It Go, What the Fuck Does That Mean - a guide

rationalvet · 18 February 2025 · Archived copy · Reddit

I see a lot of you on here with posts like "3 years on and still grieving, when will this end?" I am not making fun - just wondering if you have done the work while she moved on.

Accept That It's a Process

You're not going to wake up tomorrow and suddenly feel fine. Healing happens in layers. Some days will be easier, some will be harder. The key is to allow yourself to go through the motions without judgment.

Acknowledge and Process the Pain

A lot of people push their feelings down, but that only delays healing. Writing in a journal, talking to a therapist, or even venting to a trusted friend can help you untangle the emotions so they don't stay bottled up. You have to let the feelings come up and flush them out. **DO NOT BOTTLE THEM UP.** This is how women seem to get through it quicker - because their feelings are validated by their friends and family. It helps them move on quicker. Your guy friends and your father figures are going to tell you to just stay strong. Yeah stay strong but being strong is also acknowledging the pain (in private.)

Set Boundaries (Even Mentally)

If you're co-parenting, you still have to interact, but that doesn't mean you have to engage emotionally. If possible, minimize contact where it's not necessary. More importantly, set mental boundaries—meaning, when you catch yourself ruminating about the past, redirect your thoughts.

Challenge the Narratives That Keep You Stuck

If you find yourself thinking things like, "I gave everything, and it still wasn't enough," or "She never really cared about me," recognize that these thoughts, while valid, aren't helping you move forward. Try shifting them to, "I gave my best, and now I get to focus on myself," or "I learned a lot from this, and I won't ignore red flags next time." Write down a list of your values, ones you will never compromise, no matter how pretty the girls is or how good the words sound next time.

Reclaim What You Lost

You mentioned giving up hobbies, friends, and even the gym to keep the peace. Now's the time to take that back. It might feel weird at first, but even just forcing yourself to step back into old interests or social circles can help remind you of who you were before the relationship. You were the fucking man to be honest.

Forgive Yourself First

Letting go isn't just about forgiving her—it's about forgiving yourself for the things you regret. The times you lost your temper. The times you stayed when you should've left. The ways you compromised yourself. You were in survival mode, trying to make it work. You're human. You did what you could with what you knew at the time.

Focus on What You Can Control

You can't change the past, and you can't control how she acts now. But you can control what you do next. You can focus on rebuilding, on showing up for your kid(s), on rediscovering your own happiness.

Give It Time—But Also, Give It Intention

Time alone doesn't heal. It's what you do with that time that matters. Be intentional about your healing. That might mean therapy, self-reflection, or just putting energy into things that make you feel alive again.

Letting go doesn't mean forgetting. It doesn't mean pretending it didn't hurt, or that it still does. It means accepting what happened, learning from it, and choosing to move forward instead of staying stuck in what-ifs and resentment.

(also, fuck yeah I still hurt, and I still love her. But I love me more and deserve better)

How are you feeling about it all right now?

91

UPVOTES

Dating in this time period is wild!

Killegos · 23 November 2025 · Archived copy · Reddit

The dating pool has become a toxic whirlpool of deceit and manipulation. I had past trauma as we've all had after a divorce. Spent the time healing and reminding myself who I really am and finally decided I was ready to start putting myself out there.

I've talked with and met with three women over the last 6 months and each of them projected being stable mentally and in life, moved on from past relationships, and mature. However after only a few weeks and in one case days. I was able to see right through them and discover that they were not who they said they were and that their situations were not as they said either.

One told me she had a job and her own place and was driven towards a future goal. Only for me to find out she's renting her car, she lives in her sisters house, she's unemployed, and on a waiting list for sober living over 70 miles away. I mean bullet dodged (I'm not looking for anything serious just someone who's at a similar place in life) but who the fuck decides oh hey let me try to make a connection with someone and try dating before I admit myself to a facility?

One other from the start was your typical " I don't need your money, I'm a grown woman, I got a job and I'm confident in myself and my life". Then about three days into chatting, two days after meeting up (no sex, not stupid) she tells me her "Job" is 4 hours a day 4 days a week as a host at a restaurant and driving Uber eats and that she's not sure how she's gonna pay her rent. Also she's driving a car with expired tags and no seat belts. While also mentioning subtly that basically It was my responsibility to prove to her that I'm not like her ex's and that I need to constantly reassure of that. Ended the situation quick on that one too.

I want to note. Each of these women are 40 and older. (I am 38) I have a nine year old. If I wanted to deal with another child I'd adopt one.

I think I'm just gonna quit and wait five more years and see if the female collective mindset adjusts for women 40-56. Only three women's interest in 6 months. If the odds were pertaining to anything else I feel most people would cash in their chips and walk away as well. Fuck this casino and it's rigged games IM GOING HOME.

90

UPVOTES

According to study, “Women with divorced girlfriends are more likely to divorce themselves.”

cowboy-Jim · 11 October 2024 · Archived copy · Reddit

<https://www.gilmorehealth.com/women-with-divorced-girlfriends-are-more-likely-to-divorce-themselves/>

“The study concluded that divorce could spread across friends. Interestingly, the study showed that the presence of children does not influence the likelihood of divorce (McDermott et al., 2013). This, in addition to what we’ve learned about friendship above, tells us that friendship ties have a very powerful influence on our decisions as human beings.”

“In the study carried out in 2014, it was found that there was a significant relationship between a person’s likelihood of divorce when their friend was also divorced. In fact, the influence of friendship on divorce was so significant that it was also found that the likelihood of divorce did not just affect direct friendships but also indirect friendships i.e. individuals who get divorced, do not only influence their friends but also their friend’s friend (McDermott et al., 2013).”

90

UPVOTES

I'm...very messed up.

Still-Average9690 · 13 November 2024 · Archived copy · Reddit

As the title says. I'm broken. In every way. She betrayed me, blind sided me, discarded me, used me, etc. she's weaponized my anxiety, and I've completely lost it. When I'm anxious, I spiral. I just want answers. I want the truth. I want closure. Instead I'm stone walled. Blocked on everything. I miss my best friend and the transparency we had. I snapped and I harassed her for answers. I'm fucked up about it. 13 years together, 2 kids, etc. I feel like after everything there should be a level of respect for each other. Not rushing into the next thing....instead I got lies, mixed messages, etc. now she's seeing someone else. It's killing me. That was my wife. My best friend. The mom of my kids. The person I shared everything with. My whole world. Now someone else is kissing her, making her laugh and smile, all like I never even existed. Everyone keeps telling me "you need to let it go, move on, focus on yourself". How the fuck am I supposed to focus on myself when everything I see reminds me of her? How can I focus on anything when I'm grieving this badly? I live in the apartment we shared. I see my kids and it's a painful reminder she broke apart our family. I miss our sex and our connection. It had meaning. It was incredible and full of passion. Why wasn't I good enough? Why wasn't I, her husband worth the effort? I've come so close to killing myself so many times over this. My entire world was torn apart, and I don't even understand why it had to be like this. I fucking hate this so much.

90

UPVOTES

Question for Women in this sub

NoFee4026 · 27 April 2025 · Archived copy · Reddit

Genuine question out of curiosity, not out of anger.

What are you doing here?

This is like one place where men who have gone through shit in their lives, got their dreams shattered, shamed and blamed for trying, come to share their pain and receive some kind of a support.

It doesn't hurt you, you will never get to know it and in fact he is not ever going to mention anything ever to you, then why is it that you feel the need to come to this sub and inject your thoughts and opinions?

90

UPVOTES

I truly hate being divorced

LuvDonkeeButts · 25 May 2025 · Archived copy · Reddit

It's been about 1.5 years of being officially divorced and 2 years being separated. I truly hate this period of my life. I never EVER thought it would take so long to recover from this and there's still no end in sight.

I'm financially poor, emotionally traumatized, can't date, can't make friends, I'm an outcast in my own family, I've got my kids almost half the time which is a plus. But when they are gone I'm a mess. So lonely and like there's no way out.

I'll be honest, I think about suicide probably about once a week. Only because of this: this is one challenge that I don't see a way of working my way out of. It's hard to become motivated and stay motivated. I don't wish this torment on my worst enemy.

How did you get out of this endless cycle of despair?

90

UPVOTES

Wife left me today

denverdave23 · 20 September 2025 · Archived copy · Reddit

We've been married 25 years. Two kids, both out of the house at school.

I am shocked. We've had our problems, but I never thought it'd come to divorce.

She has bouts of anger lasting weeks or months. Eventually, it'll wear on me. She'll do something passive aggressive and I'll lash out. We see a therapist or work it out and feel better.

About 2 months ago, she gets quiet and angry, like usual. I give her some space. Kids are home for the summer, and she uses the kids as an excuse to not talk about it.

After about 2 weeks, the last out happens. I'm usually the one that cooks, but we were out of ingredients, and I'd had a long day, so we ordered in. She gets home late. The food is delivered wrong. While I'm trying to get my money back, she orders food for everyone but me. I get upset.

We talk about it the next day. I think everything is okay. I didn't yell, I never get violent even verbally. I said my piece and we move on.

Apparently not. She's tired of having to put on a happy face and no longer wants to hide her emotions for someone else. I tell her what I've said dozens of times - I don't want her to hide it, I want her to talk about it. She brings up a time when I got frustrated,. months ago.

So, she left. Took the cats, kids are all gone. I'm alone with my regrets.

Thank you for letting me get this off my chest.

90

UPVOTES

Full Circle with Affair Partner

Par_then_Bar · 31 October 2025 · Archived copy · Reddit

You can read my history for more info but to summarize, my ex had an affair back about 2.5 years ago. Moved out 2 years ago. Divorce finalized about 1.5 years. During that time she broke up with her AP, tried coming back multiple times (which I entertained) but always showed her true colors either with emotional outbursts or being not trust worthy. I would always say "as soon as things get bad you're just going to run back to him" Well guess what, she's back with him and they're making it official. Support payments end in one year so she needs someone to help with the bills right? She's planning on introducing my girls to him tomorrow while out truck or treating. I thought I was in a good spot but this really has messed with me. Brought back a lot of emotions. For those of you out there thinking of reconciling with a cheater, DON'T. So glad I never fully went back. Could use some affirmation and feedback from this community. Thanks!!

90

UPVOTES

Tired of the gaslighting BS

TacticLawnDart · 13 December 2025 · Archived copy · Reddit

I work full-time and make \$180k a year. Wife is a stay at home with our three kids 8 and 6 who attend a private school, and our 1 year old. All I get despite working and providing for this entire fucking family and barely having enough time to take care of myself is “we need more relationship, more intentionality, more bonding” despite doing shit as a family all the time and me working full-time. “I need things taken off my plate. I need to feel more connected before we can be intimate.” It’s like she wants to be married to a fucking girl.

All I can give is what I’m able. I’ve given her this entire fucking way of life and it’s still just not good enough.

90

UPVOTES

So are all divorced men narcissists?

gratefulstudent76 · 1 February 2026 · Archived copy · Reddit

It feels like every divorced woman I go out with or hear from in online groups is convinced their ex is a narcissist. Anyone else have that experience?

90

UPVOTES

Affair confirmed

midnight_Caller74 · 8 March 2026 · Archived copy · Reddit

Well, to the guys that said she was cheating and I defended her, you were correct. I looked over our AT&T bill this morning to discover she has been texting and calling this one number for over a month.

It started on my birthday no less when she was up north in Washington at the races. SHE sent him a text at 9:43 am and they haven't stopped talking since.

Mind you, she didn't ask for a divorce until the 20th, a full 3 weeks after they started texting and calling each other. Some of those calls lasted over an hour.

Less than a week into my divorce, she accidentally texted me —she meant to text her girlfriend she was out with—that “Dave was going to be late, that she had just got off the phone with him”.

When I asked her about this Dave guy, she promised me he was “just a friend, and they “were just hanging out as friends” she promised me she had no “emotional bandwidth” for a new relationship.

The phone records prove otherwise.

I was a fool. This is my 3rd marriage and the 3rd time I've been cheated on. I guess loyalty was a one way street.

I'm so pissed right now. I went to the cellular store to get my own account, and tomorrow I'll get my own bank account to change my deposit. I will be civil with her, as we have joint debt to pay off still. I'll let her know before we part ways for the last time that I know she cheated.

89

UPVOTES

2 very long years!

divorceddad2019 · 9 December 2020 · Archived copy · Reddit



89

UPVOTES

I wasted half my life

phalo · 17 October 2022 · Archived copy · Reddit

I'm crying right now, knowing my ex wasted my life. She sucked all the happiness out of me, then blamed me for our problems. And is dating before I can even move out.

I feel so betrayed, so used. She's a textbook narcissist, and I missed all the signs. I have enabled her for 20+ years. And now she's lying to me about dating before I move out, saying she's going "on errands". My older daughter was trying to text her and she wasn't responding so she tracked her and she was in a random rural area. so clearly on a date, and likely fucking the guy given the venue. Yet she still expects me to help her and be the slave I've been my entire marriage. Nope, she can handle all herself, I'm done helping, I'm done being anything but her adversary. And if she brings anything up, I'll just say "you know why".

89

UPVOTES

Divorce is GREAT for middle aged women isn't it???

techrmd3 · 25 September 2023 · Archived copy · Reddit

I was thinking the other day about Divorce and downsides for men in general.

But then I realized there really is a pretty big benefit for women to blow up their marriages.

- They get cash and prizes on final exit
- They get a steady stream of income for just breathing
- They don't have to attend to their ex-husbands needs anymore
- They no longer have to ask husband for access to money, or approve big purchases
- If the kids are in some way impacted by divorce she can always blame the ex-hubs
- If she manages to snag a new man to support her she gets that support PLUS assets from her ex-marriage to feather her nest
- If life goes bad, they can blame the ex-hubs for taking all her "best years"

As much as I hate to admit it (being a victim). It's a great deal to make it happen for a woman, I think.

It's like western world law heavily incentivizes a woman to exit.

89

UPVOTES

I will never forgive myself

Left-Signature-5250 · 14 October 2023 · Archived copy · Reddit

She begged, she pleaded "ohhh only having children will make me whole, will fulfill me!". I was not sure I really wanted children. It was a discussion and struggle for two years, culminated in her telling me flat out: children or divorce. I loved her, and finally, I gave in - just to make her happy (and I was not entirely opposed, I thought we would make a pretty great parenting team).

I should have kicked her to the curb then and there. She blackmailed me with leaving me to get what she wanted. My own feelings and wishes were irrelevant to her.

The kids are now 5 and 7, and we are one year divorced. She got awarded A LOT of my hard earned money and a lot of child support since I fucking worked very hard to achieve all she dreamed of - house in the suburbs, two children, two cars.

Why was I so stupid to realize the a person who would threaten to just leave me to get what she wants would eventually just leave me anyway because it suits her? ... to be with her affair partner.

I can not forgive myself for how stupid and naive I was.

89

UPVOTES

Why Women are Walking Away

FlyingSaucer51 · 29 November 2023 · Archived copy · Reddit

As a researcher and career filmmaker who has been devastated by a “walk away wife” with no warning...I’m noticing a total lack of information to inform women that this is abnormal, unhealthy, and destructive behavior.

The whole “go live your best life” concept feels like a modern curse. It absolves women of ever needing to put forth any effort at all to communicate, compromise, or resolve. When life is anything but a Disney fairytale fantasy, they feel something must be drastically wrong...and it’s ALWAYS your fault. Zero introspection.

So many marriages are being destroyed without ANY communication from wives of their wants, needs, or desires. Women truly want us to consistently read their minds and, if we can’t, we are supposedly horrible, inattentive, and uncaring.

I feel this is truly a modern psychosis of cult-like proportions. This behavior is fueled by toxic messages by other females in social media.

The influence of Disney movies, romance novels, romance movies, and social media on perceptions of relationships and marriage is destroying marriages.

Negative and selfish messaging is contributing to unrealistic expectations in relationships, potentially affecting marital stability.

Here are a few of my key points that could contribute to this perspective:

Disney movies and romance novels often portray idealized versions of love and relationships, presenting scenarios where conflicts are neatly resolved, and love conquers all. This creates unrealistic expectations by promoting the idea of perfect, fairy-tale-like romances that may not align with the complexities of real-life relationships.

Social media platforms magnify this feeling that a woman’s marriage is flawed in comparison to the perfectly curated versions of life others present. It’s an illusion. Other women often share the best aspects of their lives leading others to believe that everyone else’s relationships are flawless, adding pressure to live up to those unrealistic standards.

Unrealistic expectations are fostered by the media and can lead to difficulties in communicating needs, handling conflicts, or accepting imperfections in a relationship. Life is not supposed to be perfect. Problems arise. Difficulties need to be faced.

While women are demanding equality, or even superiority, to men, they now act more like children who need to be supported and cared for from the cradle to the grave. Men have become surrogate “father figures” to continue the care of the girl who becomes a woman. This is not looked upon as a sign of female weakness and dependency, this is seen as a husband’s requirement.

If all men stopped tolerating this behavior from women, there would be a massive shift in society. If women who behave like this had difficulty finding a date, the playing field would begin to level.

The expectation of women to be treated as perfect no matter what they present or add to the relationship is FUELED by men who allow this to continue. We have created monsters by allowing these narcissistic-gold diggers to thrive because we want companionship and sex at ANY cost. The myth of male power is evident.

HOW DO WE FIX THIS???

As children, our parents often told us that horror films were fake and “just made up stories.”

Why don’t parents tell girls that romantic movies are also unrealistic and that real life isn’t supposed to mirror these fantasies? If parent don’t clarify this, they are literally setting up their daughters for unhappiness and divorce.

Parents who want their daughters to be happy need to discuss realistic expectations and the difference between a

fairytale and reality.

After the prince and princess marry, they DON'T live happily ever after. There are arguments, compromises, and issues. Prince Charming will be gone long hours and may come home with body odor. Prince Charming can't be charming every moment of every day. He may gain weight. He may lose his kingdom. Harsh winters may destroy the kingdom's economy. Then, there are the rigors of parenthood!

Don't set up your daughters for disappointment!

Call out inappropriate behavior, don't ignore it. Be harsh. If you see a dating profile that says "If you don't make six figures...move on!" don't pass it. Try to connect. Then tell her, "Wow! Your six-figure requirement shows me you are a shallow, gold-digging, helpless little brat!" These women need to be COMPLETELY ignored if this is ever going to change!

Addressing this issue requires fostering realistic discussions about relationships, emphasizing the importance of communication and compromise and encouraging healthy relationship habits based on mutual respect and understanding.

Finally, If all men decided to avoid all women with spoiled and unhealthy attitudes, men would regain respect and equality. Women should find it JUST as difficult to find a date as men! However, we all know a total train wreck of a woman could find a man to date or have sex with her in 24 hours! Why? Because WE are allowing this to happen and feeding their egos and fueling monsters who treat us like garbage.

In addition, we must fight in the courts for men not to be demonized. Many of us suffered in court because of an unfair legal bias against men! This needs to stop!

89

UPVOTES

Quote to repeat to yourself EVERY DAY

FADITY7559 · 8 July 2024 · Archived copy · Reddit

Gentlemen, I recently told this to someone and I just figured it would fit nicely here. When I started my divorce proceedings against my wife, my lawyer told me not to die. He said that at every meeting, just don't die. He had a couple of male clients that had passed due to heart issues. He reminded me of a quote from Sir Winston Churchill that he had me repeat to myself every day. It became my morning affirmation.

"If you're going through hell, keep going."

Don't stop part way through or you'll be stuck in hell. As long as you keep moving forward, you will eventually come out the storm.

89

UPVOTES

Went overseas to date women... kind of stunned really.

techrmd3 · 5 December 2024 · Archived copy · Reddit

Typical story long term marriage divorce with kids, shared custody. And dating... in the western world egads is it bad right?

Been divorced a few years. Right after the divorce was final I went to a country where I spoke the language and had a fun few days. It seemed easy to date women in that location but I was not looking for a relationship so I didn't keep in touch.

And I have had some success dating here in the west. I have dated like 30+ women, had 3, two month+ relationships and 1 year plus relationship.

It's not the lack of dating that makes dating in the first world west so insufferable. It's really the EFFORT it takes to date here in the west. I mean plenty of dates were predicated on me doing ALL the work to make a date or outing happen. All the little princesses had to do is show up.

So after my 1 year relationship ended, I decided to go farther overseas and see what it was like. planned for a multi-week visit to a country I have visited for business but not for vacation. I would live in a major city, hang out and see if dating elsewhere would be better.

The first thing that stunned me was the matches on dating apps - I mean in my area in the US I would be lucky to get a match 1 in 100 swipes. But overseas? it was like 1 in 5 or better. And these women responded actively none of the half heart-ed "hbu" "what u do" replies oh no these ladies wanted to actively communicate.

The second thing was the aggressive proactive attempts at meeting. This happened multiple times but I would casually say "Yeah I'm going to Mall X and having a coffee", Lady reply - "oh I love that mall and coffee place Y want to meet there?", not only were the ladies showing high interest, but they were also actively going out of their way to come to me!

The third thing that was drastically different was the dates themselves. I can't remember the last time I had a date when the woman would not explicitly tell me what she wanted in a potential relationship. It could be a "how much you make? what car you drive?", "my love language is Paper Benjamin's" or "I think that it's important for you to be a Communist like me" or whatever... but the number of hoops and trick questions I dealt with in western dating was a pain. Overseas? no political questions. no subtle questions about wealth. (odd right?) Granted I'm very sus of motives in dating but when a woman actually asks questions to find out personality and common interests... It is very compelling.

There are other things I noticed, and other things I loved about this particular area overseas. I had heard from people who visited claiming "if you go you won't want to come home"... I laughed at the time. But wouldn't you know it I am planning on going back very very soon.

And yes I have a new infatuation. I have no idea if this will go on long term but after a very attractive woman asks YOU out 3 times, and pays 2 of those times... you tend to think she's very interested.

Probably not going to bother with western dating in the future. I have experienced better.

89

UPVOTES

Delayed Anger

Top_Pomegranate9784 · 17 February 2025 · Archived copy · Reddit

3 years later and I suddenly am full of rage.

My ex wife destroyed our family 3 years ago by cheating and getting pregnant.

She's apparently still with the AP clown.

Today she texted me after her visitation because she said the supervisor was rude.

After going no contact with her for two years, I thought I'd feel better.

But seeing her stupid message and the fact that she talks so normally like she's not Hitler of the earth and literally the most evil person got me so angry. Just thinking about everything.

If I wasn't a parent I think today I would have driven a vehicle 100 mph into a tree to end my life.

I cannot believe this individual can do all she's done and then act so normal and non chalant.

I'm furious.

89

UPVOTES

The Bullet wasn't Silver

NotYours25 · 22 March 2025 · Archived copy · Reddit

20 year relationship. 3 years Separated. 2 years divorced. 2 teenage daughters.

She has tried to destroy me at every turn for 3 straight years. . Physically, Emotionally, Mentally, and Financially. She took my kids and my freedom with false DV allegations.

Reality hits hard when you're in jail for 3 days. Long expensive story but I beat every charge and won every hearing against her. She tried the SB tactic and it failed miserably in every court setting.

I'm ranting but the doomscrolling on here today had me seeing a common thread. If you know something is off and the D word has been thrown around and it feels real. Know that she has likely already been planning for months. Expect the unexpected.

Record everything. And ff's File First!

89

UPVOTES

My Friend Said Something That Made Me Smile....

serkovavantgarden · 15 October 2025 · Archived copy · Reddit

Background

Exactly 22 months ago, I walked into my house to find my ex wife with another man.

A married man's worst nightmare.

What followed was something that a lot of us on here can relate to....

Cohabitation, child access etc. The full shebang. Otherwise known as 'living hell'

Anyway I dusted myself off, stopped feeling sorry for myself and took charge

22 months later a friend came round to my house..

He's married by the way.

Within 5 minutes of sitting down he turned round to me and said....

"You are living the life, mate"

I could see a deep envy in his eye.

This isn't a flex post guys. When you find out it's over, she has given you the greatest gift possible....

Your freedom and identity.

Suck it up at the start fellas. It's tough as hell. Horrific some would say.

But men persevere because they know that as long as we have purpose, we have a reason to live.

She gave you your purpose back guys.

It will get better. Believe me

89

UPVOTES

This existence is profoundly absurd.

Busy-Recipe9840 · 20 December 2025 · Archived copy · Reddit

I'm going to keep this short as there is not much to say. Imagine building an entire life with and around another person. You're fine with it because your career earns you flexibility. You both discuss everything together, consume the same cultural artifacts, raise a family and spend every night hearing each other sleep. You see this person everyday. You grocery shop on the weekends in a Whole Foods. At times, you think, "There is no way I'm not dying with this person."

Then eventually, after the inevitable (caused by most of the common reasons echoed here), you realize that you are in an empty apartment. Half your shit is gone. Your kids are gone. You are alone. You don't really know who you are anymore. There is just perpetual silence for months on end. None of your "friends" talk to you anymore. You're in a city you never wanted to live in if you're honest with yourself. Her uncle still calls because you are like a son to him and he secretly hates the family. It reminds you of her every time.

You feel like everything you've done for her was taken for granted. You kind of feel conned, but you know this logic is unfair as she wasn't completely the problem. Both of you played a part, although you know in the back of your mind, the absence of a "person" within a woman that is supposed to be your soulmate is not there. Maybe she was never there.

89

UPVOTES

Update, 2 years post divorce

Zestyclose_Limit_649 · 22 December 2025 · Archived copy · Reddit

I'm a avid college football fan, last night after the last game ended. A friend of mine texted me "man do I have to chat with you". I thought he was going to make fun of me for rooting for a certain team. But he hit me with a bomb shell. He tell me he was at the bars here in my local town, and he was with a group of friends, and they got into the subject of going through their social media and show each other which girls are easy. My ex wife profile showed up. And on guy in the group speaks up and says she is a "mega hoe". That she would give it up if he buys her some coffee. That the last time they had sex was almost a year ago. But they been talk and sleeping with each other for the last 3-4 years. Started when we were together and when I thought we were good. She would pillow talk to him about all of our problems. Bring him to my house when I was at work or take my kids with her to go meet him. And that kind of complete rocked me and I've been in this funk since last night. I confronted her and she admitted it but just brushed it off. No big deal to her. Any advise?

89

UPVOTES

My only regret.

General_Luck2963 · 4 June 2026 · Archived copy · Reddit

As it says above. I wish I had just filed for divorce the moment she mentioned an open marriage. Would have saved us a massive amount of damage. I doubt either of us will recover from.

89

UPVOTES

The hypocrisy of reddit when a woman cheats is borderline hilarious

Owww_My_Ovaries · 17 July 2026 · Archived copy · Reddit

Was looking in the [r/divorce](#) thread and the amount of women who actively sympathize or justify women cheating is... honestly disgusting.

Oh, he didnt give her enough attention. He gained weight. He was focused on working or the kids too much.

Even seeing some men, actually taking responsibility for their wife jumping on some other guys dick, is just as bad.

Whatever happened to... Just leave? Divorce? Call it quits. Its just shown how much our society has devolved that such betrayal isnt just tolerated... its almost celebrated by many.

I look at what I had in a marriage. A wife who wanted to only work part time, so I picked up the slack. A wife who didnt want to better herself by finishing school... so I got my MBA just so we could do a little better.

A wife who had multiple vacations per year, luxury cars, a giant house... a husband who devoted himself to her. Date nights. Surprise "just cause" gifts. I stayed in shape. Cooked for her. Did everything in my power to be a good man... and she tossed it aside.

And not for some dream boat of a guy, or a doctor. We are talking low life guys. Gross, poor... even one who lived his parents.

Cost me everything we built. The house. Cars. My dog. Half my money. My friends. The state i lived in

But ya... lets cheer these women on who throw their family aside all because some snake in the grass... tells them how much better off they'd be with them.

She was a habitual cheater and Im so glad shes gone. But the damage she did is probably prement. Im not talking money or possessions. Im talking my mental health.

At this point. I dont think id ever want a woman in my life again. I did the tinder and hinge stuff. Got bombarded with women who threw themselves at me. I hit all the check marks. Tall. Good looking. I make really good money. I travel. All that crap they apparently want. But when I look at how so many women justify women cheating... why the heck would I ever want to risk that crap again?

Had to rant. Doesn't matter how many times I work out. Buy myself something nice. Throw myself into work. Travel. Date. Screw some random horny woman. I just despise everything about life.

Rant over.

88

UPVOTES

My wife ended it tonight...

namronk · 22 July 2022 · Archived copy · Reddit

I cried a lot. She didn't at all. Which tells me she's planned this out for awhile. My situation is im the stay at home dad. She's the breadwinner and makes good money. I made mistakes in college and never got a degree. So I ended up being the stay at home parent because any money I take it basically could only cover daycare etc. we just bought our first house together 8 months ago. What's going to happen? Am I just out everything? I would literally be homeless if I'm kicked out of the house. She's got retirement funds, a good job, and honestly if the kids got to choose who to live with, they'd pick me. I won't settle for anything less than 50-50 with the kids. But she can argue I'm unemployed or worse if I don't get the house. Do I have any leverage here?

88

UPVOTES

The Coldness After

SummerRound · 25 October 2023 · Archived copy · Reddit

I am stunned at the similarity of stories I'm reading in here with regards to how cold women turn as soon as they ask for the divorce.

20 years together with two kids. We had been in couples for 2 years (clearly didn't work on the right things) and she asked for divorce a month ago.

I suggestedest we work on ourselves for 6 months and give it one more shot and if it doesn't work, divorce amicably. Her: "I don't want to." Simple as that.

"What about the kids and family unit?" Her: "not staying for the kids"

"What about our vows to fight through the hard times?" Her: "I don't believe in that anymore"

The supposed empathy she had for me for 20 years has disappeared. It's been replaced by this icy coldness.

The new me is trying to be more patient and kind. The new her is someone awful.

88

UPVOTES

He's at my goddamn house right now

Energy_Turtle_Bill · 18 February 2024 · Archived copy · Reddit

Her new man that is. I'm away while she invited some of her friends over for a weekend. We are separated but still married. Still live together in the same house but in separate rooms. I guess she didn't think I would look at the outside camera and see him sneaking into my house. I'm only a few hours away. I could easily drive there and bust up their little party. But I know myself too well. If the new guy even looks at me sideways, I'll end up in cuffs. So I'll stay away.

Thing is...I really don't give a damn that she's already fucking some new guy before we're even divorced. I don't give a fuck about her. What I'm pissed about is it's happening in my goddamn house.

Any never married guys reading this....never, **never** say "I do."

Ain't worth it.

88

UPVOTES

Officially Divorced! BOOM!

berzerker5000 · 24 April 2024 · Archived copy · Reddit

4/22 judge signed decree and its official. I'm divorced! 10 months later, and all it cost was 10k plus 50k in incidentals, plus 65% of my parenting time, plus \$350k in child support over next 14 years, plus half my net worth. But I'm free boyz. I'm free. And that's priceless.

88

UPVOTES

It got better, way better. (I know you're tired of hearing this)

OnlyThingsILike1 · 25 November 2024 · Archived copy · Reddit

In 2022 I was facing a divorce that I didn't want. I was dead set on fixing something that my wife had no interest in doing. It was by far the hardest struggle I've had in my adult life. I had a relatively quick divorce at around 8 months from having the news broke to the final documents being signed. It felt like 4 years.

I remember going to get a coffee on my breaks every day at work, and reading this subreddit's posts to commiserate and understand the best path forward. I would spend an hour plus on my 15 minute breaks because I just didn't care anymore about my job or anything else really. I thought I was a dead man, sadly through my own or someone else's actions. I had given up on my life and no one I worked with or talked with every day wanted to darken their day by listening to me. This subreddit gave me hope at the best and a feeling of mutual understanding at the worst.

Reading other men's stories and going to therapy weekly are the only two reasons I made it out alive, I am sure of that. PLEASE prioritize your mental health and find a therapist if it's at all possible, while going through a divorce. It's such a huge part of why I am SO glad I made it through, and have found the path I was always supposed to be on.

Looking back now I can see that while married I was convinced it was something wonderful, but that I was really just coping. Now I am doing all of the things in my life I always had the potential to, but was held back by being married to the wrong person. My job, relationships, family, fitness and every aspect of my life now is something I never thought could be as good as it is now.

I know I'm oversimplifying the ordeal, I know I'm leaving out so many details, I know everyone's cases are different, I know mine was fast and I was privileged at having access to a therapist. I just want to give hope to any one person who thinks their life will never have the potential to get better.

Please DM me if you want to talk or have anything to say or ask to someone who's been through something similar to you. How powerful having any type of fellowship with others enduring similar struggles cannot be overstated. We HAVE to lean on each other.

88

UPVOTES

fuck that bitch

ObeseFedoraTipper · 14 January 2025 · Archived copy · Reddit

fucking ruined me

88

UPVOTES

I won, supposedly.

G5classified · 29 January 2025 · Archived copy · Reddit

We separated last April, finalized later in October. It was uncontested. I fought for the marriage up until she said, while brushing her teeth, "The only thing I want from you is to not be your wife any longer". When she brought up grievances from high school, I knew there was no hope to save it.

That was April 17th, filed on the 18th. She moved out on the 20th.

We were together since we were 15, 23 years in total. It gets easier, but there was a period of time where the concrete telephone poles looked inviting as I drove to work.

I won though.

I have the house. I am the primary for our kid who is 15. Retirement intact. She simply walked away.

I don't feel like I won.

It was very difficult to go from talking everyday to talking only when it is about our schedules have to match.

88

UPVOTES

Who all is spending Valentine's Day alone?

Rando_Ricketts · 14 February 2025 · Archived copy · Reddit

Men, are you spending Valentine's Day alone? I am. Asked a girl I had been talking to out for coffee and got friend zoned. So I guess I'm going to stay home tonight and hang out with my dog. Play some Civilization 7 and have Mac and cheese for supper.

Yesterday would have been my anniversary with my ex wife. A year ago she gave me a "Valentines Day/anniversary card" that pretty much said she wanted me to be with someone else. Essentially her projection of her feelings that she wanted to divorce me and be with someone else. Pretty shitty. Anyhow, here we are

88

UPVOTES

I am getting worse, not better

throwawaystyle0 · 4 March 2025 · Archived copy · Reddit

August 2023. About to leave for a date night and was told she wants a divorce. Together 13 years, 2 kids, house, the works. Absolutely crushed. She was seeing someone else that week who she now lives with. Strung me along, with lies about going to marriage counseling (I went, she just never showed up) was then served papers a month later. Nothing like pulling up to your driveway and another man's truck is there. Divorce was finalized a couple months later. A lot more details that I'm going to leave out, she introduced him to the kids immediately, and they were staying at his not long after. I have become VERY bitter and angry. Hateful. I wish for the world to burn. I have ZERO family, friends are silent. Gym, hobbies, nothing works. Did therapy for a year straight. Nothing. Have thought about checking out permanently this whole time but can't bring myself to do it because of the kids. So I'm stuck in this purgatory. Have been seeing someone, but she is now becoming resentful because of my ups and downs. And she's a great person. I am truly a different person, and not for the better. Ex wife is living her best life while I am praying for a heart attack often. I was once a very happy person in our family household, I had purpose. Now I'm living in an apartment that I despise. Some betrayal permanently changes you into a shell of your former self. I don't think I'm going to win this one

88

UPVOTES

I made it

Important-Possible-3 · 9 May 2025 · Archived copy · Reddit

Got the divorce decree last week and can't believe the results. She didn't get anything she asked for (alimony, crazy child support numbers, lawyer fees paid etc) I got to keep all my property and some. We are responsible for our own credit card debts however splitting retirement accounts is the only downside but that couldn't be avoided.

I'm so glad I took this to court because this (not so nice word for loose women) would not work with me to come up with something on our own. I would have paid SO much more had we agreed on something.

88

UPVOTES

Wife dragged it out for 4 months, treated me like dirt, and now might want counselling? Too late.

Boglehead101 · 19 June 2025 · Archived copy · Reddit

So here's the timeline.

My wife told me she wanted a divorce. I was gutted. I didn't react with anger or denial, I wanted to try and fix it. I suggested counselling, therapy, whatever it would take. I wasn't perfect, but I believed our marriage was worth salvaging.

She refused.

Not only did she shut down the idea of counselling, but over the next four months, she treated me like absolute garbage. Cold, dismissive, borderline cruel at times. I felt like a stranger in my own home. She started distancing herself, moved in with her family half the time, weaponised silence, and acted like she was doing me a favour by just existing in the same space.

But despite all that, she didn't file due to our kids exams. Four months of dragging it out, living in this toxic limbo. Four months of emotional erosion, and zero respect.

Now, suddenly, with the paperwork basically ready to go, she's maybe open to counselling?

Truth is, that version of me, the one who wanted to fix things, no longer exists. That person died quietly over the last few months while she tore me down bit by bit. I've had time to reflect. To take stock. To see her clearly.

And the reality is this: I don't think I could ever be happy with her again. I'm not even sure I like her anymore. I don't recognise the woman she's become. Or maybe she's been this way all along and I was just too hopeful, too forgiving, too blind to see it.

She's been cruel. Manipulative. Emotionally absent. And I deserve better than a lifetime of that.

Let her file. Let it be over.

88

UPVOTES

Got action my first night alone

CharlieBurner · 10 August 2025 · Archived copy · Reddit

Ok so I'm 95% proud of myself and 5% ashamed.

I already helped the wife move out and it was my first day alone. BTW I never cheated in our 13 years.

I was starving and it was 3PM (doing my move all day) so I decided to get some ramen, and saw a beer garden across the street. I bring my food in and decide I'm going to flirt with any and all women that come in regardless of age or whether I think they're hot.

I am flirting with this pastor chick and then like a 70yo.

This 50yo comes along and tells me about the secret smoking room they got in the back and I was like hell yeah!

She tries to sell me some paintings she has in a coffee shop and I tell her I'm rich and shit and I'll buy it. (I actually am kinda rich till my wife gets half).

She tells me she's moving to Florida in a few days and then I'm like hey we should get a taco. And then I whisper into her ear about how I really really like tacos. And a bunch of other non subtle things:)

We eat some food and then we get into her Oldsmobile and drive up to my old place. She cracks open one of those Buzz ballz in the car, LOL.

We get up there and the place is a total flop house. Garbage and boxes everywhere, single bare mattress on the floor.

We smoke weed out of an apple (no rolling papers and she's a Macguyver, apparently). Most importantly we do the deed and it's raunchy and awesome.

She was kind enough to leave at the end of the night but she left her phone and a bunch of other shit.

Anyway I find her email on linked in and remind her of my address. She shows up at 11 the next day and reminds me of that promise to buy the painting because she really needs the rent money for Florida.

So we drive down to the coffee shop I Venmo her and she drives me home. The painting is actually pretty extraordinary and, if she comes by, I will have to ask my wife what she thinks about my new interest in local art.

I feel like a whore but also feel really good.

Go get yours guys and keep your heads up.

I'm depressed as shit but for a hot few hours I wasn't.

88

UPVOTES

A year after my divorce, I noticed something funny.

maxi242424 · 24 June 2026 · Archived copy · Reddit

I wasn't spending my evenings in bars, restaurants, or binge watching Netflix.

I was walking. Running. Going to the gym.

And when I went on dates, I realized I'd rather go for a 5km walk than sit across from someone for two hours making small talk.

A walk tells you a lot about a person.

Can they hold a conversation?

Do they enjoy being active?

Do you actually have chemistry when there's no alcohol, fancy dinner, or distractions?

It got me thinking.

Dating apps are built around photos and texting.

But what if there was a Tinder style app where the "date" was already decided?

"Looking for someone to join my morning walk."

"Anyone up for a sunset run?"

"Gym partner this Saturday?"

"Hiking this weekend?"

You meet, move, talk, and see if there's a connection.

Would you use something like that if you were looking for a long term partner?

Or would it never work compared to traditional dating apps?

88

UPVOTES

You find out who she really is when you're getting divorced

iSkeetOnFeet · 28 July 2026 · Archived copy · Reddit

I posted a couple months ago about how I'm getting divorced from my stay at home wife of 15 years. I was hoping to divorce amicably and offered her more than the courts would. She brought up the divorce initially and said she doesn't want anything, not the car, house, money, anything. People here said yeah right, get ready to meet the real her who will demand the world!

Since then, she voluntarily left the master bedroom, only to move back in and lock me out when I left for a weekend. She's now saying she will be removing my stuff from the master bedroom since we're roommates and roommates don't have belongings in each other's room. This woman has lost her mind.

We live in a house my parents own, she is demanding the house be sold or she be added to title. My parents balked, but I convinced them to sell and give us the proceeds. Then she threatened to sue my parents, has demanded I buy her a new car since we only have one, refuses to drive a rental car but expects me to drive it and give her exclusive access of our luxury vehicle.

This morning, she woke my kids up, then came and started yelling at me that I abandoned the kids by leaving for the weekend and missing their phone call (i called back and spoke to them multiple times over the weekend), accusing me of having a girlfriend because I actually went out for a weekend for the 1st time in 20 years, then started texting me that she doesn't feel safe. WTF?!?!? I texted back asking if she's making false accusations of domestic violence but she said no but said I got "hostile" when she was "asking questions" because I calmly told her I'm not going to argue with her, don't care about her opinions, text me only from now on, and to leave me alone because I'm working.

I hired a lawyer yesterday who said I'm being too nice and generous. I'm still going to sell the house but I'm not giving her shit. She took my kindness for weakness and she's lost her damn mind. Now she's trying to poison my kids' image of me. I never thought she would stoop this low.

TLDR: You guys were right, you meet the real her once you begin divorce, and no matter what she said during the marriage or separation, she will absolutely try to fuck you in any way she can.

To anyone on the fence, just file for divorce. I tried to stay for the kids, hoping she'd change, maybe I just need to try harder, scared of financial ruin, just do it. .

87

UPVOTES

Is there a scientific or evolutionary reason so many women are so negative towards their husbands after kids?

DeadBedroomRealTalk · 28 August 2023 · Archived copy · Reddit

The number of stories detailing how after a kid or two, their wife turned on them blows my mind. It started with mine as well. First, they start nagging you about basic chores like dishes, how you clean baby bottles, etc. Fights start over smaller things. Then they cut off sex and after numerous conversations, you just have no options but deal with it, cheat, or divorce.

I'm considering divorce - in my situation my kids are 4 and 2 and we've maybe had sex 5-10x since my first kid was born. At first it started with nagging over the tiniest shit. Then it blew up to full on disrespect in public. I'm realizing I think she got what she wanted - someone with what she perceives as good genes to give her kids and raise them until they're old enough. Now it's like her nature is trying to eject from me and she doesn't know why.

I'm not perfect, but I do my fair share with the kids and the house. I'm in better shape than I've ever been at 14% body fat at 6'1. Most people think I'm fun to be around and I had zero issues with women in college or after. If I'm not attractive to her anymore, I could find someone else quickly, which I may.

Any of you guys know why this is? Is it just the nature of men and women's relationships? Seems like 3-7 years of marriage and the number of divorces are really concentrated in that range.

87

UPVOTES

Well, wife wants to go to the streets

dadmacintosh · 5 December 2023 · Archived copy · Reddit

Married 14 years. Two kids. Marriage has been at a standstill since I discovered she had been spending lavishly on her parasitic family members. She demanded a divorce 6 years ago but decided to stay for god knows what reason.... Her best friend has been cheating on her husband for a while. Traveling to different guys around the country. I discovered last week my wife wants the same things- read a text that she sent to her friend. She wants to go to 'sexy' shows very soon. Meanwhile, I have not had any fulfilling sex with her for a long time.. years

The end is near... Just venting fellas...

87

UPVOTES

I'm glad I took the high road.

Careless_Payment9298 · 19 February 2024 · Archived copy · Reddit

My ex cheated on me, and I took the high road by forgiving her and trying to save our marriage for the sake of our kids. Unfortunately, she cheated again, and we ended up getting a divorce. Even then, I continued taking the high road, not making the process messy and splitting everything 50/50.

Later, I learned that my ex's mom had helped her cheat for the sake of the other guy's wealth. Despite this, I chose forgiveness and didn't harbor any hard feelings. Even when my ex messed up a business deal, I stayed on the high road during the divorce, spending a lot of money to maintain shared custody of our kids.

Despite my ex and her mom talking bad about me, I kept my focus on self-improvement, taking the high road even when it was tough. Meanwhile, my ex faced challenges, living with her mom for three years after being dumped by the doctor. Now she's dating someone who doesn't make much money, and they struggle financially.

On a positive note, I'm about to marry a wonderful girl from a prosperous family. She's low-key, with no tattoos or piercings, and she's content with a quiet life at home. We share a strong connection, and things are going well.

I'm grateful that I chose to take the high road; it has led to positive things happening in my life.

87

UPVOTES

My wife is leaving me

SquilliamFancyFeast · 8 October 2024 · Archived copy · Reddit

My wife and I have been together for 11 years and married for 4. She has told me she doesn't feel the spark anymore and has this feeling inside her that our relationship isn't right. She can't really elaborate more and says she has no interest in reconciliation. She doesn't want to do couples counseling or try to date each other to bring the spark back. She says she still wants me, my family, and our dog in her life but she doesn't want me as a romantic partner. I'm at a complete loss. I want to curl up and die. I don't know how to move forward from here.

87

UPVOTES

Just found out there was another man... you were right (Support)

ThrowRAThrowAwaa · 20 November 2024 · Archived copy · Reddit

Kings,

Six months ago, I (M30) came onto this forum and shared that my Wife (F33) from seven year relationship, was leaving me. She said it was because she was having an "identity crisis." None of it made sense at the time.

I told her we could sit down, work through any problem, and fix things together. However, I made it clear that she needed to *want* to be in the relationship for that to happen. When I asked her point blank if she wanted to fight for us, she gave me no answer. I ultimately made it easy for her to leave, saying, "I can fix anything—but only if we're a team."

When I shared my story here, many of you said she was likely cheating. You said you'd seen this story 97% of the time, and that my story was your story. I didn't want to believe it. I asked her directly if there was someone else, and she said no. I chose to take her at her word.

Fast forward six months: I got over it—or so I thought. She had sent me several messages apologizing for how things ended, telling me she appreciated me and that she hoped I was okay. At the time, they felt more like attempts to absolve her guilt than anything else.

Today, I've learned the truth. She's now with a senior leader in her company—the same person she met two months before our relationship ended. I remember her emailing this person during that time, but I didn't think much of it because he was married. Now, I've found out they're together and are buying a house only six months into their relationship.

Since the break-up:

- BEST shape of my life
- TRIPILED my income
- Great dates (but not in a relationship yet)

Looking back, my gut told me something was wrong in those final months. I could feel the distance, but I didn't want to believe it. I feel angry, shocked, and in pain. I'm frustrated with myself because I had moved on, or at least thought I had, but this has rewritten the story in my head.

To anyone who's been through something similar, I'd appreciate any words of encouragement or insight. How did you process the betrayal and move forward when you felt like the story you'd made peace with suddenly changed?

Thank you.

PS - I am now going through what the dog separation looks like, I would love a permanent split but am considering rotating them because we have a few and I don't know if I could bare to not see them. Selling the marital home and working through the divorce.

87

UPVOTES

Asking your husband to do as much chores as you when you are a SAHM is abuse

Initial_Topic_4989 · 11 March 2025 · Archived copy · Reddit

I had a very stressful job that required a lot on the body, my ex was a stay at home mom, but one of her complaints was that "I was not doing enough at home... I was doing quiet enough actually but since I am the kind of person that cannot sleep on messy places I was cleaning more than I was objectively supposed to, but she kept complaining and demanding me to do more, more and more, to the point that you would think I was the stay at home spouse. I have come to the conclusion that I was being mentally abused, think of it, I even hired a cleaning lady at some point and this woman was still not happy.

Do you have a similar experience?

87

UPVOTES

I moved out of our house today. 32 years together

kodiak1966 · 12 June 2025 · Archived copy · Reddit

What a nightmare of a journey this has been. I'm 59 years old and provided her and my boys with more than they could ever need. We moved into a second home that was close to our business when both our boys moved out, this was 7 years ago. She is 6 years younger than me if it matters. I thought we were such a good couple all through our marriage but around the time the boys had gone off to college and moved out her mom passed away. She was really close to her mom and my wife took care of her mom until she died of brain cancer. I was very supportive and encouraged her to live at her moms house during that time.

After her mom passed my wife decided to start yoga training class to become a teacher. She became extremely close to the other females in her class and my wife begun this "spiritual" journey, reading books from several gurus and retreats etc. I did support her but she gradually became condescending and judgmental of me. I'm a really grounded person that is comfortable of who I am. She became vegan and I seen a post on Reddit from her in a vegan group about how me eating meat is hurting her marriage.

I grew up on a farm, hunted wild game into my 20s for substance. I'm a ex-bodybuilder who still lifts regularly. I'm a creature of habit. It's all just become too much of a battle with her and I'm exhausted. We went 6 months without any intimacy, because she thinks I'm a bad person. I've never treated her bad, sure over 30 years we had a few arguments but nothing that bad.

I've watched her engagement with other male friends of hers that are into the yoga, spiritual life and she interacts more loving and engaged than any conversation we have had in the recent years. She's wanting to travel alone, go on month long spiritual retreats etc.

I just want to feel appreciated for what I bring to the table as a strong, healthy and grounded man. I've felt so alone over the last several years, and I finally just broke. I packed my shit loaded up my truck and moved out.

Just ranting here. My head is just reeling over it all. The emotional and financial fallout is going to suck really bad.

87

UPVOTES

Wife's New Perspective differs from Reality

RandomDude007_ · 29 June 2025 · Archived copy · Reddit

The woman I have shared over 20 years of marriage with and three children has decided literally out of blue she wants a divorce.

Since then I have been accused of Coercion, Financial Control, Emotional Abuse and that she is Living in Fear. All levelled by her in a hostile and accusatory manner over the last 4 months.

As someone who provided everything financially in this marriage I'm totally dumbfounded by it all and don't recognise where this is coming from.

To be absolutely honest it's making me very sad and I'm really struggling.

86

UPVOTES

Relationships seem like a boring & annoying waste of time now.

Happy-N-Healthy777 · 1 April 2023 · Archived copy · Reddit

It's been 8 months and I have no desire to date anyone at all. The idea of sharing my life with someone like that makes me cringe. I have a fwb whom I find very attractive. I like having sex with her and think she's a good person, but if she started trying to get more serious I would definitely cut her off. I value my space so deeply. I can't stand the idea of someone trying to enmesh with me again like my ex. I truly do not see myself ever cohabiting or marrying again. Maybe never even have another committed monogamous relationship again. Nothing stressed me out more in my entire life than my marriage. I'm grateful it's over and I do not EVER want to go back. That said I don't feel bitter. It's just that I don't even desire that sort of relationship anymore. I'm happy single, with friends and family to provide companionship. Anyone else feel this way?

86

UPVOTES

She's not in a hurry to get divorced all of the sudden

skirted_dork · 31 May 2023 · Archived copy · Reddit

I'm 30 and Ex is 31. Together for 12 years, married for 6 and we have a 5 y.o kid.

We had a good relationship up until she got pregnant and it was downhill from there. Mid pandemic I found out she was on tinder and she denied even after I showed her the receipts. I decided I didn't want to be in a relationship with her anymore and she agreed. We opted to divorce using a mediator (Quebec, Canada) and it was surprisingly good. No headaches and we got into an agreement with child support/custody that suited both of us.

Not even 3 months after I moved out back to my parents place she got into a new relationship and 6 months in she was preparing to move in to his house. From there on she was doing everything to make the divorce happen asap, she even paid my part of the divorce fees. She went to a 3 week vacation with her new bf and my kid and we were supposed to sign the divorce a couple of days after she came back. She came back and canceled the appointment with our mediator saying she'll reschedule when she's "ready".

Now she says she changed her mind and is not moving in with him, that she's having a "burnout" because she has to find a job and a place to live. My guts tells me that she's regretting her decision after getting a taste of the real world and what's like to be an adult (she never worked while we were married). What do you guys think?

86

UPVOTES

Divorce is over. Such a relief

AgreeableEducator950 · 21 August 2023 · Archived copy · Reddit

After being married for three decades, finally I'm out of this toxic relationship. Got married really young, both were virgins, and inexperienced. Since day one had issues, but disregarded because "divorce is bad" mindset. Been clinging my teeth for so many years, dealing with constant nagging and neglect. Had zero intimacy for decade, painful. Had enough and pulled the plug. The process took a while, a lot of fighting, left almost everything to be free. So happy to be free.

86

UPVOTES

Name one of the best things that has come from your divorce.

Is0prene · 5 December 2023 · Archived copy · Reddit

Hopefully this helps people who are in the thick of it and need hope.

For me, it is a house that is always clean. No more walking into a shit show sifting through junk on the couch trying to find a place to sit down. My house is so empty and I love it! She used to blame the mess on the kids, well after spending weekends at my place it is just as clean as when they arrived somehow... turns out the mess was simply all hers. No more mess, no more hoarding, free at last.

86

UPVOTES

I scored a little victory today with the mediator...

Feinixaway · 9 January 2024 · Archived copy · Reddit

I divorced years ago to an ex that has been extremely difficult to deal with. I'm talking child abuse allegations, constant insults, threats... you name it.

Today we had a meeting with a mediator to deal with some issues. I brought up the false allegations. The mediator saw the emails, she was not impressed by them. My ex started bawling and saying that it was all my fault because I was aggressive. I was very composed and unemotional during the meeting which made her very angry.

The mediator took notes and told her she expected her to stop sending aggressive emails. That drove her crazy.

The mediator also told her that since she had been working, she was going to have child support reduced retroactively. My ex was claiming that she was not working but she was making over \$50k.

My ex gave hints that she will "negotiate" the amount because she was going through financial difficulties. I said "Oh I'm sorry to hear. We can definitely negotiate a payment plan of the full amount".

I know she will stir things up again but man it feels so good when someone abuses you for so long and finally someone sides with you.

86

UPVOTES

It's All Done

HereinPA1 · 25 March 2024 · Archived copy · Reddit

Just left my attorney's office after signing the separation agreement. Just over 9 months since she told me she was done. Her cash and prizes - \$400k. \$200k in house equity and \$200k from my retirement. 22 years together and she gets paid to unilaterally end our marriage and break apart our family. That will never make sense to me.

Sitting at a tavern now on my way back home to "celebrate" with a beer at the end of this torturous process and the first song that is playing is Pink Floyd's Wish You Were Here. But do I wish she was here? That's an easy answer, No.

Her mask came off a while ago when she told me she's entitled to my retirement so she's not disadvantaged. How in the world an individual can be disadvantaged with an earned income over \$150k is not something I can comprehend.

At least it's over. I put a self imposed hold on my life until signatures were on paper. Nothing else to worry about now. I've done the crying, I've been through the panic and anxiety attacks and I can now truly let go. My grieving of what was has concluded, I can feel it in my bones. The greatest weight I've ever carried has been lifted and I feel free. Free to live life for just me and my kids (18 and 16).

This has been the worst thing I have ever experienced, as you all know going through it yourselves, but I made it. I made to the other side and it feels good. The path ahead is what I make of it and it's going to be great.

86

UPVOTES

Leaving my wife.

BreMills1 · 14 July 2024 · Archived copy · Reddit

I just told my wife I didn't love her anymore and I want to a divorce.. My wife's mother has the Napoleon complex.. She need to always be right, and she was down right disrespectful to her 1st and 2nd husband. She would completely embarrass him in front of people, argue and put him down as a man in front of me and my wife often. He eventually would start getting up at 4am and leaving the house, and getting home around 6pm, and go to bed in the separate bedroom to avoid my mother in law. My wife has been treating me the same way over the years! She always put on a show in front of her mother. I tried to set boundaries, but she hasn't changed one bit! I committed myself to staying because of our son. My goal was to stay until my son graduated from high school. He is going to the 8th grade. But I can't take the disrespect anymore.. We went on a 7 day cruise and she humiliated me in front of my mother, her mother as usual, and a bunch of friends. I've never been so infuriated in all my life. That was the final straw for me! She treat me as if I need her. I make close \$150k annually, and we have \$1.2 million in the bank. I will give her half, no problem. I want to start completely over with my life and be their for my son..

86

UPVOTES

The best financial decision a woman can make in her life is marriage followed by divorce

Imsoadsoveryvery sad · 29 July 2024 · Archived copy · Reddit

All of you already know this. My story. We were high school sweethearts. Went to college together. Her parents moved out of state, making her an out of state student. We had been together 3 years by this point, knew we were getting married after college. I told her I would marry her now, so she could be an independent student, and therefore instate. Financial win number one for her. She got to stay in college at a lower rate, and get her degree because of me.

Fast forward. Divorce. I am a teacher. Make shit per month. I have to walk away from the house equity, in exchange for no child support payments, other than half the medical insurance, so that I can have a reasonable income per month.

She sells the marriage house. Makes a boatload. Now has “her own house that she got on her own.” B*tch your credit score was 620 when we bought our 2 houses while married. My shit was 780+. You needed my income and score to help offset. Literally everything financial step you’ve taken in adulthood is thanks to me.

86

UPVOTES

Ex-wife friend reaches out to me with this below

Hefty-Substance9740 · 12 February 2025 · Archived copy · Reddit

The ex-wife's friend reached out to me with this message below and I don't know why but don't care as much. I just told her I hoped she healed and wished the best but hadn't been responding.

Our divorce was finalized last year in May so what's the point of reaching out now.

Ofcourse! I know this is probably something you don't wanna hear at this point in time but my good sis really misses you. I think with the time spent to herself and just also having very deep convo with her - she really misses you and Ofcourse still loves you deeply. I would feel like a terrible friend to the both of you if I wasn't honest. I don't mean to put this on you either. And I'm not up to anything funny etc. I just want you to know that - just in case you were ever wondering. I believe and know that she knows she has lost the love of her life.

So please understand that although it didn't work out sadly - she really did value you, honor you & deeply loves you still. Sadly wounds were super deep ☹️ But I do wanna say thanks for showing her love especially when y'all were together. You are def a good man & she's a good woman too Just healing needs to be done for the both of you.

I apologize if I over stepped with this. But again - I just wanted you to know that.

86

UPVOTES

Oh gentlemen, how I hate my life

FinAndMinEnema · 11 March 2025 · Archived copy · Reddit

Almost 3 weeks ago, my wife sat me down in the evening and stated divorce and also hit me with the “I don’t love or miss you anymore”. She was still saying I love you the morning of. I knew something was up the prior couple of days with her being gone with friends all day and coming home drunk. We have a 3 year old. I worked a lot and focused on financial security when in retrospect, I should have put in more effort into the emotional aspect of our relationship. But you know what? Screw her for dropping this out of nowhere and saying how it was a 3 month process for her. It took me a while but damnit, my son and I matter too. No communication during that time, no heads up, no mention of therapy. I’ve hated myself nonstop and am purely devastated by what this will do to our son. My mind is broken by how you think you can know someone and be in pure love, only for it to get shattered. Can’t eat, work, lift weights, starting to suffer in school. 8 years together and that’s it. The worst of it is all the begging and pleading I did, how I offered everything and she looked at me with cold heartless eyes. “I don’t love you anymore”

86

UPVOTES

Ex brings homewrecker bf to my kids' events on my days with them.

divorced_dad9875 · 25 August 2025 · Archived copy · Reddit

I shake with anger every time I see this piece of shit who also destroyed his own family by driving his wife and adult child out of their home to make room for my ex and kids. Intrusive thoughts are strong. Impulse control weakening.

I know there's nothing I can do about it; I just needed to vent about these horrible fucking people in my life. I truly hope they suffer horribly.

That is all. Much love to the community.

86

UPVOTES

Lol - why is every man a “narcissist”

polluted_wisdom · 13 September 2025 · Archived copy · Reddit

I know it's just TikTok bullshit and mommy porn and none of these people understand the pathology on a meaningful level

The modern definition, absent of any clinical diagnosis, is that if you say the word NO and you stick with it, you're a “narcissist”

It's just one of the many words that men have become desensitized to over the years

Are you offended when you're called a “narcissist”

86

UPVOTES

Every now and then you get a good little reminder

Etnies419 · 5 January 2026 · Archived copy · Reddit

I was just at the store after work, picking up a couple of things I needed. I prefer to make smaller trips at the store throughout the week when I need to, rather than do a big trip every week or two. My ex would always argue with me about this because she wanted to plan out every single meal for the whole week, and I'm much more comfortable making meal decisions on the fly.

Anyway, I'm walking down the aisle to grab some coffee when I pass this younger couple, and I can already feel the tension. As I walk past, I hear her saying "would you just look at me??" and "I don't care I'll make a big scene." This was all too familiar to me, since my ex and I would always get into arguments at the store over the dumbest things. She would get overwhelmed and then just shut down, and want to figure out/argue about something right then and there. I would always try to at least move her out of the aisle to somewhere a bit more out of the way, but she would just stay put and not move until we finished our argument. And God forbid I said something along the lines of "it's not that big of a deal", her response would be "oh so you think I'm making this a big deal huh??"

I grabbed my coffee and checked out, in and out of the store in just a few minutes. It feels so good knowing I can just go get what I want/need. And if I realize I need something else? I'll run out to the store again. It's not that big of a deal ☹️

86

UPVOTES

I think I get it: she will never admit it.

LaCathedrale · 7 April 2026 · Archived copy · Reddit

- She didn't have strength to fix the marriage.
- She didn't have honesty to end it cleanly.
- She didn't have integrity to be alone.

This is always how she was, this was just the first time I saw her when the chips were down. She was always immature and irresponsible, it just worked in my favour when the sun was shining.

She has behaved appallingly, but she needs to portray herself as 'living her best life' or 'escaping a loveless marriage', etc. so she will never admit it. She is never going to sit me down and admit to me, *"I was a coward and I lied to you because it was easier than fighting for our relationship."* Ever.

It is so hard to look back at the wreckage of my relationship with her and realise in hindsight that so much of it consisted of me holding together the frayed edges of intimacy, romance and "love" while she just did whatever she pleased and if those things coincided then great, but otherwise only held together by my effort.

It hurts to know she's living her best life and already (!) moved on to another relationship, she doesn't regret anything, she doesn't have a care in the world. She spends no emotional currency wondering 'what if...' because she cannot allow herself to be the villain of her own story.

85

UPVOTES

My 20 month divorce summed up in a gif. (Hang in there fellas)

oli_21_ · 16 July 2021 · Archived copy · Reddit

<https://i.imgur.com/xsKks8G.gifv>

<https://i.imgur.com/xsKks8G.gifv>

85

UPVOTES

Late 30s dating...oof

Due_Aardvark8330 · 3 June 2024 · Archived copy · Reddit

This is just a rant, not looking for advice

Ex and I have been split for almost a year now, been doing the gym, kids, self healing for about 9 months now and figured id check out the dating world. Its been 14 years since I was single and I dont really have a lot of friends, hobbies that dont involve kids and family friends with kids at this point in my life, so I checked out the dating apps...

Talk about screaming into the void and paying for it. I met my wife in match.com, back then it was like 20-30 bucks for 6 months of service. Message whoever, search and basically no extra fees. There was no tinder like swiping and people seemed idk realistic? about finding someone. These new aps are just depressing and soul crushing. Want to see who liked you? 30 bucks a month. Want to like someone back? 10 bucks a like. Want to send a message? \$5 bucks. Want to send a message with a higher chance of being read? \$10 bucks. Interested in these "prized women" who arent bottom of the barrel that get no attention? Pay up even more. I just find myself mindlessly scrolling and liking, its like doom scrolling reddit but somehow more addictive and less satisfying. Im getting some matches, lots of likes from women im not interested in. But the time, money and emotional investment just doesnt feel worth it.

Then there is the "prized" women. Every single one is just a copy fucking paste of the last one. "Travel, my dog, coffee, drinking". So many of these women even have profile pictures of their dog licking their mouth, vomits. The number of them that have aggressive breed dogs like pitbulls seems extremely high compared to what the rest of society appears to have for dogs... Then for some reason these women think being late 30s unmarried that now is the time to start having kids...WHAT?! Like every single one of them wants kids and a ring. You're 38 years old, lets say we have an instant connection and get married in 2 years. That means you will be 41 by the time you have your FIRST kid! You will be 60 years old by the time they graduate high school. Then dont even get started in playing the autism/complications odds that start to increase drastically over the age of 30.

I see now why so many divorced 30-40 year old men end up dating 20 year olds. At least with them I dont have to pretend that I want some magical connection that ends with a ring, 2.5 kids and a house.

And I am not at all against dating a formerly divorced woman with kids herself, but so many of them also make it seem like I would be auditioning for the role of step dad. Like why are you putting pictures of you and your kid in your dating profile? I know you have kids, it says so right in your bio. I have kids as well, I would never dream of putting them in my dating app profile, hell it would likely take 1-2 years of really amazing dating before I would even consider introducing you to them.

Just oof man, maybe Ill just stick to being the best father I can be because if I am already this dismayed I dont think dating apps are for me. Ive been making new friends and trying to meet new people through other activities, ill stick with that.

85

UPVOTES

Dating Culture in the U.S. is Broken; Seeking Honest Opinions

SmartRepair688 · 8 September 2024 · Archived copy · Reddit

I got divorced after my ex-wife cheated on me three separate times. Once the divorce was finalized, I decided to work on myself and try out dating apps. But I quickly noticed that around 70-80% of the women on these apps either have kids, are overweight, or come across as extremely superficial, often having plastic surgery, fake breasts, or butt enhancements. On top of that, many can't cook or clean. They literally offer nothing to the relationship, I can't even have an intellectual discussion with them.

I keep seeing posts about people's spouses leaving to date their "work-husbands" or engaging in other behavior that leads to divorce. It seems like a lot of women are just moving on to the next guy who makes more money.

To be honest, I find the dating culture in the U.S. disgusting. And if you try to date women overseas, women in the West start crying foul.

I don't have kids, and I'm not interested in raising someone else's. At this point, I am avoiding divorced women and Women with kids because it's 50% likely their were the reason for the divorce and that's a risky I'm not willing to take anymore.

PS: before you come to the defense of woman, understand that they have these type of post and conversations about men on a general basis, this is just my opinion

85

UPVOTES

Once married, never again.

Artistic-Flow-9442 · 14 June 2025 · Archived copy · Reddit

Can only speak to my experience with marriage. When I was at the alter, expressing and confirming my vows...there was a tiny little voice in the back of my brain: "it will never work." Dang, wish it was LOUD voice, causing me to run right otta the church. Single is the only sure way to happy life!

85

UPVOTES

We had our day in court

Muffettbaby007 · 29 June 2025 · Archived copy · Reddit

Order of protection case in court in Illinois. My lawyer read the case file and quickly identified that this women was a textbook Sociopath. Upon cross examination he asks her if she felt it was ok with her that I (a loving father be kept away from my children for 2 years) she replied yes. He asked her to say out aloud in the courtroom. "I do not want my husband to see our children for the next two years. She says it out aloud with no hesitation. He asks her why she hasn't made one single report to child protective service and she did not know how to respond, totally lost for words.

Lawyer says to judge that this is the weakest order of protection petition he has seen in 41 years of practice.

Cut a long story short and the judge awards me full unrestricted access to the children. The judge saw right through her bullshit and wasn't having any of it. I cannot speak to her for 6 months except through a parenting app.

She cried through the whole case. Finally had to sit there whilst my lawyer found her accountable for the first time in her life. This time she couldn't just walk away because she didn't want to hear it.

I saw her at the airport, still crying I suspect shocked at what had just happened to her.

I feel amazing the judge saw her also for who she is. We have a divorce case to come with the same judge.

There are no real winners in these scenarios however I feel good that Justice was done on Wednesday. A win for the good guys. My judge who was female was very fair!

I found out she had to get a second job to pay for her legal bills. This is incredibly satisfying after I had suggested we settle amicably but she refused citing she wanted a judge to decide everything. I suspect that she didn't want to believe that legal matters are incredibly expensive and now yet again shes learning what living in the real world is like.

Her stepfather and her have been hiding marital assets and will be held to account during the divorce case. There are alot more tears to come from her. She always chooses the hardest path possible and when you try to take away my babies from me then the game is well and truly on.

She also had lost a great paying job previously because she is a major manipulator and her boss had enough of her shit. She lost a 45k payday for 7 weeks of work because she cannot reign herself in and had to always rock the boat. I warned her do not take on your boss, the only person who will lose is you, I said. 6 weeks later she got let go.

Shes learning lessons the hard way these days and its all from self inflicted bad decisions that she also used to make during our marriage.

Karma has shown up in this case and life is getting better for me. This woman has put me through hell and she deserves what life has in store for her.

My children deserve a better role model and they will have it from their dad who will love them unconditionally and teach them how to be a good human being. Hopefully one day she will get help with therapy but I will not hold my breath.

85

UPVOTES

It's the same story!!

Numerous_Study_1846 · 11 October 2025 · Archived copy · Reddit

Yoo everytime I see a guy post here the story is almost the same verbatim.

Whether its been 3 yrs or 25.

- 1.) She starts hanging out with single or divorced friends.
- 2.) A secret "friend" ia discovered.
- 3.) We fight to try to save it.
- 4.) Still fails.

This is unreal, its like its scripted!!

I havent seen a major deviation yet!

85

UPVOTES

Termination of Alimony

Chain-whip · 12 October 2025 · Archived copy · Reddit

First let me thank the community here for what information I could find about termination due to cohabitation. I thought I would add my story for others.

Background: Illinois Married >25 years Awarded lifetime alimony - 25% of take home pay Separated in 2021 / Divorced finalized in 2022 All other financial issues have been resolved since divorce date

She lives states away and we rarely communicate. I saw that she moved a second time, first one she didn't tell me about. Did a quick property record search and it seems she bought a house with a SO.

Found an attorney that suggested to compile as much information as possible. I used paid online search tools to gather the evidence.

Attorney filed a motion. Aggressive, asking for compensation for the period of time they have been cohabitating. IL state law supports this ask.

We got a response within a week with a settlement offer and repayment of some of the monies. Case was settled within 6 weeks with payment back to me. No more future payments

A complete and utter win. Awesome outcome with phenomenal support from the Attorney.

85

UPVOTES

The Quiet Patterns of Split Custody Nobody Tells You About

reclaimDad · 9 March 2026 · Archived copy · Reddit

A few months after the divorce, he was standing in his kitchen at 6:30 p.m. when one of his kids said, “But Mom lets us have screens until 9:30.”

And suddenly it felt like he was losing a fight he didn’t even know was happening.

He went full lecture mode. “Well in this house we have rules because I’m trying to raise responsible—”

His older one just stared at him like he’d grown a second head. The younger one kept eating his dinner. He felt like an idiot the second the words left his mouth.

He’s in his late 40s. His boys are 12 and 9. They’ve been doing the every-other-week custody thing for a couple years now. He’s in a two-bedroom rental in a suburb outside a mid-sized Midwestern city, because that’s what he could afford after the house sold. Their mom kept the bigger place across town. It is what it is.

Everybody warns you about the courtroom circus and the lawyer invoices that make your stomach drop. Nobody tells you that months later you’ll be standing in your own kitchen realizing the real challenge is much quieter.

The kids aren’t keeping score. They’re just trying to figure out why the world suddenly has two sets of rules. Their brains are doing cartography on the fly. The only thing that actually matters is whether your set of rules stays the same every single time they walk through your door. He figured that out the hard way after about eight months of sounding defensive and over-explaining everything.

Then there’s the strange way the outside world starts picking sides without ever saying it.

By the end of the first year, the school office was mostly calling his cell. The coach started texting him the rain-out updates first. Even the doctor’s office left voicemails on his number about a follow-up appointment for one of the kids. He didn’t ask for it and he didn’t “win” it. He just answered emails like a normal human being instead of writing long explanations or copying everyone on every message. The system tends to route toward the path of least friction.

He almost made it worse by trying to “fix” the imbalance. He started replying to every school email with “cc’ing Mom for visibility” like a corporate middle manager. It only made things more complicated. Now he just answers, copies her when it actually matters, and moves on. The world quietly decided he’s the reliable one. That’s fine with him.

The thing that nearly broke him early on was the endless text-thread logistics.

“Pickup is at 6 instead of 5:30 because of traffic.”

“Okay but can you grab the cleats I forgot them.”

“Also there’s a project due Friday can you make sure he works on it.”

Three days later there would be another thread about who was bringing snacks for a class event during a week that wasn’t even his. He realized he was spending more time negotiating schedules than actually being with his kids.

One night he caught himself typing a 400-word reply explaining why 6:15 actually worked better than 6:00. He stopped. Deleted the whole thing. Replied with:

“6:15 works. See you then.”

His blood pressure dropped immediately. The boys noticed too. They stopped asking “Did you and Mom figure it out?” every time something small came up.

Because it was just handled.

Another trap is the instant reply habit. Early on he was glued to his phone like a teenager waiting for a message. A 2

a.m. text would come in: "Can the boys do the science fair project at my house this year?" He'd answer at 2:03 like if he didn't respond immediately he was somehow failing.

That was unnecessary. Sometimes now he lets messages sit for a few hours. Half the time the issue resolves itself or she figures it out. The world doesn't fall apart if Dad doesn't jump immediately.

The biggest shift came sometime around the third year. He was driving his older one to practice and it hit him like a brick: this isn't a phase. This is their childhood. These are the years they'll remember.

Not the court stuff. Not the arguments.

Just what it felt like walking into his place every other Sunday night.

So he started protecting the small things. The same pancakes on Saturday mornings. The same playlist in the car. The rule that nobody touches their phone at dinner.

Not because he read it in a book. Because he realized he was building the place they return to when life gets loud. Sometimes their mom does things better. Sometimes he does. That part doesn't matter much. What they need is at least one house that doesn't change its rules every time the other one does.

He still steps on the same rake sometimes. Last month they spent twenty unnecessary minutes arguing over who was supposed to buy new basketball shoes. Not his proudest moment. But he catches it faster now. He stops sooner.

The kids don't remember who "won" the arguments. They remember whose house felt like the same house every single time.

That's the whole secret nobody really talks about because it's not dramatic and it doesn't make a great story.

If you're in year one and it feels chaotic, it's understandable. Many have been there too. Just keep showing up the same way. Eventually patterns start to form. And when they do, you stop wasting energy on things that don't really matter.

Keep figuring it out. Understand that you will keep making mistakes. But, you will still be here.

84

UPVOTES

You can see the day I discovered my wife was cheating... but damn, I'm looking good!

schmodependent · 30 January 2020 · Archived copy · Reddit



84

UPVOTES

A positive note

JonathanApple · 28 January 2022 · Archived copy · Reddit

My ex racked up 125k with a legal team on par with OJ. Thought was going to give me the bill. Judge assigned me zero fees. Have to savor the small wins. Hang in there fellas.

84

UPVOTES

If you get married you're a fucking IDIOT

Focus_On_A_Check · 26 April 2022 · Archived copy · Reddit

Women are innately the most SELFISH, SELF ABSORBED beings you can find.

True, you have some sweethearts out there, it they're **rare**, and even then the relationship dynamics only really work if you worship your woman. Don't want to worship your master?? Then, "bye-bye".

Just came from a subreddit called "TrueOffMyChest", only to find a lengthy post of a guy whose pregnant wife who is jealous of him going to the gym while she's pregnant and wants him to stay home to get fat with her. Then I read another of a young gentleman who lost "75k" worth of scholarship money because of a false accusation, and can you guess what? NOBODY wanted to hear his side.

The amount of PTSD and flashbacks I'm getting has my blood BOILING right now. I don't care who believes me or not. I've been with more women than the average man, sex, long term relationships, dating; I've had well over 100, in EVERY capacity you can think of, and it's **all** the same, they're all the same, so selfish.

This is the only place on this pussified site that I can vent this without getting a ban.

I'm going full monk mode. Just gym, and my business. I've been fortunate enough to have enough women and experiences that I feel fulfilled in that regard. I just can't be bothered anymore.

Thanks.

84

UPVOTES

Hit with a hard dose of reality

martimook · 19 June 2022 · Archived copy · Reddit

Recently divorced of 6 years, (Not even married... but my province considers it common law marriage).

They passed a property act in 2020 where I live in Canada that states even unmarried people in a relationship split everything 50/50.

What a slap in the face... during COVID peak times and all time high divorce rates they slap this property act in which I wasn't aware of.

My wage varies from 180-280K a year its mostly overtime/bonus that varies. My Ex was on disability from a car accident. So there is a biiiig wage gap.

Based off all my assets I was going to be on the hook for ball park of 150K + 25% of my total pension + anywhere from 5000-6000 spousal + 1900 child support. If she was to go for the throat I'd be living in a one bedroom condo with a 12 year old car, "just getting by" on a Meer couple hundred thousand salary.

Luckily it wasn't an ending with lies and cheating and she doesn't want much, just enough to live. So we agreed to 1750 a month for 3 years and then child support is what it is.

Absolutely blows my mind that this is how the government treats unmarried people who want to split up. (Live together for 3 years BAM, common law)

It has completely soured my outlook on any future relationship when I know that I can be raked over the coals.

Anyone I'm with now is going to have to sign cohabitation (like prenup) agreement so I can even consider living with them.

84

UPVOTES

Got my Final Decree Today! Beyond happy!

plainnameguy123 · 7 October 2022 · Archived copy · Reddit

Guys, I finally have the final paperwork in my hand. Today is a day I will never forget. The feeling of freedom after a “20 year sentence” with a Narc Ex - is indescribable... I stayed positive and stayed in my kids life through the whole process. Any one who is doubting they can make it, keep pushing! It's time for my new chapter...

84

UPVOTES

Had sex with a friend last night after a year without any. I hated it. I was not ready.

Reasonable-Desk-8508 · 16 August 2023 · Archived copy · Reddit

Edit: Thank you all for the kind words. It really means so much to me. This has been such a difficult journey for me and so many of you as well. I'm so glad to have this sub to help me get through it.

As a guy, I figured I could separate sex from emotions. In my head I can, and my body was screaming for intimacy. I met someone who I couldn't develop feelings for but she wanted sex regardless. I decided to go for it since I'm always sitting here with my fists in a ball needing to be touched. It wasn't worth it. I feel dark and empty inside now. I couldn't stop thinking about my wife the whole time and how it wasn't okay that I was doing this despite it being completely over between us. She cheated and left me, and has refused to come home.

I think I just need to remember from now on that I'm not someone who can separate sex from love. For me, they just go together. I couldn't finish with this girl. I couldn't even enjoy it. I just wanted it to be over, and I didn't even want to do it in that moment but it was too late to say no without it being super awkward. (The difference between men and women is I know it was still my choice despite feeling pressured.)

I don't know if I'm venting or sharing wisdom to someone, but don't rush into things if you're not sure about them. It's been a year since she left but I'm still apparently not over her. I doubt I ever will be. She was my everything.

84

UPVOTES

Did Anyone Else Divorce a Slob?

17throwaway-scorpio · 23 August 2023 · Archived copy · Reddit

The divorce was finalized last month and the ex is moving out next month.

One of the biggest things I won't miss is her messy habit. I knew she was a slob when we first started dating. I thought she was going to change post marriage. Nope, she's still incredibly messy.

I could never casually have guests over. There was always shit on the floor. I have always been embarrassed of my place.

Now, I can't wait to transform my apartment into something more livable and homey.

84

UPVOTES

Help: Just seen my ex wife on dating app.

Miserable_Ad_1172 · 7 January 2024 · Archived copy · Reddit

Not sure how I feel. Shock I suppose. Been divorced since August 2023. I knew it would happen one day but still hurt a bit if I'm being honest. Just brought up some feelings from when she walked away (April 2022). Just feeling low guys sorry.

84

UPVOTES

I'm glad to be getting divorced

Expatriated_American · 3 February 2024 · Archived copy · Reddit

I can tell my (50m) story. If you're thinking of getting married then this could happen to you.

Our first 5 years of marriage were happy ones, and then we started having kids. That's when the difficulties started. My wife (now ex-wife) was a SAHM mom, but I was very engaged with the kids in the evenings and weekends. I also worked full time and made good money, did most of the cooking, all the bills, most of the dishes and kitchen stuff, yardwork etc. We had cleaners coming every couple of weeks, so neither of us had to do much there except picking up from the children chaos. And for six years we had live-in child care (au pairs). Money was never a stressor because I made plenty and paid all the bills. I wouldn't say that I did most of the domestic and kid stuff, but definitely a solid third of it. We have always been kind and respectful with each other, and my ex agrees that we co-parent well.

My ex would complain that she was the default parent, but she was the SAHM and not working otherwise. Our sex life was always the weakest point in our relationship, and it got way worse with kids.

I stuck it out through the toddler stage, but our relationship didn't improve after they were in daycare and school. I was very short on time for exercise and self-care in general. Both of my parents died and she didn't step up - at all. I got more and more resentful. When our youngest was 6, and a couple of weeks after my father died, she asked for a divorce and I agreed.

Now she still doesn't have to work, but gets 40% of my salary, has a nice big retirement package courtesy of moi, has a nice place all her own, and we have 50/50 custody so we switch off on being "default parent". She has oodles of time for reading and hobbies and friends. She refused to take any of our pets so I'm in charge of them too.

Certainly my ex thinks her life is better now. My life is better too: I'm in a budding new relationship with a divorced woman in a similar stage of life, who is gorgeous, smart, interesting, professional, kind, and a way better match with me sexually than my ex ever was. I can manage well on my own, excel in my full time job, be a great dad with 50% custody, and be an excellent partner to my girlfriend.

I keep it respectful and pleasant with my ex, for the sake of our kids. But I think she's a fundamentally selfish person who minimizes her responsibilities in every way she can, enabled by alimony and child support. I've moved on and will have a better life without her.

84

UPVOTES

Wife confessed to affair

CoffeeLost7153 · 21 February 2024 · Archived copy · Reddit

My wife just told me she's been having an online affair with another man where they've exchanged NSFW pictures + video chatted and also formed an emotional connection. She said she "ended it" a couple days ago and wanted to come clean.

We have one toddler and own a house together. My mother is actually about to move out of her home into a smaller condo and is leaving me the house (much bigger than the one we have + in a nicer neighborhood).

Our marriage hasn't been good for years and I'm really feeling like this is the final nail in the coffin. We have already discussed the idea of 50/50 custody (physical and legal) in the past, and it was brought up again as an option.

I am feeling like moving out and into my inherited home + 50/50 custody is the best option moving forward.

She is now crying/begging me to take her back and I don't think I have it in me at this point.

Does anyone have any advice or additional tips in this matter?

EDIT: should I tell my mom? They have a pretty good relationship as is.

84

UPVOTES

Fundamentals: Do Not Move Out

dday_throwaway3 · 11 April 2024 · Archived copy · Reddit

Moving out of the marital residence before divorce is final is the worst mistake you can make if you want a fair and quick settlement. This is especially true when minor children are involved, and you are seeking primary custody from the court. Moving out before the divorce is final is like jumping into the deep end of a pool with the horrific realization that you can't swim and the pool is full of sharks.

Do I have to move out because my spouse told me to? No. Your wife cannot remove you from the marital residence without a court order. Until a judge signs the order for you to move out, you have a right to due process. Likewise, do not encourage your stay at home mom to move out. That will likely result in a protracted divorce, and losing the children to the mother. Unless there is domestic violence, the police cannot force you to leave the marital residence.

She's going on about how this isn't good for the kids, and you shouldn't get their hopes up that you're reconciling. Stop falling on your sword. You're being your own worst enemy, even if you have the best of intentions. It's irrational to think you're sparing the kids from acrimony. Think about what your actions are telling your kids if you move out of the home.

I don't want the divorce, so I want to give her space to reconsider. If you act like you have no self-worth and walk around with the attitude that you will do anything to get her back, there is no chance you will reconcile. Women are attracted to confidence, decisiveness and independence, not loyal puppy dogs begging for their attention. Your wife will not miss you, will not respect you, and will not beg you to come home. The partner with the power in the relationship is the one who needs the other the least.

It's too stressful to stay in the same home with her. Doing an in-home separation will be awkward, stressful and uncomfortable. You'll be relying on Radio Silence and your Don't Give a Fuck meter. Many men have done an in-home separation for twelve months. Some fathers have spent *years* doing an in-home separation. If they can do it and reap the rewards, then you can too.

But I'm intimidated by my wife. I'm a nice guy and I don't want to cause problems. Women dominate divorce because they network, use an established strategy and push it to the limit at every opportunity. Your wife is being coached by other divorced hens to get you out of the home. She will be well-armed, in your face and ruthless. If you've allowed her to treat you like a doormat through the marriage, you need to dig deep and get your balls back. The books "No More Mr. Nice Guy" and "When I Say No I Feel Guilty" is a great place to start. Don't overthink it though. You are in charge. Act like it.

But my attorney told me it does not matter if I move out. Why should I disregard his advice when I'm paying him for it? Legally, your attorney is correct. However, divorce is about incentives. And your attorney's incentive is to generate billable hours. By voluntarily moving out, you've just purchased a new BMW or Mercedes for your attorney. Lawyers deal with the situation you present. They represent you, but they don't lead you and they don't give life or parenting advice.

I want the divorce to be over quickly. Moving out will expedite the divorce process. There's no incentive for your wife to settle when you have moved out of the marital residence. You'll be ordered by the court to pay the maximum amount for temporary child support, temporary spousal support, the existing mortgage and utilities. Additionally, the court will be more inclined to award your wife more parenting time with the children, since your actions are telling the judge that you are ok with letting your wife take care of the kids. At this point she has everything she wants – including no you. Your wife has no reason to negotiate, as you've handed her your leverage. Her fantasy is to get rid of you, not to divorce. In fact, she is monetarily incentivized to drag out the divorce for as long as she can since your temporary spousal support won't count towards your final order of spousal support. She is getting a free ride and living the dream! She will enjoy the entanglement of a long and drawn out divorce for years, which allows her to feed her competitive victimhood in the Oppression Olympics. On top of that, there's nothing

more permanent than a temporary solution. Status quo is the greatest bias of the court. Any changes to the temporary orders will be incremental, and at considerable expense and time. Expect the temporary parenting plan to remain in force, and that will be the recommendation from the guardian ad litem (GAL). Even if a GAL is not involved, the judge at trial will look at the kids and say, "Well it's been working for months/years, so let's just keep that going until they're 18." What will really blow your mind is when your wife moves Mr. Wonderful into the house during the divorce, and there's nothing you can do about it. By moving out, it's trivial for her to obtain exclusive use and occupancy from the court. Even if your wife doesn't have a Mr. Wonderful in her life today, you need to anticipate it happening sooner rather than later. After all, divorce is measured by the passing of holidays, birthdays and anniversaries. Mr. Wonderful will be parking in your garage, sleeping in your bed, and tucking your kids into bed while you see them every other weekend. By staying in the marital residence, her dreams for banging her lover are on hold. You will see your minor children every day and be involved in their daily lives. You're demonstrating to the world that you are just as important to them as the mother is. At the first temporary hearing, the judge will instead say, "Well that seems to be working OK, no changes necessary until trial." Now if your wife wants to move out she gets to pay for it on her own, and you're much more likely to get 50/50. Your wife will have skin in the game, and that incentivizes her to settle and get it over with. You will also have a much firmer position if you want to keep the home after the divorce. That can be a vital factor when determining primary custody if the children are school aged. And if selling the home is part of the divorce decree, you must be there to facilitate the sale, as your ex can use passive-aggressive behavior to block every effort to sell it.

OK, I made a mistake by moving out and you convinced me that I need to move back in. My wife changed the locks. What do I do? Call a locksmith and change them again. You can use whatever reasonable means necessary to enter the home such as breaking a window. When your family is surprised to see you back, tell them "Daddy's home." If a judge asks you why you moved back in, then respond with "Your honor, I moved out and missed my kids, so I moved back in."

But my state requires me to live separately before divorce can be finalized. What do I do?*

Maryland – The parties must "live apart" for one year. However, this requirement can be met while living in the same residence by:

- 1. The parties stop having intercourse with each other.
- 2. Using another address for US mail.
- 3. Separating finances and pay bills directly.

When divorce is filed, use the above to document your separation. Alternatively, if you have minor children, you can implement "bird nesting" as a cover story. Essentially, the children remain in the marital residence and the parents switch homes. Bird nesting is not recommended as a post-divorce solution.

North Carolina – Spouses are required to live in separate residences for one year before divorce will be granted. Prior to moving out, it's a fatal mistake to not have a signed separation agreement. This agreement includes all of the stipulations typically found in a marriage settlement. Essentially, the one year separation period in NC is like the first year after divorce in other states. When you move out, there is a law that prevents you from returning to the property. (§ 14-134.3)

Texas – Exclusive use and occupancy of the marital residence is generally awarded to the primary conservator of the children. Only move out once you have temporary orders in place and you are not the primary conservator.

Virginia – This commonwealth has two options for no fault divorce:

- 1.If you have no minor children, and you have a separation agreement, you must live apart for six months.
- 2. You must live apart for one year without interruption.

Both options are tricky, since the state doesn't have a procedure for obtaining the status of "legal separation".

However, Virginia case law provides legal separation examples. It's vital you retain a family law attorney to navigate through the legal separation agreement, as once signed by both parties, case law makes it nearly impossible to set aside. In terms of living apart, it is possible to remain under the same roof as long as:

- (1) the parties stop having intercourse
- (2) one party vacates the marital bedroom
- (3) one party notifies the other of their intention to seek divorce.

That trifecta can satisfy the state of separation. If your spouse doesn't agree to "living apart", then it may be necessary to have a corroborating witness visit the residence, and be willing to testify the parties are living apart. Essentially, it should be apparent to the court that the parties are treating each other as roommates, not spouses.

Examples:

- 1. Do the parties publicly hold themselves as separated? (Wedding rings must not be worn. Friends and family should be told.)
- 2. Do the parties attend events together? (This includes family vacations, but excludes events involving their children.)
- 3. Do the parties have separate bank accounts?
- 4. Do the parties exchange gifts with each other on anniversaries, holidays and birthdays?
- 5. Do the parties do household chores for each other, like preparing meals, laundry, grocery shopping and cleaning? (Eating meals with each other counts as a spouse activity.)
- 6. Do the parties share the same bathroom and closet?

Bchara v. Bchara (2002) is the relevant case law for living apart within the same residence.

84

UPVOTES

Half a fucking million.

Seldation · 10 June 2024 · Archived copy · Reddit

I started a business. I grew it. Fucking crushed it. Still crushing it.

It supported our family while she didn't work and earned her masters degree. We maintained a great lifestyle.

Her contributions were purely circumstantial from the her family wealth. "I can get brave and start a business because we'll never be homeless or hungry". I could take that big risk. And it never even got close to that, either.

And I have to give her half a million dollars to keep it.

Thanks. I hate it.

84

UPVOTES

Her career is tricking men to marry her, then soon after she divorces them and takes everything.

Mr_SlippyFist1 · 10 June 2024 · Archived copy · Reddit

I was 25 at the time and living between Seattle and Tacoma.

I was a single bachelor having a blast.

The night I met her me and my crew of boys were partying at a night club in Tacoma called The Loft.

She was a beautiful blue eyed blonde in her mid 30's.

She approached me, smiled and asked some very direct and pointed naughty questions that let me know she just wanted to fuck.

The odd thing that stuck out to was that she was alone. She had no girlfriends with her. Just her all dolled up going to clubs alone.

That was strange in my experienced, but I knew it meant she was just on dick patrol and I was gonna deliver. Lol.

We hung out for 30 mins or so and she was eager to get to the fun parts so I let the guys know I had an easy score with an older hottie and was heading out.

We went back to her house since I had roommates.

She had an amazing house!

This house was in Redmond WA near the Microsoft campus and it would be at least a \$2 million dollar house today.

Back then anyone making that kinda money and living there likely worked for Microsoft so I asked her if she worked there.

I'd dated a lot of women who worked there but this lady clearly made way way more than the others.

She laughed and said no she doesn't work at Microsoft, she doesnt work AT ALL.

She got the house in one of her divorces.

Said her recently ex-husband does. So does her other two ex husbands.

I laughed and said damn divorced 3 times and only 35?

She laughed too and said that IS her career.

Then she straight up tells me her career is "tricking men into marrying me, who make a lot of money and then I divorce them and take it all".

She told me she planned it when she was a teen. She studied divorce laws and family courts.

Her whole goal was to get a rich simp dork to wife her and then stay married juuuuust long enough to get the maximum in the divorce. I think she said it was 2 years. Might have been 3.

Then she said after she divorces a guy she parties for a year or so and has tons of sex with whoever she wants, goes on trips, decompresses, gets cosmetic surgery and crafts her new identify/personality.

She told me after a year or so of doing the fun stuff she then buys a new wardrobe to match whatever story she is spinning and starts hanging around places where she will meet her future 4th husband.

Seduce him in a way that leads him to believe her lies about her history, her likes, her personality, etc.

Laughed and said its easy when she is THAT far ahead of them and her lies and stories are designed to give her all

these advantages later to get more.

Rinse and repeat.

Told me those men are only good for providing her with money and a kushy life.

Told me men like me are good for everything else and that was how she gets it all.

It was super eye opening to me.

I had NO clue women like her even existed and it could be a con FROM the beginning.

These guys she said were mostly nerds and geeks in school.

They had never gotten the girl and now that they were making money, good career, professional white collar job, maybe glowed up, that they think they're just attaining the girls that previously they couldn't.

Fiiiiinally getting the girl. Finally their turn.

Nope. Just a naïve inexperienced fish staring at a hook without realizing it.

And she said she fosters that idea in their minds. That they now have earned this life and earned her and she love bombs and showers them with praise and they gobble it up and trust her fully.

Suckers.

Use your brain fellas. Trust your Spidey sense.

Ask yourself how this can go wrong for you and how to protect your life while still getting what you want.

84

UPVOTES

A positive thing about divorce

Borntadoodishes · 23 May 2025 · Archived copy · Reddit

Watching a sports game from start to finish in peace, without guilt or distractions or needing to think about what to do afterward for compensation 🤔

I'm watching all the NBA playoffs, haven't done that in years

It's really nice!

84

UPVOTES

The hardest truths of divorce

Ok-Guidance6491 · 1 January 2026 · Archived copy · Reddit

TLDR - the hard truth and the positive upside.

First the bad news: The girl who you thought was “one of the good ones” did things to you that you never thought she would or was even capable of. But she betrayed, denied, lied, and blamed and punished you. Going forward she will most likely never apologize or even admit the truth because that’s not in her nature. She needed to invent a narrative so she would not lose her “good girl” status.

What’s more she isn’t alone. Looking for a new woman? Almost all of them out there are just the same. And this isn’t new. In the past most stayed because they financially had no option and they were strongly dissuaded from divorce. It’s the opposite now. They can leave and are encouraged to do so, so they do.

Now the good news:

She didn’t “get away with it”. She knows what she did and she has to live with herself. Her proud bragging online like she has “moved on” is just overcompensating and cope. Don’t believe the hype.

You now know that there is a balance between being dependable/boring and being exciting/attractive. And you can use that knowledge to have whatever type of relationship you want with women in the future.

You have your freedom back and you will never allow yourself to lose your identity again within a relationship.

You have good memories. Everything comes to an end, but life isn’t about winning. It’s about enjoying. Like losing a championship game but still knowing you pulled your weight and gave it your best. It was still a great game!

Good luck guys. It’s sobering but doesn’t have to be depressing. Smile, Goddamn it! 🙄

84

UPVOTES

My [40m] 5 year marriage to my wife [40F] just blew up and my wife ended up in jail and I don't know what to do.

Otherwise-Cycle-2768 · 27 June 2026 · Archived copy · Reddit

Forgive me as I've been up for over 24 hours and am still shaking from all that's happened.

My wife and I have had a very tumultuous marriage. We've been together over 5 years and have two very young kids (2,4). She unfortunately lost her mother early on and it caused a lot of pain that never went away for her. There are other complexities that just would take forever to go through. The bottom line is we've been struggling for awhile and have either needed to get help or hit bottom.

Welp. The bottom came tonight and hard. My wife came home from being gone all day and told me she wants to file for divorce and she wanted me to leave the house immediately. I was asleep at the time - it was around midnight. So I was incredibly overwhelm confused etc. I told her I would NOT be leaving as I pay to live in our house but would go sleep downstairs. She demanded I leave the house or the police would be called. I told her to do what she needed to do. Welp sure enough she called the police and they told her that I was in no way going to be forced to leave albeit suggested we stay away from each other for the night.

After they left I returned to my bed where she followed me and this time screamed at me to get the fuck out of the house. When I affirmed I would not be leaving she picked up a jar and through it at me. I immediately started recording just in case and 911 was called again.

I filmed her attempting to force me to hang up on 911 as well as her telling her niece to try and get my phone away from me. The police came and separated us and asked what happened.

I explained what happened and they asked if I wanted to press charges. I said No (even with everything happening I didn't want this to hurt her or her career). The officer told me that if I chose not to then I would be forced to pack a bag and leave. I thought that was bullshit but agreed and left to pack my bag. After packing my bag I went back to the cops who now have informed me that California law requires them to arrest my wife and there's nothing I could do about it. I got extremely upset that I was lied to but there was nothing I could do.

Shortly after her brother and other family members kicked open my bedroom door and threatened me and threw stuff around because it was apparently my fault that she was arrested. Even though our ring doorbell shows that I got lied too.

Anyways to make an extremely long story short. I'm laying her in silence wondering what in the fuck to do. I have paid a bondsman already to have her bailed out. But clearly I need to leave and give us time apart for who knows.

My questions are : In the immediate term, what do I do with my babies. Who do I need to contact, what should I do to ensure I get my 50/50 IF this really is the end.

Also - what should I do about the charges that were put on my wife. Is it better to just let them go- tell the DA everything is fine. My wife has a very good career - and this could absolutely ruin her. I'm very hurt and agree about everything of course but obviously Everything is very raw at the moment. Should I let things go and try and see if I can make piece with my (ex?) wife?

With my head spinning I just don't wanna make mistakes in these critical first few hours after everything happened. I wanna make sure I'm covered , my babies are ok, and then whatever is to come from my partner and me. Apologies for the rambling - it's been a fucking insane 5 hours :(

83

UPVOTES

The Struggle of being divorced

oli_21_ · 31 January 2022 · Archived copy · Reddit

Been final for 9 months now.....but have been on my own well over 4 years.

It's hard waking up in a king sized bed with an oversized warm plush comforter. The smile on my face is almost unbearable at times. That comforter was hard to find for a tall person like myself.....but it's been worth it.

It's a real struggle coming and going as I please. No one to nag me or second guess the decisions I'm making. Not having to give an explanation for why and what I'm doing. I'm not sure I'll ever be able to cope.

Meal prep is a real bastard too. You know eating healthy once ever 12 hours or so? Damn I don't know if this kind of routine will be sustainable long term. It's so basic and so simple. Keeps the weight off and my overall health in good form.

Now for the real struggle.....spending money on myself for whatever I need. Not sure how I'll ever be able to adapt to having buckets of cash on hand at all times. The no worry of debts and if my money is being spent on nails, hair, shoes, clothes.....is just so so tough.

On a more serious note.....it's like women can smell that you are in a good place. I've had a few smiles and it's hilarious to me. If anyone is going to be chased it's going to be me. Not the other way around. But I really got to thinking about it. Outside sex and female companionship.....what is added by pursuing someone?

For the life of me I can't think of a single thing that they bring that I don't already provide for myself. I mean an orgasm? There really isn't much value added.

Fellas the juice of marriage is not worth the squeeze. It truly is not. I'll NEVER allow the gov't to involved in my life that way ever again.

I'm not saying the life I live now was easy to adjust to.....it took a lot of deprogramming. Some of which I think I already had in there to begin with because I never put up with the nagging and bullshit anyway. It's like I had to break out of the plantation in order to experience true freedom and live life.

I will say this.....once you wake up in a warm king sized bed alone with a plush comforter.....it's pure bliss. You WILL NEVER want to go back to the futon.....EVER.

All the best fellas.

Cheers!

Edit: I know one aspect with men is that some desire children or to carry on their name. I didn't mention that I have a 3 year old son I share 50/50 custody with so that's not really something on my checklist as it's been fulfilled.

Also, I don't want to shit on marriage. If some of you remarry and it works out.....that's awesome.....as men we have to do what we have to do. Just learn from the lessons in life and get better.

83

UPVOTES

Light at the end of the tunnel, hang in there

Dwro1234 · 13 August 2022 · Archived copy · Reddit

Hello,

I wanted to share my experience after divorce with everyone here. I was on the subreddit 2.5-3 years ago when this process started, looking for advice, support, etc.

I was devastated, depressed, and mentality/emotionally lost at first. Found out the wife cheated, drained savings, opened credit cards in my name and maxed them out, I went from having +\$100k saved to buy a house to -\$30k in debt. I was near suicidal, lost 40 pounds, didn't sleep, I clenched my jaw so hard I cracked a tooth, it was rough.

I want you to know, that there is a light at the end of the tunnel. Things will get better, you will recover (emotionally, physically, and financially). If you have kids, focus on them and their well being, it helped me take my mind off of a lot of stressors. Go see a therapist, it helps to get some outside perspective. Try a new hobby. I started sailing, which is surprisingly cheap compared to most other hobbies. Don't go right back to dating, take your time, enjoy being single for a bit, let those wounds heal.

I am now 1.5 years officially divorced, the divorce itself took about 1.5 years due to covid shutting court rooms down and creating a back log.

I am happier now than while married, still single, exploring new hobbies, and spending better quality time with my kids. I ended up getting my kids 5 nights a week. Life is great, not always easy, but still great.

I wish you all the best and keep your heads up.

83

UPVOTES

Men, Marriage and Michelle Obama

kellyleaklives · 30 December 2022 · Archived copy · Reddit

In an interview yesterday Michelle Obama said "there were 10 years where I couldn't stand my husband." (Easily Googleable; it's everywhere). TEN YEARS.

While I'm astonished that she blurted it out, her message doesn't surprise me at all. It is all too common in American marriages; my mother certainly behaved as if she hated my father for most of their 50-year marriage. My wife turned on me like old milk about 8 years ago and has been very clear that she despises me.

One only need listen to women's gossip in any workplace or to girltalk at a random brunch table to understand how completely normalized this is. There's no cultural taboo on American women giving themselves permission to unashamedly hold their husbands in utter contempt.

It doesn't seem to matter how well you protect or provide, how good a father, how loyal a husband you are. It's more than just a sitcom cliché. If a woman expressed this kind of gross disrespect to a stranger or even a homeless person pissing on her lawn, she'd be pilloried. But it's (increasingly, I think) an unremarked aspect of American culture. And I don't get it.

I'm posting here because I think there are a lot of shellshocked husbands and ex-husbands (including myself) who just don't understand how we came to be so viscerally hated by our chosen mates. Would love to hear people's thoughts on this.

83

UPVOTES

Anyone thinking of dating a single mom?

[deleted] · 13 December 2022 · Archived copy · Reddit

I know its tough to get back into the dating scene following a divorce but getting serious with a single mom is the road to ruin. If you are on the fence, take a tragic trip to the SingleParents subreddit for insights that can't be unseen. Hoards of overwhelmed, broke, clueless divorced moms wondering where are all the good men at? In other words, how do I find another fool to bail me out of my lifetime of bad decisions. The best warning a man could be given. Thank me later.

83

UPVOTES

Just Like That, 26 Years.

MissionToe3030 · 20 March 2024 · Archived copy · Reddit

Hey Fellas,

I have joined the official statistics. The wife called it quits 6 months ago and we're in our final stages of officially being divorced. ***I have never worked so hard in my life.*** Being the sole provider, being a responsible father raising two fully grown kids, being the ideal husband and provided my wife a life that is of envy of her friends. As if what the fuck Just happened? What have I done to deserve this?

The crazy part was that it wasn't even that long ago she was dogging her own friends being divorced friends divorcing in their late 40's stupid and crazy. Well, here am I today. I'm on the receiving end and she just did it herself.

I am beyond destroyed internally. Not only the betrayal but it was the divorce that made me realize how long I have been a battered husband and how much I tolerated for the sake of keeping the family together. I was both physically and mentally abused because she was diagnosed with BPD right after our first born. Things got better over the years but the narcissistic and verbal abuse never ended.

At one point in our marriage, it was so bad dealing with BPD issues that I told her I wanted to "Off Myself" because I couldn't deal with it no more. I couldn't because I couldn't see my kids being so young and will be bounded around with their sick mom.

Even with this divorce she has refused accept her issues and blamed me for ***everything*** that has happened. How is it for a human being that has a conscious (regardless of sex) do this to someone and not accept they have done?

So, what triggered all this? Because I stopped tolerating her abusive behavior and set boundaries. I was hoping as she's gotten older, she'll get wiser and really worked on her issues.

I'm beyond mad because if someone should file the divorce, it should have been me when she was full on bi-polar. I'm mad because I took the vow seriously (good times and bad) and it's so easy for her to just throw it all away because she's not "happy".

Forward 26 years, we should be enjoying the best years of our lives, but I get a divorce from her.

83

UPVOTES

Divorce is Great, It's Time! DIG IT!

tomsnow164 · 27 May 2024 · Archived copy · Reddit

So I know a lot of us, were scared shitless and heart broken when it started. Then the courts put us through the wringer. Then the dating game did its thing. But I think those of us that have done the work know that Divorce Is Great.

I love my current life, I look back with such regret about what an idiot I was for staying. I wish I would have left earlier. Maybe I wouldn't have learned the same lessons but damn I wouldn't have went through the pain. Which brings me to the second half, It's Time. Mens response for other men expressing marriage problems needs to be "it's time, get divorce now"

I think we all know that there is no saving these marriages, we would love it if our effort was rewarded but it was punished. Every two days you stayed was another day of alimony you might pay. And another day for her to move farther away.

The problem is we all keep working to keep the marriage together, but 56% of the time it's going to fail then the other 44% are largely miserable.

I love me single life with my kids. It's simple and enjoys what I want and I'm not the focus of somebody who is nagging while treating my simultaneously like a child and the one responsible for their happiness and livelihood.

I'll work on the pitch, but my new company is called DIG IT... Divorce Is Great, It's Time.

83

UPVOTES

A small, almost petty win

Several-Eagle4141 · 6 October 2024 · Archived copy · Reddit

Been separated for some time after an 18+ year marriage. Don't need to go into details but it's the usual stuff we've faced. I was married to an enabler selfish person who only thought of herself first, kids second, career third and husband twelfth.

Recently got a text saying "who is M" randomly one day from the stbx. Turns out the name of X is a pseudonym that this girl uses only on social media. I haven't seen this girl since high school over 25 years ago. One I never ever dated either. Turned out the stbx was threatened by how often this girl liked my FB statuses (usually pics of my kids). So, I took it as a cue. I reached out to M directly and suddenly here we were meeting up at an event she had an extra ticket for (party of 8). It was just fun times and some catching up. Nothing more that night.

The next time we met, it was pure energy. Two broken souls who endlessly give to others now were beside one another. It wasn't awkward at all. Dinner was good. The sex was hotter.

After living in a [r/deadbedroom](#) for so long I even had a little trouble fully rising to the occasion at first. Her kind spirit never broke stride and completely rocked my world. Then again. Then we cuddled and fell asleep. It was pure bliss.

None of this would've happened if my stbx didn't start trouble.

Guys, you never know where you'll find the next one. She may be part of your past. Stay strong, brothers.

83

UPVOTES

No More Mr. Nice Guy

Puzzleheaded_Fun4421 · 23 October 2024 · Archived copy · Reddit

I've seen a lot of recommendations here for the book No More Mr. Nice Guy by Robert A. Glover, so I decided to get it and listen to the audiobook as well.

Many of us come to this sub to vent, and that's perfectly fine that's what this space is for. But one key takeaway from the book that really stood out to me is the focus on seeking approval from others.

I highly recommend this book to both married and divorced men. I've also included a YouTube link where you can listen to it for free. Just give the first hour a try it'll completely shift your perspective.

Big thanks to everyone who suggested it. This book has been a game changer for me helping me better understand who I really am.

<https://youtu.be/ojgUuCXvIMI?si=-u0zPpGYjMIC5ND2>

83

UPVOTES

Everything collapsed at once and my wife just asked for a divorce

seck87 · 19 November 2025 · Archived copy · Reddit

I'm a man in my late 30s and in the last months my life basically fell apart on multiple fronts at the same time. I'm having a hard time even believing it myself, so I'll just list it.

– Our family business (that I've been working in for years) failed. I'm literally in the middle of selling our office furniture and remaining stock. – My brother has talked about killing himself. I managed to convince him to see a therapist and he was prescribed antidepressants, but he refuses to take them. – My father was diagnosed with Alzheimer's disease. – My mother has decided to divorce my father. – The job market in my field is awful. My career transition stalled, so I'm basically still working part time in the dying family business. – Over the last year I actually made serious money in the stock market (about 35x my monthly salary), which has been one of the only things that made me feel competent and in control. – My wife told me she wasn't attracted to me anymore, started saying she sees me more as a friend than a husband, and a few days ago said her decision to divorce is final. No "if you do X I'll stay," just: it's over.

On top of that, I'm on venlafaxine (Effexor). My psychiatrist had suggested going up to 225 mg but that made me extremely sleepy, so I went back down to 150 mg. I've wondered if some of the "strange strength" I feel is hypomania or just adrenaline and survival mode.

What's messing with my head is that part of me feels *weirdly strong* and focused, like I can get through this. Another part of me feels like I don't even have the right to be stressed, like I'm a spoiled brat for struggling, even though objectively this is a ridiculous amount of loss all at once.

I'm not suicidal. I'm not planning to hurt myself. But I am:

– exhausted – hurt and angry about my wife choosing this exact moment to leave – worried about my brother – scared about my dad – ashamed about the business failure – and confused about who I even am now

I'm trying very hard to handle this with as much grace and dignity as I can: – I don't want to beg my wife to stay. – I don't want to trash her or become bitter and hateful. – I don't want to blow up my finances out of emotion. – I don't want to completely collapse either.

What I'm looking for from this sub:

– If you've been through "everything fell apart at once," how did you keep going day to day? – If you've gone through divorce while also dealing with family illness / financial collapse, what helped you not lose your mind? – Any practical coping routines that helped you?

Again, I'm not in immediate danger, but I am under extreme pressure and would really appreciate some outside perspective, coping ideas, or even just "I went through something similar and survived" stories.

Thanks for reading this far.

83

UPVOTES

I finally broke last night

Huge_Mug776 · 19 January 2026 · Archived copy · Reddit

My STBXW and I agreed to a divorce back in September. We agreed to wait until after our youngest son turned 18 to file in order to avoid child custody issues.

I bought her out of our house and have been waiting for her to find a place (we still share the home) and also to see what her financial situation looks like before we file. I've been patient and a bit reluctant. I have been wanting to talk to an attorney to get some guidance on the process and have been putting it off.

She has a drinking problem. She decided to participate in dry January. This past week her FWB encouraged her to break it for some reason and she listened to him and bought a bottle of vodka over the weekend. The hell that she unleashed in our home in her drunken state finally got me to commit to filing. I'm connecting with an attorney this week if I can and will file as soon as practical. I am considering asking her to find a place of her own within 60 days.

She offered some halfhearted apology to the family via text in the middle of the night for her behavior last night but then proceeded to blame our oldest son for her outburst.

I can't live in a toxic environment anymore. And I absolutely refuse to let some other man (who is cheating on his wife with my STBXW, by the way) have that level of control over what goes on under my roof.

I. Am. Done.

83

UPVOTES

Why do we allow women into our community?

Flapique · 28 March 2026 · Archived copy · Reddit

I was just blocked from a support page where apparently men are not allowed and it's just a bunch of women giving support for others bad decisions. Why do we allow them access where we will always be denied? I don't think women should be allowed in this community. It's obvious they don't want us in theirs that are similar, so why aren't we on the same page?

82

UPVOTES

Common theme I have heard from women including my ex wife: I never loved him. Rant.

DivorcedConfused · 20 June 2021 · Archived copy · Reddit

This one always bothers me. After my divorce I have dated many divorced women and have stumbled upon a common theme. They always tell me in the most nonchalant way that they married, built a life with and had kids with their ex-husbands but they never loved them. It always bothers me. Why agree to marry a man? Why have children with him. Why have him put all his resources and time to you. I guarantee you that man did Love you. I would rather hear that she loved him BUT he was a liar, cheater, wife beater or something horrible and then she left him. I absolutely adored my ex wife. I gave her 3 kids and beautiful home and was looking forward to growing old with her. But I always felt that her feelings were not the same and it was confirmed during our divorce. I had to fall out of love with her after 20 years of marriage. I had to mourn her loss in my life. I read her emails to one of her lovers where she said exactly what the women I date now say. I never loved him. Such bullshit. The women I have dated now all at some point “fall in love with me” and I can’t help but to doubt them.

82

UPVOTES

I bought a recliner!

PoppinPMAGs · 13 March 2023 · Archived copy · Reddit

Financial TRO has been lifted, and even though I'm still in an apartment and it's not a need, ex never let me have a recliner.... Well today I went out and got my old man comfy leather recliner I've always wanted.

Celebrating the small wins!

82

UPVOTES

Immediately after she left, my income doubled.

Ecstatic-Shopping313 · 2 April 2024 · Archived copy · Reddit

She left, I begged her to stay. After a few months, I told her that money would soon not be an issue and she should come home. We were always frugal people, but for a bit we were living paycheck to paycheck. She refused to work but was always so quick to spend. It became an addiction. I did the math, and she was spending an average of \$50 more per day than I could earn, over the course of a month.

Right after the divorce became final, My VA disability increased substantially, my side business took off, and I was offered a new job making twice as much working for the city.

I won primary custody, got to keep the house, and now I'm financially better than ever before. She lives in her mom's basement and doesn't have a car.

I'll send her a postcard from our trips to Disneyworld each year, and I'm sure my kids will tell her they'd rather be at home on dad's boat on the weekends they are with her. Oh well.

82

UPVOTES

It's official

dfb54749014 · 30 August 2024 · Archived copy · Reddit

Today I officially join the ranks here. The judge signed off on the papers this morning.

I had been lurking here for a while after she dropped the 'divorce bomb' last June. It quickly became daily reading for me, so I went ahead and clicked the join button.

I never actually posted my story. But I quickly found out I didn't need to because I've seen so many others post my story for me. Hahaha.

Quick recap though... Together almost 23 years, married almost 17. We have 2 kids (15 and 13). She wasn't "happy" so I was cut off emotionally and sexually and she proceeded to have an affair.

Divorce started last October and here I am 10 and 1/2 months later. Done.

I feel I'm going to be much better and stronger moving forward. I'd like to thank everyone who posts here either telling their stories or offering advice. I will try and do the same for our future brothers. This is a great community.

82

UPVOTES

Barely surviving

Canadian_builder1081 · 2 September 2024 · Archived copy · Reddit

Is anyone else barely hanging on here? Ive gone from living a comfortable married life, albeit unhappy in the marriage, to living like a hermit? we used to have regular fun vacations, nice things, good social life, making memories with kids. Im now watching every penny i spend, can neither afford nor really wish to get together and socialise with people. I am unable to plan for, or even imagine what a future looks like now, for myself or my kids, and every other week when my kids are with their mom i just occupy myself by doomscrolling.

It doesn't help that my job is stressful and unfulfilling, but i cant quit as its the only thing keeping me afloat. Cant afford to go back to school or find another career at 43 as this one pays well (but not well enough to get ahead or save).

Im 2 years out from separating and buying my own place. Regularly hit the gym, have cut out booze and weed (mostly) and try to meditate daily. Starting to worry that im chronically depressed or anxious (or both) but don't want to be on pharma meds.

Summer was a challenge with the kids (preteens) and without family around its hard to find someone to talk to (without paying \$250/hr for therapy) which i do once a month.

Heading to the gym now after laying in bed for 2 hours this morning scrolling. I know im not "alone" in my misery....looking for success stories how you would get yourself out of this funk?

82

UPVOTES

What a bizarre end to a marriage.

Automatic-Piano-988 · 11 September 2024 · Archived copy · Reddit

Can't believe how easily replaceable I was.

She threw me away like trash even though we were together 10 years.

Immediately moved in with someone and got pregnant. I didn't have a conversation with her even. This was 2 years ago.

Just a few months ago she briefly texted me some randomness and then went back to silence.

So I went from being "happily married" to complete silence to fast forward 2 years getting a random nonsensical message to getting silence again.

It reminds me of the betrayal of smothering someone you're close to and throwing away the body like trash. In this case the body was our marriage and me.

I just got ghosted, cut off, and she acted like I never existed. Biggest mind F ever.

2 years later and I still can't wrap my head around how bizarre it all is.

82

UPVOTES

Happy birthday?

Ok_Builder_3285 · 27 September 2024 · Archived copy · Reddit

Today is my 44th birthday. It also marks 5 years since I had dinner with a woman or even so much as kissed one. Not for lack of trying on my part.

I was with my ex-wife on my 38th birthday and immediately afterward I discovered she'd been having an affair, which led to the discovery of multiple prior affairs over the course of our 20 year relationship.

I will spend tonight with my 8 year old and my 10 year old and we will do whatever they suggest and think is birthday appropriate. I'll enjoy it for their sake, but I don't feel much like celebrating anything.

82

UPVOTES

Your going to be ok !!

david10277 · 25 October 2024 · Archived copy · Reddit

I wanted to write something to all the guys going thru a divorce

I want to tell you it's going be ok

You are stronger than you think , you wiser than you know. Life has a funny way of removing us from toxic people who where doing nothing but killing us inside.

I was married for 20yrs and with my wife for.30yrs. 4 kids and she had the affair and filed

On top of that I have to pay cs and SS because I earned more than her. My divorce took everything from me..financially , mentality and spirituality and lasted 2 yrs of lawyers draining my bank account.

There where days I just cried

There times I justed wanted to give up

But I pushed on..and pushed on..and got it done..sold my home with all my memories and had to close down some of my online businesses and wait for the storm to pass

My divorce cost me 80k in legal fees and I can never trust another women.

But..

I look back to where I was to where I'm today and I am stronger person and have more freedom and no more wondering or gaslighting or toxicity with a women who never loved herself. She didnt deserve you and we didnt want to accept that..

To all you guys reading this..you will get thru it..you will survive and build a better life.

We have been great fathers, great spouses so dont let anyone tell you anything difference..

Remember there must a rain for the flowers to bloom. If no ones ever told you this.. you did a great job..just finish it and move forward , some of us have built a better life..post divorce..

I wish you perseverance and strength to weather this storm. This too shall pass....

82

UPVOTES

I'm lost. My wife doesn't love me anymore and wants separation and divorce. I am devastated

Consistent_Catch5757 · 13 April 2025 · Archived copy · Reddit

I am feeling so desperate to understand what happened. We've been married for 37 years, together for almost 40. She wanted no more sex 6 years ago. Just straight up told me she didn't find me desirable or attractive. That she couldn't stand the look of my naked body. That was truly devastating. I was not fat or out of shape. I always stayed fit because of my physically demanding jobs. She just didn't want me. Now six years later, she's done with me altogether. She says she doesn't love me, she's not in love with me. She doesn't want to do anymore counseling. She doesn't think there's anything to be done I am so at a loss for my self worth. I tied everything I had and known into being a father and husband. It is what carried me through the challenges and frustrations of working to make my family's life better. I feel like the rug has been pulled out from under me and nothing is slowing my fall. I don't see another minute worth it.

TLDR: I guess I'm getting divorced even though I don't want it.

82

UPVOTES

Resentment Process, Walkaway Wife

Boglehead101 · 22 April 2025 · Archived copy · Reddit

I know we're getting a sticky or a sidebar. Here's good information I found re the resentment process. Might help some and certainly relevant in my situation.

Resentment Process

Resentment and how the narrative solidifies

Resentment builds when someone feels consistently unheard, unappreciated, or wronged in a relationship. Over time, if these feelings aren't addressed or resolved, they can shape the way a person perceives their partner. Even if you think the issue was solved because you apologized and made amends they will never let it go. She will receive validation for her feelings from her friends, family, social media, or orbiters.

For a woman who harbors resentment, her brain starts filtering interactions through that negative emotional lens. Instead of seeing her partner as they are in the present, she begins constructing a narrative that justifies her feelings—one that often emphasizes the worst aspects of their behavior while minimizing the good.

Here's how it happens:

Selective Memory – She starts remembering past conflicts in a way that reinforces her resentment. Small issues that were once overlooked become proof of a larger pattern. Again her validation for her feelings will come from outside sources. Anything good the partner does might be dismissed as temporary or self-serving.

Emotional Re-framing – If she felt unsupported or hurt repeatedly, she might start interpreting neutral or even positive actions as negative. For example, if her partner is working late, instead of seeing it as responsibility, she might frame it as avoidance or lack of care.

Confirmation Bias – She unconsciously seeks evidence to support the belief that her partner is the problem. If he forgets something small, it's seen as carelessness or proof he doesn't value her, rather than an honest mistake.

Victim vs. Villain Dynamic – In her mind, the relationship may shift into a story where she is the one who suffers, and he is the one causing that suffering. This can make her defensive, dismissive, or even indifferent to his struggles, because she feels like she's already been wronged enough.

Emotional Distance & Justification – As the negative narrative solidifies, she might feel justified in withholding affection, respect, or kindness. She sees it as a response to his actions rather than a choice she's making.

Once this cycle takes hold, even if the partner tries to make things better, it may be dismissed as too little, too late, or not genuine. At that point, she's not engaging with reality—she's engaging with the version of him she's created in her mind.

Once this happens there is no coming back from it.

Does this align with what you have experienced?

82

UPVOTES

Looks like im joining the club I never wanted to be a part of...im heartbroken and not sure I'll ever trust another woman again.

Aggravating-Station9 · 5 June 2025 · Archived copy · Reddit

Going through it right now boys... so we started counseling a year ago, but I never thought divorce was on the table, we have a 3 yr old, she was a SAHM the first 2 years. Said she got depressed end of last year, then put on SSRI meds in feb of this year, by end of March mentioned separation and I was told I was a great father and provider but she feels emotionally alone.

Meanwhile I'm grinding myself down trying to take on most of the responsibilities so she could still mainly focus on being a good mom, which she is I'll give her that. Not saying she had to do all of it, I still took him to school and picked up 2 of the 3 days /week along with taking him out of the weekends to give her time and space to do her own thing. I did majority of the cooking, paid the bills, did all of the outside house work and half the inside work, even did my own laundry (which she's never done mine even when SAHM and me working 50+ hrs during busy season. I know I'm not perfect, but just trying to give context here.

Anyway, past month we had a family trip and when we returned she indicated she wanted a divorce and would move out next month...really caught me off guard. It seemed so quick how she just flipped from wanting to improve our relationship via couples counseling that she asked for and I said I would do, to just totally disregarding and throwing away our 9yr relationship, over 5 yrs married.

I a couple times mentioned that I was concerned about the new meds she was prescribed, thought it was causing emotional blunting towards me...she's sober 12+ years and highly sensitive to meds, but she wasn't hearing it. Our routine of hanging out after dinner and once our child was asleep stopped in February, and she started going to bed at 8:30pm when our child went down. She just seemed to have zero interest all of a sudden in me (past 4-6 months)

Anyway, could of weeks ago, about a week after she said she wanted out and her own place (which I thought was extremely quick) she said she was going out with friends and would be back after bedtime of our child, so I would need to handle that...ok no problem. Figured she'd be back around 9, maybe 10 tops...Well she doesn't show back up until after 11pm. This woman has literally never done this before since I've known her, so that raised some red flags. She doesn't drink so she's not one who likes to stay out late especially when alcohol is involved in a situation.

The following weekend, she did the same thing, but this time I had an idea of where she might be going, and sure as shit, she was at an old coworkers house who just went through a divorce a year or so ago with his wife and 2 young kids...

To jump back about a year ago, she asked if I had a problem with her and my son going to the zoo with this former co worker she was friends with and his two kids. I at the time was getting back into hobbies (at her request actually) so I was out golfing most early Saturday mornings, so I felt like it was reasonable to say yes to her ask and then we would join back up Saturday afternoons together, but a few months later, last fall, she comes to me and says this co worker asked her out to dinner but without the kids, he was going through his divorce or just went through, not really sure, but in the back of my mind I wondered if he had a thing for her...I'm like uhhh wtf, like do you really want to spend your time doing that...especially when we hardly have time let alone afford going out just the two of us. I said I wouldn't say no, but that I would prefer it at least be lunch so that this guy doesn't get the wrong idea. I met him at her work Christmas party a year or 2 before, so he knew I existed and she was married.

Anyway, back to the night she went to his house late and didn't get home until 11pm, I texted her telling her she was not welcome home tonight and she should just stay at this former coworkers house, bet he wouldn't mind...didn't say it that nicely tbh

She def didn't expect me to know where she was bc we stopped sharing locations recently the past couple of weeks. I called her a cheater among other things in the text, she didn't respond until she got back to the house. From there I

won't go into much detail but cops got called, and she ended up staying at a hotel while I stayed home with our sleeping child.

On 3 separate occasions I really let her have it to about being a cheater yet being this healthy relationship "teacher" to kids of all things, yet seemed to be having At a minimum an emotional affair with this former coworker, as the past year during his divorce they texted a lot and she was basically a quasi therapist for him.

I said that was weird but she assured she was keeping boundaries... anyway after showing up late and that being totally out of character for her, I'm pretty sure that whatever emotional affair was happening (I think) that it crossed to a physical affair that night (why else would anyone go to a coworker's house of the opposite sex from 8-11pm on a Saturday night...

This is a woman that has always maintained that regular sex be part of our relationship but at this point it's been about 6 months now. I've tried initiating a couple of times early in the year but she said she felt it wasn't a good idea, so I stopped trying to initiate and it's gone cold.

I thought maybe it was her new meds, but now I'm thinking she was emotionally done with me and has since found some new emotional connection in this former coworker, and that would explain why she felt so ready to divorce so quickly probably bc of this new fling is now my new hunch.

Now I don't have hard evidence of any type of affair as I've never looked through her phone or texts before, but after accusing her 3x of an affair and the only answer I got when cops were at our house was "but we aren't together" but yesterday she finally said in text that she wasn't having an affair straight up, but I still don't know what to believe. Prior to this, she has not been known to lie or omit truths so kinda hard to say, I just have to try to put these fucked up puzzle pieces together.

We haven't signed any papers yet, but she recently had moved to the spare bedroom, but after this past weekend I told her I needed time to myself and didn't want a cheater under the same roof as me, so she moved all her stuff and has been staying with her family and some friends.

Idk men of Reddit, give it to me straight, what do you think, has to be at least emotional if not physical affair right?

If physical, it was only about a week after she said she for sure wanted a divorce, but to me, given that short time, us still being in the same house with our young child, her still on my insurance, etc, etc, I feel like that is still cheating... maybe I'm wrong, maybe once a partner says they want out, does that give them a free to bang anyone pass, or is that just in my mind at least, and the respectful thing would be to at least wait until you're no longer living together and preferably even papers signed? I mean literally we haven't even signed anything or met with anyone yet.

Anyway, enough of my ranting, I'm heartbroken over this as I truly thought we had what it took to go the distance, sure we had some issues, no one is perfect, but I never thought it would come to this. It was something I never wanted, especially given our young boy, and given my parents divorced before I was 2 and our son is only 3. I feel like I maybe alone the rest of my life...

Also for context, this is my 1st marriage and her 2nd, and as mentioned my STBX is sober for over a decade, but according to her, prior to that time, she has cheated in relationships when alcohol was involved and sometimes getting blackout. Since getting sober, she really seemed to have been a changed person, everyone in my family has always loved her and said how great of a person she is, and I mean I did too, but I met her about 2-3 years after her first getting sober so I only know what she's told me and only know her as a sober person. Cheating would otherwise seem very out of character for her, but so was staying out late, and not wanting to have sex for 6 months, and going over to this former coworker's house, especially late at night, etc.

Give it to me straight guys, I'm all ears, and appreciate the support...

82

UPVOTES

A reflection on a 35M who experienced work burnout and divorce in less than 60 days.

Status_Moment8691 · 22 June 2025 · Archived copy · Reddit

I'm 35. My wife and I were together for 12 years. We have a daughter. Two months ago, I quit my job after a burnout. I was drained, like barely functioning.

Then, just as I started to breathe again, she dropped the bomb. "I want a divorce." No serious talks. No real fights. Just a decision. Cold. Final.

I'm sharing my journal entry from today for anyone who may be going through similar struggles: burnout, betrayal, heartbreak, or silence. I hope this offers you a bit of strength. We are all trying to survive with dignity. If you're reading this, I wish you peace.

Keep going.

No sugarcoating. No filter. Just truth.

Sam, listen.

She asked for divorce. That means she doesn't love you anymore. You can't be with someone who despises your presence.

Asking her to give this relationship a chance? That's useless. She's done. You know it.

If she gave you a chance now, it would be out of pity. And you'd break up again, maybe in a month, maybe a year. You'd always wonder, "Did she really want to be here?"

Let her go.

The only real chance of getting back together would be if she wants you, not because you begged. And right now, she's out there exploring her new life.

Let her.

One day she might come back. And you'll either accept or reject her. And I hope you reject her, not out of hate or revenge, but because by then, you've moved on.

Sam, I know you're scared. The future feels dark, and lonely. You didn't plan for this. You thought she'd stay. But let's be real. You've already survived the worst.

She's not the last woman on Earth. There are women out there who want to build something real, who would love the way you show up, even when life wrecks you.

This is your shot. Travel. Hook up. Fuck up. Cry. Start over. Breathe.

2025 has been a disaster. Burnout. Divorce. Shared apartment with a ghost. And still, you got a new job. You showed up. You didn't disappear.

You reached out to friends. You didn't fake it. You let yourself break, but didn't collapse.

That's strength.

So train. Lift. Dance. Run. Do Zumba or bachata if you feel like it. Screw what people think. Just move.

Don't drown in alcohol or regrets. Take the pain with style. Wear it like armor.

Sam, you're not broken. You're not stuck. You're becoming.

82

UPVOTES

Told the kids today

oanthonyknightx2 · 31 August 2025 · Archived copy · Reddit

Rip my bloody fucking heart out.

How could my wife do this to her three kids. We told them, then she left to get coffee and do some work.

My little girl is in middle school and wept. My littlest is 5 and doesn't understand what's happening.

She didn't even try to save this marriage. She acts like this is the only choice. How heartless and cruel can one person be to both the person she swore to love until death do us part, and the three tiny people she is supposed to love and sacrifice for???

82

UPVOTES

Marriage is the biggest dice roll ever

GullibleAd303 · 9 October 2025 · Archived copy · Reddit

Not really sure what to call this post, but this is more about me just venting and ranting. This is my therapy. Lol

Like the title says, biggest dice roll/gamble ever. I thought I had a foolproof plan. After several years of dating, one would think that if the sex life was still great and the psycho side of them didn't emerge, that you would think I would be in the clear for a long, happy marriage.

Then along came postpartum depression after our first and only kid and it is still lingering 4 years later...

It pisses me off that people don't warn you enough about the stupid changes that can occur. Yeah, I've never heard anyone say that marriage is easy, but they sure leave out the gritty details about what makes it so fucking hard.

Physical changes from your partner are to be expected. Everyone gets old, appearances change, weight fluctuates, etc. but holy fuck was I not ready for her complete mental state to change from always positive and happy to complete misery. This isn't the person I married and I am trapped.

82

UPVOTES

Holy smokes

LoveCrispApples · 29 May 2026 · Archived copy · Reddit

I do my very best to avoid toxic places. Must say, the divorced_women sub has got to be the most horrendous place on planet Earth to accidentally stumble upon. WOW.

82

UPVOTES

Do I tattle on my ex wife and her paramour? (After divorce is final)

Rafaant · 22 June 2026 · Archived copy · Reddit

Ok, so long story short I am wrapping up what is turning out to be a very easy divorce. My wife was unhappy, and started having an affair with my her and my 7 year old daughter's jujitsu coach. (I know it's so cliché). Her and I both make good money, she is agreeing to 50/50 with the kids and no child support. She is keeping the house and I'm giving her 1 year to buy me out.

Once I found out I pulled my daughter out of the class without explanation and didn't tell the school, or the coaches wife about the affair. I wanted conflict to be minimal so I didn't end up having to spend a fortune in the divorce or end up fighting to see my kids.

Everything should be final this week and I am wondering....do I message the coaches wife and tell her that her husband is having an affair? Do I tell the owner of the jujitsu place what's going on? I am so fucking hurt, and I feel like somebody else needs to pay for this. At the same time I feel like spilling the beans after the divorce is final may just create additional conflict in my life. I'm really on the fence and would love to know you all's opinions.

82 | **[deleted by user]**
UPVOTES *[deleted]* · 25 January 2022 · Archived copy · Reddit

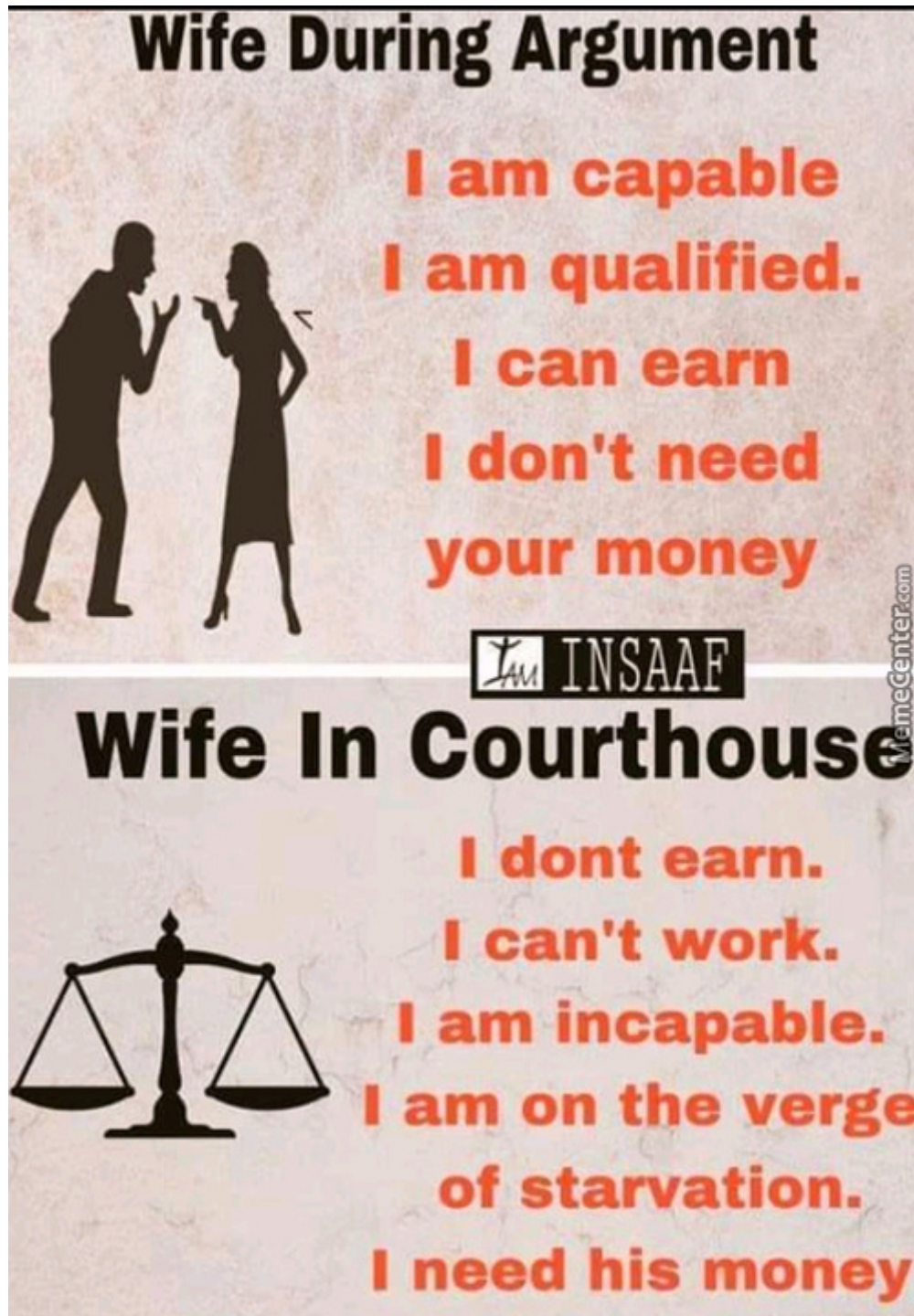
[removed]

81

UPVOTES

Heaven help you if you end up with a magistrate like I had! It was like he had school-boy crush on my ex wife

crowexplorer · 25 June 2021 · Archived copy · Reddit



81

UPVOTES

As a man you will live and die alone

Funny_Wolverine_9 · 4 September 2022 · Archived copy · Reddit

Some info to share I found. Not mine - but hoping it will help some of you.

" I took a couple years off from posting and came back to find there remains way too many of y'all that think you can take *part* of the red pill and it will all work out.

Sure, lifting, studying, working hard make sense. Invest in yourself and be dominant! Some of you think that will attract some bitches and then you can have your blue pill dream come true. You think you will be loved and safe unlike those other beer bellied losers who don't have their shit together. *They* get divorce raped and disrespected and cheated on because they are losers right?

Not exactly.

Here is where we agree:

One should crush it at school and work. Physique should be top 1%. Weaponize your charisma (game!)

But that trifecta isn't TRP. Not by a long shot.

Men are not lovable. We are useful. Don't even dream the love you feel for women is reciprocated by her, because it isn't. She *can* love her kids that way but not you.

To get what you want and need from women, it's going to be based on admiration and respect. You need to provide emotional stability, vagina tingles, and resources. You have to always be willing to walk. If you waver on any of these, she will lose attraction because women love mercenary and it's men who are the romantics.

This isn't advice to shun LTRs. It's just the way it is and for the last 50 years no men were told this.

As a man you are alone when you are single. Same when you have a girlfriend. In fact, you can die in bed an old man surrounded by a picture perfect family and you are still very much alone

My grandfather is literally dying in his bed as we speak. His entire family was there last night waiting for the inevitable. Still hasn't happened yet, though (he is a very tough old bastard, 90+ year old Korean War vet). What's left of him is barely hanging on.

He is a pile of skin and bones. Barely 100 pounds, no teeth, all shriveled up as the blood stays in the trunk to maintain vital organs as everything shuts down.

I went up there and tried to speak with him, but I can't understand him anymore. I said what I needed to say, held his hand for a while, then left him to his fate. He looked like shit, but I did not sense any fear in him. The only thing I could understand him saying was that he was fine, he loved me, but it was time for him to rest now. That was the last time I saw him lucid.

Gentlemen, we are all alone. No matter who the fuck else is in your life, you will die quickly or slowly, painfully or peacefully, but you will die alone. Face your fate with balls intact and no fucking fear like my grandfather. It doesn't matter what your fucking body looks like or how withered or destroyed it is, what matters is your spirit and intestinal fortitude. Those are what make a man. Be a man to the very end, no more, no less."

81

UPVOTES

Well, it finally happened, r/Divorce ban

BaldieGoose · 30 May 2023 · Archived copy · Reddit

We all know that sub is dominated by and biased toward women. Well yesterday some bimbo was posting about how she doesn't miss her husband but misses her stuff, went on to list alllll the material things she misses that he bought her. I commented simply words of encouragement that since it seems she primarily enjoys men for the purposes of digging gold, she would probably hook one and get back to it soon.

Bam, banned.

Hilarious, I'm sure the mod felt real big doing that, great white knight save a hoe energy.

Then today I shit you not the top post on that sub is "how do I enter my hoe phase?" You can't make this shit up.

81

UPVOTES

How Much Divorce Has Cost Me Financially

AirSailer · 14 January 2024 · Archived copy · Reddit

I make roughly \$100k/year. I initiated divorce 5 years ago. I paid roughly \$40,000 in lawyer fees during the divorce process, then gave \$200k in equity and retirement to my ex.

This weekend I've been performing my yearly accounting cleanup and reconciliation in preparation for getting my taxes done quickly and cleanly. I use software to track all my spending, and of course I have a category for all the money and payments I've spent on my ex over the last 5 years. Looking at just basic payments, I have given her (including being ordered to pay her or cover her debts) \$120,000 over the last 5 years. Prior to our divorce I wanted to pay off our home, I hated having payments, but she thought debt was good and wasn't willing to make the sacrifices necessary to pay it off quickly. Over the last 5 years I've paid \$90,000 in rent and mortgage payments (she kept the house so I won't see any of that equity), including the years we were co-habiting as she drug out the divorce. She cost me \$450,000 (**7 years of take-home pay**), while I'm stuck in a tiny apartment with noisy neighbors; money that I worked my ass off for and she put ZERO effort into making. It's unbelievable how much money a leech can pull from a productive person and get away with it.

I have friends who have sons who are at the age of asking girls to marry them, and I get dirty looks when I tell them that their sons need prenups. I believe they are doing their sons a disservice when they don't make it known what the downstream consequences can be through no fault of their own.

81

UPVOTES

Watching your wife go from your partner to your adversary is one of the most insane things I can imagine

Ok-Barracuda-8970 · 17 February 2024 · Archived copy · Reddit

She was cuddling with me the night before. Things were rough but I thought we were going to make it. Then she left with only a letter. I lost my dogs and there is an immeasurable sense of loss that I cannot seem to make up for no matter what I do. Racked up 7 bodies since and it doesn't even matter.

Almost 2 years later and I am still trying to process how life can just swing like that.

81

UPVOTES

Nice Guys Who Get Trapped “Raising” an Immature Princess Wife are Always Disposable at the End. NOT YOUR FAULT!!! REPEAT!!!

FlyingSaucer51 · 2 March 2024 · Archived copy · Reddit

There are many men out there who NEED to hear this message. You have looked for it.

You have been seeking understanding for weeks, months, or even years!

Many of us realize our exes have moved on and forgotten us, yet we somehow hold out hope.

Even years after she abandoned me there are no answered questions. No new data. No explanations. I STILL don't know why she snuck off after 15 years.

I have little PTSD moments where I wake up, think (or wish) the divorce was all just a bad dream, and expect to find my wife next to me in bed with that cute little snore. It doesn't make sense that she's gone to my brain.

Why? Because she pretended to truly love me soooooooo well, I totally bought it! Totally!

She made me feel like I was hot, porn star level man who could do no wrong. Looking back, I was a fat slob at the time.

How/why did she work so hard to make me feel like a GOD? Why ME? How was I so fortunate?

Was it ever a real emotion or was it artifice from the beginning?

What was she doing out of desire for me vs. a feeling of obligation that quickly fades.

Did she ever feel real love?

What was truly authentic about her?

When did it stop being real?

Was it ever real?

How could I have missed all the signs?

Why didn't she tell me it was getting this bad for her?

How can she reinvent the past to make me look so evil?

Why do judges and mutual friends quickly side with her with no proof of me EVER being anything but wonderful to her? They don't know me. But many decided I'm a man and she's a woman so I am the abuser by default.

ALL men are evil.

ALL men are cheaters.

ALL...ALL...ALL...Wow!

What stereotypes?!

Many of our wives were products of Disney fairytale worship. They were taught that romance is exciting, a little dangerous, and that they will always be worshipped and cared for as prizes who were won. It's fulfilling these very expectations that leads to the end of the marriage.

This may be helpful to read:

FROM THE MOMENT YOU FIRST SAID “HELLO” TO HER, THE MARRIAGE HAD AN END DATE. IT'S NOT YOUR FAULT. YOU WERE NOT INFORMED.

After years with my wife I realized I was blind to her total lack of maturity or depth of character. She just copied me and I fell for it.

My wife had no real “friends” in her life and mine always made her feel uncomfortable.

Anyway, 15 years should have counted. We had what I THOUGHT were real and amazing experiences for all those years.

How could we have small discussions and make MILLIONS of small decisions together for all those years yet...she never indicated she was unhappy at all? No complaints. No arguments. No warning. It was like a death. She ran and never looked back. I suffered the trauma of a deceased wife because she murdered my view of her. She was no longer the woman I married. It's horrifying. The way she looked at me was degrading and painful. The eyes I used to swim in...now wanted me to drown and DIE! How???

If any of this sounds familiar...especially if you didn't know anything was wrong and you're truly an “in-tune” type of guy who can't believe you missed she utterly despised you...welcome to hell. It's normal. Sadly. It's normal now. Marriages are treated with zero commitment. Nobody works through things anymore. Nobody realizes there are going to be great times in life and there are going to be sad times in life.

Alas, many of our wives turned us into adopted father-figures of sorts. We don't ask for it. It just happens.

In the beginning, if we explain things to them we are “knowledgable” and impressive...later, this converts into the perception of “man-splaining” and annoyance.

Most of us would be labeled “narcissists” to discard of us without guilt. It's such an overused and pointless word. After 15 years of life and love, she complained to other people who didn't even know me and was presented with an echo-chamber of “go live your best life!”

I bet they DO realize later, especially if you're truly a nice man, what they gave up. They will NEVER admit it! I know as a FACT that no man will ever be able to have a “healthy” relationship with my ex. I feel BAD for the next guy because she's going to crush his ass too!

Just understand it's not your fault. Society and social media destroyed true love and marriage. Men are ALWAYS blamed for everything and for some reason, everyone just goes along with that narrative.

Some states have laws that make men look forever guilty of crimes EVEN if the charges were dismissed!!! California is ruining my innocent man's life with such a sexist technicality.

81

UPVOTES

It is FINAL

adventure_junkie67 · 12 July 2024 · Archived copy · Reddit

After 46 years of marriage and 11 months of a harsh divorce, the final signatures are in place. I am content with the settlement. We co-habitated during the divorce and it has been a miserable year. I have 1 month the move out and get my new life set up. I remain confident that she made the biggest mistake of her life and she will be jealous and stew over what my life becomes, because it is going to be awesome. I only wish her the best but I'm so anxious to be away from her. I have my share of angst about single life, since I've only lived alone for 2 years out of my entire life, and that was not a great existence for me. With that said, I am well equipped to make more of my freedom and appreciate it now. Onward and upward.

81

UPVOTES

Believe what she says

Sea_Broccoli6349 · 1 November 2024 · Archived copy · Reddit

If she says she doesn't love you, isn't interested in being your wife, doesn't believe in marriage anymore, wants to see other people, doesn't want to be responsible to or for anyone else.... believe her.

81

UPVOTES

January Divorce Warning

Suspicious_Dot6179 · 2 January 2025 · Archived copy · Reddit

Speaking from experience, January makes divorce seem 5x worse than it is. A new year without the wife and kids just seems alot worse than it would in any other month. It is more daunting, and psychologically it can really feel like you are suffocating. Suicidal thoughts and crazy ideas prevail. I almost ended myself around this time of year, IF ONLY I HAD KNOWN that I would literally meet the love of my life at the end of January, and be married a year later, with a new kid the year after that! True story. Don't let the lies get to you, you are NOT worth less than you were when you were happily married, nor are you less desirable to women, nor is this the end of your happiness! This is only the beginning, gents. And trust God, it really works.

81

UPVOTES

Finally.

Standard-Cut-5342 · 17 February 2025 · Archived copy · Reddit

15 years. That's how long we were married. And for most of those years, I was filled with anger, so was she. We fought over everything and nothing at all. Some nights, we'd go to bed without a word, lying there in silence, both of us too exhausted to fight but too bitter to care. A few years ago, she cheated on me. I never confronted her about it. I didn't have the energy to fight anymore. It wasn't just the betrayal that hurt, it was the realization that we had become strangers, that maybe we had been strangers all along. And through it all, I was battling something within myself :) the growing suspicion that I was more attracted to men than to women. She never made it easy to stay. Every achievement, every milestone I worked for was dismissed, belittled. No matter how hard I tried to build a future for us, it was never enough in her eyes. And yet, despite all that, I stayed. Maybe out of duty, maybe out of fear, or maybe because I hadn't yet figured myself out. One of the most painful things was how she treated her own parents. She had a short fuse with them, always temperamental, always impatient. She would leave me with them when she didn't want to deal with them herself. But I never saw them as a burden, I saw them as people who deserved kindness. I cared for them, not because I had to, but because I wanted to. I felt sad for them, for the way she treated them, and in a way, I felt guilty for feeling more empathy toward them than toward my own wife. Now, I'm free. The divorce decree is signed, and everything, every material thing, went to her. I let it go without a fight. No kids, no shared assets to battle over, just the relief of closing that chapter. The hardest part? Coming out. I didn't make a grand announcement, no big revelation. It was quiet, subtle. But even that was enough for my world to shift. My friends, my family, my circle, they're pulling away. Some are distant, some are gone completely. It hurts, but not as much as staying in that marriage did. For the first time in a long time, I feel like I can breathe. It's lonely, it's uncertain, but it's mine. And maybe that's enough. :)

81

UPVOTES

I didn't realize how much I was leaking until I started tracking it...

MasonBlake_ · 19 May 2025 · Archived copy · Reddit

Not just money...time, focus, stress.

After the split, I told myself I was holding it together. Showing up for my kid, staying civil, not spiraling. But I was bleeding out in a hundred tiny ways...death by a thousand cuts: late fees, forgotten forms, hours lost zoning out and/or doom-scrolling.

Eventually I got sick of feeling like I was always one step behind. So I started tracking things. Time, expenses, appointments...nothing fancy. Just writing it all down. Seeing it on paper made it real. Patterns started showing up. Places where I was wasting energy on stuff that didn't matter...or worse, stuff I thought I'd let go of.

It didn't fix everything overnight, but it gave me something solid to stand on. A way to stop reacting and start leading.

Just figured someone else here might need to hear that today...thought I'd share.

81

UPVOTES

I'm Finally Divorced

That1TimeN99 · 21 May 2025 · Archived copy · Reddit

It happened last Monday. Finally. And she got to sign the final papers on her birthday. Crazy. It's been a year since we decided to split. I didn't want this. I really didn't, but I got tired to be treated like a roommate or someone insignificant in my own home. I'm happy. Very happy that I get to move on. For the past few weeks she has been dragging my name in the mud and telling everyone how horrible I was and that she wasn't at fault. Some family and friends want nothing to do with her because they can see how vindictive and resentful she has become. She also found out that I started dating someone who's everything she's not. It's infuriating that someone else claim her "trash". We don't have kids and no longer share anything. I never want to see her again.

81

UPVOTES

You Know It's Over When...

---Right--Tackle--- · 19 June 2025 · Archived copy · Reddit

The disrespect from her becomes normal and is an afterthought. You're two roommates living separate lives and only come together to make decisions for child related matters or finances. You forgot the last time you heard the words I'm sorry. You forgot the last time she asked how's your day going, or how you're doing. You forgot the last time she actually initiated sex, or generally what romantic non sexual intimacy feels like. You forgot the last time you slept in the same bed for more than a week. You forgot the last time she said a nice compliment to you. You forgot the last time you were both laughing hysterically at something random or dumb. You forgot the last time you wanted to take a morning or afternoon walk with her, just to roam around together. You've tried doing everything her way to the last detail, being the perfect partner, but it's still an emotional dead end. Most attempts at a date night usually end up getting blown off or fall through the last minute, and it is what it is. There are more bad memories than good, or at least the bad ones are fresher in your mind. You feel more alone when you're together than you actually do alone. You're used to the feeling of simply being a walking ATM machine, childcare provider, errand runner, task jockey, and you're no longer upset by it. You're used to being an afterthought, at the very bottom of her list after kids, work, friends, family, and everyone and everything else. You're used to her making solo plans without you and it no longer bothers you. You're used to her treating your parents with disdain. You're used to her talking to you like a bossy work manager would speak to a subordinate, rather than a feminine romantic partner talking to her spouse. You're used to expecting nothing from her for you, and having everything expected from you in return.

81

UPVOTES

Just when I think things can't get any worse, they do!

Apprehensive-Wish330 · 20 May 2026 · Archived copy · Reddit

STBXW had to go into the office today. She's been in meetings and whatnot all day so she wasn't looking at her phone.

Apparently her mom couldn't reach her so instead of being a rational fucking person and asking me if I had heard from her daughter, she sent the cops to our house.

Now why am I annoyed by this in particular? I have never once done anything to my wife or anyone that would warrant getting the cops called on me. So what on earth is she telling her mom? YOUR daughter cheated on me. I have not wronged her in anyway.

This also really upsets me because I am a large black male. Cops aren't always so patient with people that look like me. Her mom is also black and aware of this dynamic. Why would you put my life at risk potentially? Fucking ridiculous man. I'm fuming.

STBXW called and asked if anyone had knocked on the door. I said no, she said her mom sent the police and they just so happened to show up right after that. I called her back and told her this is absolutely ridiculous. Her response was "I'm sorry, but I can't control her." Clearly you can because whatever the fuck you've been telling her made her think your life is in danger. I CANNOT wait to sell this fucking house and be free from this family.

81

UPVOTES

I miss my family!!!

WarrGo1 · 30 June 2026 · Archived copy · Reddit

Was married for 23 years. I never thought I would be here divorced. She told me for the previous 25 years divorce is never the answer, until it is I guess. My divorce has been final for a few weeks now. Been separated since Jan. I saw my two boys 18 and 20 a few times but they are away in another part of the state. My oldest was in town for the weekend a while back. He spent most of the time with mom. I saw him less the an hour and during this time I had to work on his car.

I so miss my old life and family. I feel like a Lepor. Very few of our old friends contact me. I decided today to see how long it will take before my phone rings from anyone. Spoke to my last good friend yesterday but lately it seems I have to call him first. I really don't want to be here anymore. I went out to eat and to the liquor store Saturday and I cried on the way home.

80

UPVOTES

"Happy Wife Happy Life"

oli_21_ · 27 June 2021 · Archived copy · Reddit

I ran into a friend who recently got a new black jeep with green accents. He told me he finally convinced his wife and "wore her down" in order to get it.

He's on the plantation and doesn't even know it. It's okay....I was once there myself.

Now I subscribe to what the great Patrice O'Neal says "My happiness is paramount"....."A happy man is a happy relationship...a happy woman is a miserable man"

Fellas.....you too get to be happy.....you too are the prize.

Hang in there if you are in the throes of divorce.....it does get better. And if you made it out.....Onward and Upward!

80

UPVOTES

She confirmed it.

Thick_Tank8769 · 11 December 2022 · Archived copy · Reddit

Divorce isn't even final yet. She was just calling and crying to me a month ago after she hired a lawyer and put the divorce in motion. Three weeks before that and she was asking for money to help pay rent. And today she just changed all her social media images to her and her new guy. And yes, I deleted her off my social media just now. But damn. What a piece of shit. Both of them. Onward and upward my dudes. Thank the Lord I never had children with this woman.

I knew this was happening right before my eyes and she denied it every time I approached her. It's reassuring when you see their true colors. But damn. Still stings a bit.

On a positive note, I'm down to 10% body fat and strong as fuck now...

80

UPVOTES

Wife says she has “Outgrown our Marriage”

MulberryWright · 7 August 2023 · Archived copy · Reddit

Wife wants a divorce. She says she has changed so much since we first got married (7yrs) and has outgrown our marriage.

I don't even know how to make sense of that statement.

I feel like it's insanely selfish and self centered. Am I crazy to think that? How does someone just all of the sudden realize they have outgrown you?

Really makes me feel like she looks down on me, has an overly inflated ego, and thinks very highly of herself.

80

UPVOTES

Oh how the turn tables have turned

Solid_Exercise6697 · 9 December 2023 · Archived copy · Reddit

I'm at angry and bitter stage with periods of extreme sadness, so bear with my enjoyment of her misery.

Back in July of this year she said she wanted a divorce and hasn't loved me for 2 years. We have 2 young kids and while our marriage has been rocky I thought we were both moving in the right direction. We were happier, improving ourselves and building our family and future.

Anyways our pay differences were pretty big at this time. She was making about 74k and I was making 120k. Her 3rd marriage mom must have been telling her about all the child support and alimony she would get because she kept saying she was just going to talk to a divorce attorney to learn her "options".

Well there was an honest mistake on my part where I used a bad child support calculator and thought I was going to owe her like \$1500 a month. After she talked to her lawyer and found out that it was only \$250 a month and no alimony she actually had the balls to try and convince me to pay her more money voluntarily so that she could keep the house and continue living the life I provided. Obviously I LMFAO at that request.

Shortly after that she got like an 11k salary raise and I lost my job(company went under). Keep in mind I have no student loans or other dept, even my car is paid off. She on the other hand has almost 100k in student loans. I'm also frugal and smart with money and she's the dumbass who thinks a 60 dollar bottle of wine is way better than a 20 dollar.

I've been a network engineer for 15 years and was high up, my last position I designed and built a 10Gbps Fiber to home ISP from the ground up. I was underpaid there but took stock options over salary. Had we stayed married I would have easily topped out close to 200k in the next 5 years, but honestly I was getting bored of my work and field. I kept doing it for the family and knowing I'd even indirectly have to help pay off her student loans.

So when a job opportunity came along to change fields into software development I happily accepted the 80k a year salary! Besides salary the position has amazing benefits, zero cost health insurance being the big one and a very generous 401k match.

After accepting the job I casually mentioned to my stbxw that she is now the high earner in the family and when we divorce will have to pay me child support! Lmao the look on her face.

She was so sure that divorcing me meant child support and alimony to keep the house and live the life I gave her. Now she is the one sleeping in the basement and looking for apartments next month and depending on how civil things go, paying me child support while I continue living in our house.

80

UPVOTES

I feel like being a “good husband” is the worst job on Earth.

Organic_Bonus_7916 · 29 December 2023 · Archived copy · Reddit

I had a 1SG that said he never wanted to win the Medal of Honor or Purple Heart, or especially any POW related award because it meant that you probably experienced some crazy traumatic shit and the “awards” and recognition isn’t worth the lifetime of having to deal with the emotional turmoil of going through the experience.

I’m almost a year into a separation I did not want, but now I find myself sprinting to the finish line so I can get this over with. A year of living on my own terms and peacefully within the confines of my home have completely changed how I view relationships. My income has 3x and expenses cut in half since she left. I’m going to Mexico next week to kick off the new year in style and between some thighs. I literally do not know what I was thinking when I married this woman. It’s was essentially self cock blocking.

What changed for me in the last 9 or so months has been reflecting on all of the sacrifices I made to make one person happy. How a month before she decided That she “had to leave” I was a “great husband and partner” according to her social media posts. Then one day out of the blue I wasn’t good enough anymore. It’s been 11 months, I literally still don’t have a reason as to why she didn’t want to be married anymore., though I can imagine. It took me a loooooong time to process this and accept it for what it is. You can spend DECADES being an amazing husband, father, community leader, field trip chaperone etc. It literally does not matter because one day if she decides to pull the rug you’re fucked.

At least in the Military when they decide that you are of no use anymore, they do attempt to “transition” you back into civilian life. The VA does offer resources if you’re struggling. Your wife is the complete opposite. It’s arguably in her best interest if you wash out. If you off yourself she can use it to get sympathy, all of your resources, AND use it against you to make herself the victim. SHE WILL USE YOUR SUICIDE AS EVIDENCE IN HER (public opinion) ‘CASE’ against you, and justification for her leaving.

80

UPVOTES

Update: Ex Wife Showed her True Colors

recovering88 · 24 February 2024 · Archived copy · Reddit

A couple of days ago I posted how my ex wife flipped out when I told her I was dating someone new. I think her desperation is coming from a failed relationship. I spent time with my friend B yesterday after work. His wife is friends with my ex. He had asked what was new and I told him that I have a girlfriend. He congratulated me but informed me that he knows because my ex had face time with wife crying after I told her about my girlfriend. He said that she seemed very upset but it's no longer my problem and hasn't been since she filed for the divorce. He went on to say that she has no grounds to stand on being upset about me dating and that she needs to move on. Then he let it slip. "I'm sure it was tough for you when she told you about the guy she was talking to". Excuse me, what? She didn't tell me about that at all! Then it all clicked, it's like when that last piece of the puzzle slides into place. No wonder she suddenly started thinking of us again lmao. He lifted a huge weight off of my chest without even realizing. We hung out for a bit more then I thanked him for making my weekend and I headed off to see my girlfriend. Stay strong my dudes. Life is overwhelming but God will show you the path. Just gotta close your mouth and listen.

80

UPVOTES

Would you have gotten married and had kids if you knew how the sex "turns off" with your wife?

DeadBedroomRealTalk · 9 June 2024 · Archived copy · Reddit

When I proposed and got married, I wasn't thinking rationally about the highs and lows of my wife's body and how it would affect our sex life. I was at the top of the world with a massive friend group, women I was turning down to stay with faithful to my fiancé, etc. We were having consistent and wonderful sex every night, no questions asked.

After marriage and kids, the story is as predictable as any here. We settled into a routine, got pregnant, and the sex turned off like a faucet. We didn't really have sex until both of my kids were 2 and 4, she just told me she had no libido and it wasn't my fault. I hit rock bottom when one night I was so horny I couldn't sleep and I googled anything and everything

I tried bulking and cutting at the gym, getting into the best shape of my life. I'd plan dates and we'd have great meals and drinks. I took more ownership in the house, giving her a full weekend day off while I took the kids - our relationship became less 50-50 and more 65(me)-35(her) as I spent more time with the kids, handled all the dishes, yardwork, cleaning, and finances. None of it mattered. Every time i initiated, she just said she's not in the mood or I'd get a "maybe tomorrow".

After 4-5 nuclear fights, I finally just asked her if she thought we would ever have sex again and she said she prefers not to. I would totally understand if I had put on weight, lost my job, didn't help around the house, or was just a boring guy. But I had a good thing going and I knew it wasn't me.

I've read countless stories like mine online and almost every one of my friends with kids is in the same situation. No one's educating men on how women's libido changes over time, and it really bothers me.

That said, would you have ever gotten married if you knew how the sex can turn off like a faucet, and it can be entirely not your fault?

80

UPVOTES

Worst mistake of my life

Unhappy-Nail-9281 · 5 August 2024 · Archived copy · Reddit

I don't wonder how I got here; I don't wonder my part in the divorce.

But shit, I don't understand how they can become so immune to common sense and unable to have a conversation that isn't solely based around emotion. I feel like as we men try to approach it from a logical stand point we're just met with emotion and you can't have a conversation against emotion.

I just keep handing over more and more, trying to weigh out the pros and cons in the long run, and the short run of just getting it over.

Every day I firmly believe more and more the institute of marriage does nothing for Men; at all. Maybe when it's the right person it's different and at this point I'm just jaded in the whole thing. But when it's the wrong person, whether you stay together or it ends, it can be hell on earth.

Thank you for attending my TED talk.

80

UPVOTES

Divorced Men - Advice from Someone Who's Been There

BeansDaddy2015 · 26 September 2024 · Archived copy · Reddit

Hey everyone,

I wanted to share some advice from my own experience as a divorced man in his 40s. My divorce was ugly and messy, and our son was less than 2 years old when my ex and I decided to split up. That was nearly 18 years ago, and since then, I've built a new life. I'm now happily married to my wonderful wife of 14 years, and we have a family of our own.

If you're going through something similar, I know it can feel like you're staring into a void, uncertain of what life will look like on the other side. Here's some advice that helped me get through it and that I hope might help you too:

1. **Take care of your mental health:** It's easy to feel like you have to keep it all together, but divorce is an emotional rollercoaster. Give yourself permission to feel what you're feeling and don't be afraid to seek support. Therapy, support groups (like this one), and even just talking to close friends can make a world of difference.
2. **Put your child first:** This can be extremely tough when emotions run high but remember that your child didn't ask for this. I learned that our son needed a sense of stability and love from both parents, despite the differences we had. Make every effort to be a present and loving father; those early years are crucial.
3. **Communicate calmly with your ex:** Trust me, I know how hard this one is. I still remember the heated arguments and the resentment that lingered for years. But one of the biggest changes came when I learned to approach conversations with my ex about our son calmly and without bringing up past grievances. It wasn't easy, but it was necessary for the sake of co-parenting.
4. **Don't rush into a new relationship:** Take time to rediscover who you are as an individual before jumping into something new. I spent years rebuilding myself and focusing on being the best father I could be before I even thought about dating again. When the time was right, I met my current wife, and we've built a strong marriage together.
5. **Focus on building a stable foundation:** Whether it's focusing on your career, hobbies, or personal development, use this time to create a new sense of stability in your life. It won't happen overnight, but every step counts.
6. **Believe in the possibility of happiness again:** There was a time when I thought I'd never find joy or love again. It took time, patience, and a lot of self-reflection, but I eventually did. Now, 18 years later, I'm in a place I couldn't have imagined back then. Life does get better, and it's worth fighting through the tough times to get there.

I know everyone's situation is different, but if I could go back and talk to my younger self, this is the advice I'd give. It's not easy, and the road ahead might seem long, but there is a path forward to a new, fulfilling life.

If you're going through it right now, hang in there. Feel free to share your thoughts or ask questions—I'm here to listen.

80

UPVOTES

So how many of you believe your ex wife is/was having a midlife crisis?

Ok-Guidance6491 · 16 December 2024 · Archived copy · Reddit

Pretty much just what the title says. I've basically suspected it since she first asked for the divorce last year. It's been final for almost exactly one year now. But over this last year the evidence just continues to pile up. Anyone else in this boat? Did she ever come back, ask for forgiveness, or even acknowledge what happened?

She has said and done horrible things to me over the past 18 months and yet it's all my fault. Yet strangely at a Xmas party last night she was flirting and dancing with me. Complete mind f*ck. We were married 19 years, together for 27. Met at 17. Still waited 8 years to propose, just to avoid this type of thing. And yet here I am. Please tell me some of them apologize or at least admit what it was.

80

UPVOTES

Guys it's really simple. Don't get married period!

Icy-Parsnip-5917 · 3 February 2025 · Archived copy · Reddit

That puss is not worth it! The entire system is set up in favor of the woman. Why should she be entitled to 50% of everything? It's a bunch of bull crap! I wish that ass wipe Trump would freakin change these bullshit divorce laws and make more "Common sense divorce laws" instead of the dumb stupid shit he is doing to mess up everything. That would be common sense, but he is a pos There should be divorce classes that have to be taken as part of the application for filing a marriage application. This would make men think twice about getting married. Teach about the fact that you "WILL" loose mostly everything and be financially unstable for years after. Sign a prenuptial agreement if you want to get married. If she gets pissed or mad or want to know why, tell her she ya latter and forget that puss.

80

UPVOTES

Had to lawyer up on my ex =/

divorced_dad9875 · 18 April 2025 · Archived copy · Reddit

My wife of 18 years walked out on me a couple of years ago and our divorce just finalized last week. There was a mutual separation agreement in place and a 50/50 custody split. I've been renting a place directly between where she lives and works, and the kids have been going to school based on my address. She's been having her mom drop them at mine in the morning where they walk/ ride the bus to school on her days, while she or her bf pick them up after school.

Everything was going swimmingly until last week when out of the blue she shot me an email to inform me she was moving in with her bf (also with me directly between house and workplace) and that we would have to change the custody arrangement and kids would go to school based on his address. She wants the kids during the week and for them to spend weekends with me (and that she'll sometimes let me have them a couple of days during the week, but I have to bring them in for school in the morning). All because she can't use her mom to drive them anymore.

The kids don't want this. They are happy with their schedule and their schools. They have friends here. I offered a compromise, to let our youngest finish elementary school so they won't have to go to 3 different elementary schools and then we could talk about changing districts. The custody change was out of the question.

She came back with a no, saying her way is the only way that it will work. At this point I stopped engaging and called an attorney. When I showed him our emails and agreement, he said there was no way in hell. He also pointed out a mediation clause in our agreement, and recommended I remind her of that.

So I did. Basically told her either it stays the same, we go to mediation and share the cost, or mutually agree to legal intervention. She hasn't responded yet.

I didn't want to make life more difficult for anyone, but she forced the issue, and I'm not going to let her walk all over me. Am I doing the right thing here?

80

UPVOTES

This sub saved me....

After_Experience_764 · 2 July 2025 · Archived copy · Reddit

This is going to sound kind of dark, and especially lewd toward the end, and I'm sorry, but it's the truth.

I'm just over a year out from D-Day, and believe me, as I'm sure many of you know, it's been pure hell at times.

At the same time, I've been learning how to be a single dad, and a good one at that, all while simultaneously breaking down emotionally. I had to start from scratch: a new small apartment, depression, and honestly, for a while I was drinking and taking benzos whenever I didn't have my daughter. There were times I honestly hoped I wouldn't wake up the next day. I just didn't care. I was completely broken. Sometimes, I still am.

I spent months lurking on this sub (and thank you, because there's user's here, that'll never even know, yet whose comments literally got me through many many a dark day, and many comments that even made me cry like a baby), it was a long time before I was ever even in a place to try and offer any advice of my own, especially to those people just starting to go through it. What I hated most back then was hearing people further along than I was say things like "it gets easier with time" or "this too shall pass." But now I get it. There's a reason people say those small and simple things. It's because they're actually true.

Now, a year and three months out, I've (somehow) started shifting into a more confident, more social version of myself. The person I used to be. Maybe deep down I realised that I am still my own man, even if a big part of my identity was (and perhaps even still is) wrapped up in what I thought my marriage was, or what it should have been....

Then something happened. I started putting myself out there, not intentionally, but just by being suddenly being more relaxed and a little more like the old me. I guess it showed. I wasn't looking for anything, honestly it was the last thing on my mind, but suddenly I found myself talking to a beautiful girl at a bar. We were just chatting, having a few drinks, talking shit, but laughing, and this 100% the trick with girls btw: if you can make em laugh, you've already won :)

Next thing I know, we're back at my little apartment. And yeah, it's small, but it's mine - and decorated just how I like (and a bit pink i guess, cos yeah, 5yr daughter 'n all that!) - but yeah, in that moment, I just loved that I could do that. I had a real woman across from me, someone new, someone who was into me.

Let's just say the performance fears I had -. probably the same ones many of you are carrying - evaporated pretty fast. We hooked up, and it was different. She knew how to move, how to give something back. Honestly the bitch destroyed me lol. It wasn't like what I had for the last ten years. It wasn't one-sided. It wasn't like having sex with a literal sandbag.

It reminded me of something I hadn't felt in a long time: that I am still desirable, still alive, and still capable of connecting with someone.

TLDR: It actually does get better, just like many of the guys on here say. And yeah, the other saying is true too. "Best way to get over someone, is to get under someone". It definitely sped up my recovery.

Listen, no matter how bad it gets, just stay with us boys. One day, you are going to wake up with your confidence and your fire back too. I promise!

80

UPVOTES

Tales from the monkey branch

fdana9191 · 16 November 2025 · Archived copy · Reddit

It's been a while since I posted but here's your classic monkey branching tale. My ex cheated, financial misconduct etc ... she "bought" a house with her AP. Divorced finalized in June and she was moved in with him right before that. The parent coach begged her not to live with someone right out of divorce for kids sake but that's not what monkey branchers want to hear.

Well five months later the ex is spiraling as the AP situation has blown up. Now she's looking for a new place to live.

I'll never forget during the divorce she was telling me how she needed to get a bigger car for her new family. Such an asshole.

That is all.

80

UPVOTES

Can't imagine myself ever being in a relationship again

Future-Bet4783 · 14 January 2026 · Archived copy · Reddit

I married young at 23 and divorced at 29. It's been one year since then and now I'm 30. I know it's still kind of fresh, but I still can't imagine myself being in another relationship again. It's not that I have feelings for my ex or anything, it's just I have no desire to be in another marriage or relationship again. I am tired of the pointless fights and greed of female nature.

I started to learn that most of the time, having a partner adds more liability, responsibility and restricted freedom that I wouldn't have if I was single. At the same time, I'm kind of sad because I really want that picture perfect family with a wife, kids, and house.

Anyone else feeling the same way?

80

UPVOTES

Let me be the bad example

Bulzmachine · 21 January 2026 · Archived copy · Reddit

I posted here before.

My wife left me out of the blue in July last year. Within weeks she moved out of the house.

Surprisingly, we stayed on relatively good terms. We were friendly, cooperative, and she explicitly agreed that I would keep the house and that she wouldn't make any financial claims. This agreement stood for over six months.

We finally scheduled a notary appointment to make everything official. One week ago, she cancelled it without warning. When I asked why, she said she was emotionally unstable and that the agreement was "not fair anymore." She never explained what exactly she meant.

We were supposed to talk it through. She didn't show up. Communication stopped.

Today she came over and made it clear: after six months of agreement, she now wants money. Money I realistically don't have. This likely means losing my house and my standard of living, not because of the law, but because I trusted goodwill instead of securing things early.

I'm not proud of how emotional I got during this process. I reacted badly at times. But the core lesson stands.

Let me be your bad example...

If you think you're separating on "good terms," protect yourself anyway.

Friendly doesn't mean safe.

Verbal agreements don't mean much once circumstances change

80

UPVOTES

Survived a High-Conflict Divorce with Kids - Lessons From the Trenches

PostTrenchesDad · 13 February 2026 · Archived copy · Reddit

Nine years ago I was deep in it. High-conflict ex. Emotional abuse, gaslighting, manipulation. CAS (Children's Aid) got involved. My kids were caught in the middle. I was drowning in court dates, documentation, and trying to protect my kids while not bad-mouthing their mom.

Last week my Family Responsibility Office obligations were officially closed. My kids are thriving. My relationship with my new wife is healthy. I've rebuilt my life.

Here's what actually helped me get through it:

1. Stop trying to make sense of illogical behavior

Your ex's actions don't need to make sense to you. They only need to make sense to her. I wasted months trying to apply logic to an illogical situation. It robbed me of the present moment and changed nothing.

When you catch yourself spiraling trying to understand why she did X or said Y - stop. It's not going to make sense. Save your energy for what you can control.

1. Document everything, but don't live in it

Yes, keep records. Yes, save the texts. But don't spend your nights re-reading them, getting angry, or crafting the perfect response.

Document it, file it, move on. Your kids need you present, not consumed by the bullshit.

1. The avalanche is coming - prepare, don't prevent

If your ex is high-conflict, there will be an avalanche moment. Something will trigger her loss of control and the reaction will be disproportionate.

You can't prevent it. You can prepare for it. Know who you'll call (lawyer, therapist, CAS if needed). Have your support system ready. Don't be surprised when it happens.

1. Your kids are watching how you handle this

They're learning from you how to navigate impossible situations, set boundaries, and maintain dignity under pressure.

Every time you stay calm when she's chaotic, every time you don't bad-mouth her despite having every reason to, every time you prioritize their wellbeing over winning - they're learning.

1. Get professional support for YOU

Therapist. Psychiatrist if needed. Not just for the divorce - for undoing whatever made you vulnerable to this relationship in the first place.

I had to confront my people-pleasing, my childhood conditioning, my need to "fix" everything. That work was more important than any court victory.

1. Build your new life now, don't wait

Don't put your life on hold until the divorce is final, until the custody is settled, until she calms down (she won't).

Start rebuilding now. New routines with your kids. New hobbies. New relationship if that's what you want. The divorce is a chapter, not your whole story.

1. You can't co-parent with someone who's high-conflict

Stop trying. Parallel parent instead. Minimal contact. Business-like communication only. Email, not text. Facts, not feelings.

You're not co-parenting. You're managing a difficult business relationship where the product is your kids' wellbeing.

I'm not going to lie - it was brutal. But I'm on the other side now. My kids know they're safe with me. The constant chaos has ended. Life is actually good.

If you're in the middle of it right now - it does get better. You will get through this.

Happy to answer questions if anyone's dealing with similar situations.

80

UPVOTES

26 years together meant nothing

Interesting-Egg306 · 20 March 2026 · Archived copy · Reddit

I started dating my wife in 2000 at the age of 20. She was divorced with 2 kids and I was okay with that. I know you're thinking 20 is pretty young and you're probably right, but I had been on my own since I was 16. We were married in 2003. Before getting married the only request I had is that her and I have kids together. Now I knew this would be difficult since she had her tubes tied, but I figured we'd just do IVF instead. She agreed and we were married.

Year after year I asked about see the fertility clinic and starting the process and she always had a reason why we couldn't or hoops that i had to jump through. I did everything she asked.

I ended up raising her two boys and now they're married and gone. They barely talk to me even, but I still wanted my own children.

I brought this up to her almost a month ago after I got out of the hospital from almost dying from a bilateral pulmonary embolism that I still wanted children. She responded with I don't and I'm not in love with you anymore.

This has torn me up something awful. I thought we were in a good place. I thought we were still deeply in love. What happened? I don't know how to be just me without her in my life. Over half my life has been spent with her.

I'm not okay.

80

UPVOTES

I Hope This Helps One Of Y'all Because That's What We're Here For ?

NewPerformance7662 · 15 May 2026 · Archived copy · Reddit

Sometimes the win isn't happiness. Sometimes the win is waking up in an empty house, feeling completely broken, and still choosing not to quit.

Choosing to get out of bed when your mind is drowning.

Choosing to go to work when you barely slept.

Choosing not to beg someone to love you correctly.

Choosing not to send that text even though you miss them.

Choosing to sit in the pain instead of numbing it with alcohol, random hookups, or distractions.

Choosing to show up for your kids while your own world feels like it collapsed.

Choosing to rebuild quietly while the person who hurt you acts like none of it mattered.

That's the uncomfortable reality nobody wants to talk about.

Healing is lonely. Growth is painful. And some days you're literally fighting your own mind just to make it through the day. But you're still here, brother.

One day at a time. You're stronger than you think you are!

79 | **What I learned from being married**
UPVOTES **medic4401** · 2 March 2020 · Archived copy · Reddit

Never again.

79

UPVOTES

Doesn't always work as planned does it? Lol

Flesh_Pillow5 · 9 November 2019 · Archived copy · Reddit



peter cullen · 4 days ago

my ex wife told me after 29 years of marriage she wanted to find herself and she also said she should have done more while she was single , well now she is 57 years old been remarried and divorced again is deep in dept , my adult children tell me she now cries a lot and says she should have stayed with me . as for me I retired to live in south east Asia I live near a beach and never been happier.



143



24



79

UPVOTES

When a woman say she was/is in an abusive relationship or marriage, Abusive is a Code word for women.

Funny_Wolverine_9 · 4 September 2022 · Archived copy · Reddit

"I've been in an abusive relationship/marriage. I'm sure everyone here has once or more heard this from a woman, but what I have found is that most of the cases it's not an abusive man.

I've found out that most times this is a CODE word for

- I wanted to live an irresponsible life but he couldn't allow me.
- I wanted to live like a single woman, going out, partying, drinking and fucking everything which has y chromosome but he doesn't allow me.
- he doesn't allow me to use the credit cards as I wish, don't forget most times he is the one paying the credits)
- I want to be free, do whatever I want whenever I want. I want to go/travel where I want alone but he can't allow it.
- He wants me to cook and clean and make a beautiful home but I can't and don't know how to do that.
- I want to wear and post provocative styles and flirt with other dudes but he don't want it.
- He takes care of his family; he wants to put every think the good way, so he is a controlling bitch.
- He needs exclusivity but I'm a slut and one man can't satisfy me.
- you guys if you look closely you will find other translations for the code "abusive marriage/relationship)

correct me if my analysis is wrong.

Disclaimer: not that abusive men doesn't exist, it's my perspective when most women say the word abusive in a marriage/relationship. I guess 90% it's not an abusive man."

79 | **Wanted to share a victory with you all.**
UPVOTES *[deleted]* · 30 September 2022 · Archived copy · Reddit

[deleted]

79

UPVOTES

It finally clicked

Huffman0418 · 21 February 2023 · Archived copy · Reddit

I've been divorced since January 2023 and separated since July 2022. Today it finally clicked. My ex told me Sunday that she's been seeing someone since about 2 months after our separation. I fell to my knees. I have never cried so hard. I did not know it was possible to feel that amount of pain.

Yesterday, I let her come hangout with me because that same guy told her that he just wants to be friends. She was crying and alone. I put my feelings aside which maybe wasn't best. I didn't try to get the rebound or anything but I care so I was a shoulder I guess. I woke up this morning and realized I'm crying over someone who has moved on so much that they are crying over another man.

What an idiot I must be to let myself feel like this over someone that is over what we had together. She's gone and I need to move on

79

UPVOTES

I saw my x wife at Walmart and I felt

Ordinary_Cup_1827 · 30 January 2024 · Archived copy · Reddit

Nothing. I wasn't angry or happy. Context was together for 15 years . Separate 3 months ago. Divorce almost finalized. I'm at peace . I'm doing well. I don't miss her, I don't love her. Although she betrayed me I don't hate her. I don't care for her . I felt nothing. I didn't speak to her. I don't care how she doing .

79

UPVOTES

I Can't Stop Crying Today

roshi-roshi · 5 June 2024 · Archived copy · Reddit

Hello friends. This sub has been a god send. I'm 4 months in to this nightmare and cannot seem to find solace in anything. I cannot stop crying this morning. My wife is a different person now. She no longer communicates with me. I can't seem to move on at all and cannot let her go. I feel like I'm dying. I miss her, I miss our family, I miss our pets. It hurts so bad. I'm so scared and alone. I've lost so much and just cannot believe this is happening to me. Many on here say it gets better. I'm losing hope and the will to keep going. I know I have to for my children. This is hell on earth.

79

UPVOTES

Today's my bday.

No-Marsupial1823 · 21 August 2024 · Archived copy · Reddit

Well this is the first bday I've spent without my ex family in years. I know my ex wife couldn't care less that it's my bday, my kids as well as they follow behind mom. Feels weird being alone on this day. I worked and went home nothing special at all. It's crazy because a part of me was sort of hoping for a happy bday text from my ex family although I knew it wasn't coming. Not super depressed or anything but it kinda hurts. Well here's to many more bdays alone. Happy 42nd bday to me.

79

UPVOTES

Married men should never buy a house; always rent from your parents

pk2at · 19 September 2024 · Archived copy · Reddit

This is one of the most effective ways for men to convert marital property into separate property. Prior to marriage, gift all your separate property (bank accounts, stocks etc.) to your parents. After marriage have your parents buy a large house (heavily mortgaged) and have them rent it to you at 15-20% premium over market rent. Make sure you use only Marital assets to pay rent and have them make a will gifting the house to charity or sibling. Upon divorce (lets say in 10 years with rent payment of \$5K per month) entire \$600K of rent + home appreciation is left out of marital property.

Post divorce, live happily in your parents house. Always remember to keep your relatives close to you!

79

UPVOTES

'Not in love'

benny123 · 15 October 2024 · Archived copy · Reddit

She loves me but she's not in love with me? Is this fucking Dawson's Creek? I can't believe I wasted the best years of my life with this woman. I made every concession. She sat on her ass and stared at her phone, ignoring me for years. Yay. Thanks. And I'm the one heartbroken and struggling. What the fuck is the point.

79

UPVOTES

What's even the point of Marriage? Or am I just bitter?

OldGuyNewTrix · 4 July 2025 · Archived copy · Reddit

I remember her saying through thickness and thin, richer and poorer. But as soon as it got thick, she just said divorce. No convo. No real plan, just feels like it's time to move on. 18 years together, 3 kids 10 and under.

What's the point of getting married when one person, at any point can just get up and walk away. Vows aren't acknowledged anymore. The times get tough, grass becomes greener away from the husband.

I personally don't see myself marrying again, as it seems pointless. It's nothing but paperwork. It takes 2 sign the marriage license but just 1 to flip your long term relationship upside with 0 signs. Left field 100%. Lies the year leading up to it, just so I can hear what she knew I wanted to hear.

Marriage used to seem or be treated like a sacred thing that you fight for if you can. I understand there's situations like abuse, cheating, toxic behaviors that seem valid in terms of reasoning for divorce, but outside that, it seems no one wants to fight for family anymore.

Not officially divorced, but going through the process myself. She said it 10 months ago and we chose to live together those 10 months ride out our lease and allow us both to save a little it. I'm finally in my own apartment, which feels a bit better... but it just makes me think a lot, and this on my mind right now

Thoughts?

79

UPVOTES

"I don't care about her income"

12math2 · 15 July 2025 · Archived copy · Reddit

It is so crazy how many men still say this, then whine when the divorce courts bend them over. Like look through out this subreddit and the main divorce one, 9/10 the wife is some broke bum that was always a broke bum. The amount of men I see brag about paying off their girlfriends credit card debt, marrying them and then act surprised and blindsided by her spending habits and the new debt she incurred is hilerous.

I have plenty of friends and coworkers who have gone through divorce. The majority of them do not pay alimony, haven't lost their house, and the majority split everything 50/50. You know why? They married women who were financially equal to them and never fell for the SAHM scam.

79

UPVOTES

Bumped into ex today

Hippy667 · 1 December 2025 · Archived copy · Reddit

I was at the mall today, browsing suits in the department store. Who should be there, but my ex wife, with her affair partner (still her partner) looking at jackets. This affair led to the end of our marriage some two years ago. I have never met or seen him in person until today.

For context, she and I are cool, civil, and we communicate when necessary about our grown up kids. I have no desire to be best friends and she isn't on my Xmas card list. Whilst what she did hurt me like nothing else ever has, I got through the divorce successfully and relatively unscathed financially, and I've tried to be the bigger man throughout for the sake of our kids and my own sanity. Let's just say I had to chow down on a lot of shit with zero closure, apology or acknowledgement from her. We talk occasionally, mostly via text, when we need to, and usually wish each other well at the end of communicating. So I think it's as good as it could be given where we were at the end of our marriage.

We spotted each other. I was in the checkout queue to pay, queuing for a good 5 minutes, and we were far enough away from each other not to make a point of saying hello. She didn't approach me and we didn't acknowledge each other. But it felt awkward because of his presence. I got a glimpse of him from a distance. I'm sure her and I would have said hello and chatted if he wasn't there. I paid up, and left the store by the nearest exit, relieving the situation for myself and in my mind, for them also. I would be a liar if I said I wasn't uncomfortable.

She messaged some time later, suggesting it shouldn't be awkward, and that I should have come over and said hello and Mr new guy would be "more than happy to shake my hand". Although this was a random encounter, there is no doubt at some point in the future, we will all be at some family event because of our kids. In short she also said that we should all just accept the situation and clearly we've all moved on (which is true, I have now moved on). She also said she would be very happy to meet my new partner. The kids have clearly been talking! But I'm not at all bothered that she knows. I have zero desire to make a point of introducing her to my new partner.

But am I alone in thinking WTF here? I'm sure he would be happy to shake my hand, and I'm sure my ex wants everyone to be friends, but my perspective on what went down is clearly going to be different to her perspective and I'm amazed she doesn't see that. (Or actually, Jesus, now I think about it, maybe I shouldn't be amazed).

I haven't replied, but it's playing on my mind.

I dunno. I'm ranting a bit, or maybe looking for validation that I'm not being a dick. I really don't want her or him to occupy space in my head, so replying to her along the lines of "I don't really want to make pleasantries with the guy who was fucking my wife for several months" feels like I'm directing anger her way? At this point, I don't think getting angry is a good idea. It feels like sounding off would only really serve me badly rather than exacting revenge of some sort on her, by making a point about why I don't want to meet Mr new guy. It feels like point scoring and dragging up the past. The reality is she never acknowledged what she did and I gave up on trying to get something out of her a long time ago. I worked hard to get over the pain by myself, not be bothered by "him" and have got to a good place with it all so this has knocked me a bit.

My instinct is not to reply. But on the other hand this will come up again, either in person or conversation. So I need to be prepared. What do I do if I'm face to face next time and he extends his hand? I know what I'd like to do of course, but I'm not that guy.

Like I say, she and I are cool, and I don't want to upset that situation by slapping her kind offer away, because I've worked so hard to get to where I am, and where we are. But equally I don't want to be a simp.

How have you guys dealt with similar situations?

Thanks for listening.

79
UPVOTES

Stay away from alcohol
smoked_beef25 · 8 March 2026 · Archived copy · Reddit

If you're going through hell it's going to make your trip longer. put it down
that's all

79

UPVOTES

Sister Cheated, Wife and Daughter Exploded, My Marriage Is Ending

Sea_Mouse9996 · 27 June 2026 · Archived copy · Reddit

Original Post:

I (48M) have a daughter (17F) and wife (47F). I also have a sister (45F). My sister was quite close to us and has gained considerable wealth through her career in medicine as well as through businesses she has started. When my daughter was 9, my sister told my wife and me that she had started college funds for my daughter as well as the rest of my brothers kids. My wife and I were very grateful.

Time skip until now, my daughter and wife (as well as my brothers and their families) discovered that my sister was cheating with a coworker. The betrayed wife ended up reaching out and telling us exactly what she did and how her husband was planning to leave her for my sister. My sister did not and does not want to get married or have kids, and basically ended up kicking him to the curb.

I want to make it clear that I 100% do not condone infidelity. My wife and daughter have been taken aback by this, and made their anger clearly visible. When my brother ended up inviting my brothers and their families as well as mine and my sister for a holiday, they cursed my sister out to their face, with my wife calling her a wh@re and my daughter calling her a "homewrecking slut". My brother ended up hearing this and kicked my family out, and have chosen to not invite my wife and daughter to any event. After this, my wife and daughter cut contact with my sister, while I still stayed in contact.

My sister was very hurt by my wife and daughters actions. In her view, she was a very engaged aunt and a supportive SIL (which to her credit, she was), and she felt as though they were choosing a stranger over her. After six months, my sister had received no apology or even contact from my wife and daughter. She then called me and told me we needed to discuss something. She stated that my wife and daughter had made their decisions about her, and she would do the same; she would not be disrespected, and was choosing to split my daughters college fund evenly amongst my brothers kids. I did not protest this decision, and while I didn't agree with my sister, I did not try to change her mind.

After this, I went home and told my wife and daughter this news. My daughter is a rising senior, and now has to go through this admissions process. She and my wife were both shocked and viewed it as extremely unfair. They were already angry enough at the fact that my brothers wanted nothing to do with them, and thought that they were being punished by everyone for doing the right thing. My daughter began to cry saying that she would never be able to afford to go to the college of her dreams. My wife asked what I said to my sister, and I said nothing. I stated that actions had consequences, and they were free to make their moral choices, and my sister could make her financial choices. They both called me an asshole and have been distant.

Update 1:

My wife and daughter have gone to stay with my wife's friend. Additionally, my daughter decided to text my sister, and demanded the money, and said we would be suing her if she did not release the funds to us. On top of this, she doubled down on her comments, saying she stood by her mom and her words.

My sister sent me the messages my daughter sent, which is the only way I know they were sent, as neither my wife nor my daughter has chosen to inform me. She said before finalizing the decision to divide my daughter's fund, she consulted her legal team, and that they have no grounds for bringing a lawsuit to her.

At this point, I am incredibly disappointed in my wife's and daughter's behavior, and find their entitlement astounding. My sister has also told our brothers about my wife and daughter's ridiculous plan, and they are appalled by their actions as well. I don't know what to do, and it seems like they don't want to accept the consequences of their actions. They are using my sister's cheating as an excuse to do whatever the hell they want without telling me. I don't know how much of this I can take. I have apologized to my sister for their rudeness and entitlement, but I

can tell she's very pissed - not at the fact they disapprove of her participating in infidelity, but at the fact they think she owes them over half a million after cutting her off and cussing her out.

Some people were wondering what happened with my sister's job as a doctor, and whether she was fired or not. The answer to that is that nothing really significant happened. While they were both told their behavior was unprofessional, there were no power imbalances, and they both just received a warning. Some people hypothesized that perhaps my sister facing no consequences was why my wife and daughter felt they needed to do what they did. Perhaps there is some merit to that, but I do not believe it excuses their actions.

Also, I saw comments saying the only reason why my brothers were siding with my sister was for her money. I don't believe this is entirely the reason, maybe a small bit of it. They've always been very protective of her since she's the youngest and only girl. Also, they do pretty well for themselves - not as well as my sister, but still pretty well. While she's given money to them, it is a much smaller amount compared to the amount she supported my family. They just like her more than my wife and daughter, and prioritize the time spent with her.

I also don't understand everyone who wants me to cut my sisters and brothers off. My wife and daughter made their choice to mind business that was not theirs, and faced the consequences. Losing my entire family of origin because of decisions that were not well thought out does not seem worth it to me. We've been treated just fine until two members of my family decided to disrespect my sister in front of the rest of our family.

Update 2:

Well, my wife and daughter did try to sue my sister. They went to six consultations, and all six said they had no case. So, that clearly isn't happening.

They've decided to take a different approach, which is harassing my sister, and my wife and daughter both got their friends involved in doing so. My sister sent the messages my wife and daughter's friends were sending to her, and they were quite nasty. On top of this, they called the hospital where my sister works and informed them of what my sister did, and said they were "boycotting" the hospital (my sister works in a pediatric hospital, and is a pediatric neurosurgeon - not exactly a service that is "boycottable"). They were basically trying to get her fired. I guess since my wife and daughter can't access her money, they want to try to take one source of the money away from her, and that's how they are getting revenge. This did not go anywhere, as the hospital is already aware of my sister's actions.

My sister has shifted from pissed to just sick of this situation. I've apologized for the harassment she's been receiving. She has informed me that if they make any physical threats, then she will be taking legal action. I hope that it does not come to that, but honestly who knows at this point.

I am 99% sure my marriage is over. I cannot live with someone with this much entitlement, and this much vengeance. I can't do it.

As for my child, I will always love her and want the best for her; however, I do not like her entitled attitude. While I will support her, I cannot back this behavior.

As for my sister's participation in infidelity, my sister and I had a longer, calmer conversation. I explained to her that I was disappointed by her actions, but would always love her and be there for her. We sort of went into why she did it - that's private, so I won't share it here. It was a productive convo, and I learned more about my sister.

Overall, I'm just sorta done. They are still at my wife friend's house, and are barely communicating with me, and whatever is being communicated is in rage. I've given up on trying to get them to see reality.

Quesiton:

What next steps should I take to make sure this divorce goes as smooth as possible, especially for my child? How should I document my daughter's refusal to communicate with me so it doesn't look like I am abandoning or alienating her? Will the fact that my wife and daughter are actively harassing my sister carry any weight in court?

78

UPVOTES

House Sale Drama

TheBoyBand · 5 September 2022 · Archived copy · Reddit

Sold a house I owned right on time before foreclosure, I just couldn't keep up paying for everything, anyway, ended up having to reduce price to save credit and VA loan.

She sneakily submitted her bank wiring information behind my back with hope I wouldn't find out, house would sell and I wondered where half of proceeds went lmao... not fast enough...

I locked proceeds in a trust fund to be adjudicated for kids and marital debt. Of course she got mad as hell because in her words "I'm legally entitled to half" Which I said "YOU ARE! But guess what, your also legally entitled to 1/2 the debt and raising the kids, im not funding your affair relationship. Sorry not sorry!"

It's the little wins!

78

UPVOTES

The Entitlement

TheBoyBand · 31 August 2022 · Archived copy · Reddit

What is it with wayward spouses leaving and thinking that they are to continue to be catered to, supported and provided for in my case as if it wasn't hard enough to afford a single household. She actually thinks and used the line "Don't forget you it's your responsibility to provide the quality of life i'm accustomed to". Lmfao gtfoh. Its so damn gross, it used to infuriate me now I just laugh. How can they just don't understand upon separation/divorce we become two separate entities like wtf.

Edit: Not shy-ing away from legal responsibilities btw (CS/SS), she just not happy because this gravy train is over!!!

78

UPVOTES

Basically, I going to go from being married with two teenage daughters to a single parent with three teenage daughters (but one is in her 40s). No logic.

Y_so_cunty · 3 October 2022 · Archived copy · Reddit

This thought just hit me a couple of days ago. I spent 19 years encouraging and offering to support my wife's education and career. Instead, she never got a job except what any highschooler with no experience could have had. 19 fucking years I carried the stress and burden of providing for this family. Now, she wants to leave and build a career as well taking half of everything she refused to contribute to. Yet, she doesn't really want to be independent, she still wants me to support her to a degree just like she was a teenage kid starting out in life. And she'll get it, even if it means taking away financial resources from her daughters, one who is an adult but dependent while in college. Where's the logic or justice? She should get nothing for failing to contribute anything to it. I wish someone had taught me that marriage was a scam against men.

78

UPVOTES

It's had taken 7 years.

Theedon · 19 November 2022 · Archived copy · Reddit

I am back to earning the same as when my divorce started. I lost my job, forced to sell the house Yada Yada... Now I am back baby! Thank you to every soul that kept me here and encouraged me to take that next little itty bitty baby step. One after the other.

If you have just started your journey, get up, brush yourself off and don't look back. A new future awaits and it is glorious.

78

UPVOTES

It seems the less attention you give them the more they want to be with you

Initial_Topic_4989 · 29 November 2023 · Archived copy · Reddit

Before the divorce I was the stereotypical silly dad who always made jokes and tried to get my daughters attention, I always wanted to spend time with them and many times when I tried it ended on me being disrespected, been treated like an ATM, and whenever we would go out they spent most of the time on their phones and it felt like I annoyed them when I was trying to talk to them.

When I blocked them because they unfairly sided with their mom and tried to manipulate me so I wouldn't take my share of the house, all of a sudden they wanted to spend time with me, and give me gifts and express how much they love me, I unblock them and I am working on forgiving them, but things will never be the same, I am no longer the silly dad, I am no longer an ATM, I am not longer going to be taken advantage of, and I was just thinking how cruel is all this, sadly my daughters are women and at the end of the day the less attention you give to a woman the more they want to be with you

P.D. I am talking about my two daughters that are adults

78

UPVOTES

The Divorce Template

KillerUndies · 12 July 2024 · Archived copy · Reddit

I posted this as a comment in a similar sub (I'll add some things). As I go through my divorce I'm noticing a lot of patterns in everyone else's stories. Everyone's situation is different and unique to them, but I'm noticing from women that the same things are being said and done across the board. Let's review:

- Once a woman decides she is done, she sits on it for 2 years before deciding to divorce.
- Most claim abuse. Not saying it isn't taking place, but most times it isn't communicated clearly. We are just supposed to know and change. Fact is, most men don't know their behavior is wrong. We aren't mind readers and women are typically awful communicators.
- Says you're narcissistic. This term gets used more in today's society than your ex wife.
- She's given you signals in her silent cry for help, hoping you'd change.
- Says she wants to be alone and independent. Feminism kicks in.
- Once she asks for separation, she's already made her mind up. There's almost always someone else waiting in her mind, and/or they've already started talking.
- We then make the mistake of trying to save our marriage. It honestly just makes things worse and then you get the "Why now?" train.
- Files for divorce and already has been dating or is serious with the next fella, making it seem like she's moved on quick. This is monkey branching.
- Gets an entire new friend group. Official with the new man. The world revolves around her now and there's nothing you can do. If there's children, they take it hard and she doesn't care. *It's all about her.*
- The new relationship doesn't pan out. Meanwhile, the man she left is doing better for himself health wise and financially than he ever was while married. She is now left alone after the new dude used her. Just another spoke on the wheel. At this point, she starts contacting you again.

Fellas, did I miss anything?

78

UPVOTES

My ex mother in law called me 5 years later

Refl0g1791 · 24 July 2024 · Archived copy · Reddit

Complaining about what a wretched thing her daughter's boyfriend is. I just said I want to stay out of it.

She thanked me for allowing my kid to go on an annual vacation (my kid loved it) and said "we are really blessed to have you in our lives."

When we were divorcing she said some horrible shit about me and made excuses for this same boyfriend.

TLDR; be the man you want to be and you'll get respect from your community and maybe even your evil ex mother in law who is actually just a regular person drawn into a divorce battle and has no choice but to support her children.

78

UPVOTES

Did anyone end up being Happy their Wife Divorced them?

BanjoKfan64 · 11 September 2024 · Archived copy · Reddit

As my Divorce is hitting two months. I will say it is hard, and I def have good days and Bad days.

When my Wife wanted the Divorce in Mid July, we basically sat on it for 3 weeks and then I realized her mind was made up so we started the papers and put the house on the market..

So the process has taken time and the house should close for new owners next week and court is the next day..

These past two months have been tense at the house..So Yesterday was the day I just said FUCK IT! I moved out and grabbed all my stuff and moved into my folks, and while it was hard...It was so nice to not be bitched at and treated like Garbage. It also was nice not having massive anxiety when I heard the garage open for her coming home...As Hard as this process is and as anxious as I am for the future....Not getting Belittled and treated like Garbage is so breathtaking. I am starting to be happy about it; again it is hard and I will always have some hurt, but man....Just not being belittled and basically not going out and having someone just be acting like I don't exist is so nice...We would hang with her family and friends and all I would hear is how amazing her friends and Sisters Husbands/BFs were and that they were really amazing guys, while I just sat there and got ignored by her.

78

UPVOTES

After 20 years she blindsides me with “i dont want to be married anymore”

eternalkushcloud · 1 March 2025 · Archived copy · Reddit

20 year relationship, 12 years married. Met when she was 18 and I was 21.

We share a 10 year old son.

Yesterday she tells me she doesn't want to be married anymore and wants me to start looking for somewhere else to live, we live in a home she inherited after her mother passed, i've been living here for 18 years.

i've never cheated on her or been abusive etc etc and by peoples opinion (including hers) i am an excellent father to our son

i never wanted to live apart from my family, my son especially.

she was *so cold about it*, i asked if she was seeing someone else and she says no. I asked her if she's really kicking me out, and she says “not at this very moment but you need to start looking for a place”. Just like that after almost 20 years!

She knows that I just lost my uncle (who raised me) to suicide and my young dog to an unexpected death all within the past month!

wtf am I supposed to do? she makes way more money than I do (like 50K more annually, if not a little more), she works in admin for a mid major University, and I work at a local High School. With my salary i'll be living pretty close to poverty levels, and most importantly I will no longer be under the same roof as my son! There's no way she lets me take him, and he may want to stay with his mom, which i understand. Although I believe a son needs a good father living with him, to help guide him!

I'm sick to my stomach!

Thanks for any feedback. I'm honestly gutted and blindsided.

EDIT: I also have retinitis pigmentosa, which means i'll probably be blind in the next 20 years, she was going to be the one that helps me out when those days come. Guess that's not happening anymore, not sure how much i have left to live for when/if i lose my vision

78

UPVOTES

The next time someone tells you that the family courts are fair to dads.....

guy_n_cognito_tu · 18 April 2025 · Archived copy · Reddit

<https://www.youtube.com/shorts/UsKDkZqvh4U>

This is the first of a series of videos out of Kentucky. Watch all 4 shorts to get the full picture. Here's the cliff notes: baby is born, mother doesn't want to have anything to do with it. She signs over full custody for the baby, and refuses visitation, then disappears for 4 months. Then, in a "motion hour" (I don't really understand the concept, but it's apparently a KY courts thing), she makes a motion to take the baby back. The dad's attorney argues strongly for his client, but the judge VACATES the custody order and literally hand the baby to the mom in court. Worst yet, she won't address dad getting visitation without a formal hearing, which would have been MONTHS in the future.

Custody laws are broadly written and subject to interpretation. Judges can take significant liberties and sometimes just completely ignore them.

78

UPVOTES

I hate this shit.

Then-Environment-272 · 30 August 2025 · Archived copy · Reddit

I feel like a lot of people romanticize divorce but this shit absolutely sucks. I've never felt more disconnected from the world and legit fucking sad in my whole life. Bros I wouldn't wish it on anyone

78

UPVOTES

I Sense She is Regretting Big Time

tonyway7293 · 29 November 2025 · Archived copy · Reddit

My (37m) STBXW (34f) filed for divorce 6 months ago. She moved out almost 4 months ago. No kids (Thank goodness!).

We were together for 10 years and married 5. She started taking a GLP-1 medication at the beginning of the year. The weight started to come off rapidly. I supported her the entire way and I was super excited. The bizarre comments about other men from her started to occur maybe a month or two before she filed. It started subtle but then it got bad (she shared she had a cucking fantasy, shared with me a completely inappropriate comment from her male co-worker, said I should get a "hall-pass" to mess around with other women). She was clearly trying to hint at infidelity or opening up the marriage.

During this time, she was also heavy on the TikTok and Instagram. She even posted a selfie saying #hideyourhusbands. I don't have Instagram or TikTok, my friend called me one day and said "bro, is everything good between you and your wife because she is posting weird shit".... that's how I found out about that.

I was away on a trip right before this all blew up. She left the house super late and came back super late. Very unlike her. I knew this because of our Ring cameras. As I was tossing and turning about to call her out on this, I logged back into the Ring app and she deleted the footage.

I called her out via text since I was away. She love bombed me. Gave some BS excuse about deleting the footage and where she was. I came home early expecting a conversation. She was cold and unempathetic and said she had been unhappy for a year and will be filing for divorce. Blamed me for it all. No interest in fixing or saving it.

She treated me horribly while living here in the spare room for about a month or two before she finally moved out. Dressing up every night, going out, talking to men on the phone in front of me.

The day she left I went completely no contact. Battling in court for the equity of my home. She texted me a few times since she left.... one of which was to "meet for lunch before our 3rd court appearance". I ignored.

Come to find out, she is living in a small rental with her (was ours) large dog. She is on the dating apps. I peep her TikTok every now/then (I know it's not good to do). It is littered with all breakup material. She just re-posted one that said "I wish you would message me, I miss you".

I remember telling her once you leave this house that's it... I won't be fighting to save the marriage anymore. I stuck to my word. I asked her what it was she is seeking. She literally told me "a fairy tale".

I'm thinking one of two things happened here:

1. She lost the weight, got validation and attention from men (she admitted she was getting more attention), and figured she can play the field for something "better".
2. She had an affair and it backfired hence why she is in a crummy rental and on the dating apps

Has anyone had a similar situation with their ex? We (now I) had a beautiful home! Marriage was good albeit I reflect on the fact that in the past year I did let things slip into routine.

It seems most woman don't abruptly blow up a marriage like this unless they have another good situation lined up.

78

UPVOTES

So F'ing Sad

Delicious-Curious · 6 December 2025 · Archived copy · Reddit

I know this is a common feeling for some. After 28 years together, 24 married, it's over. It's beyond comprehension. I'm angry because she won't even try now that we're overdue for therapy and could have structure.

Six weeks of therapy and no interest in healing.

I know this needs to end, but it's so fucking sad. I'm crying as I type this.

Our kids don't seem to be a concern to her.

She told me last night: there's nothing you can do to win me back.

But why? Why?

78

UPVOTES

How little people care

No_Chemistry8953 · 26 July 2026 · Archived copy · Reddit

I think one of the hardest lessons I have learned in the process of divorce is just how little men are actually cared about. The amount of people that just expect me to just “get over it” or “move on” and who provide no support at all is eye-opening. Women get surrounded by supports immediately and they can take as long as they want in their healing process. For men, it is like “why are you not providing something to me right now.”

I can see why the suicide rates for men are so high. We’re expected to keep moving and criticized if we fall down. Social media has made this significantly worse as women are watching things basically supporting that men do not deserve empathy. That we deserve to have our kids taken away, our resources taken away.... because we are all just bastard men anyway.

I was even told by a support that I was basically not “man enough” in my marriage. That my wife’s cheating, her lies, and her eventually filing false DV charges against me was somehow my fault and not a result of her choices. The fact that she assaulted me was viewed with doubt and question. Like, “how can a man be assaulted?”

Even the police, who she lied to and said I assaulted her, blamed me and said I should have done differently. Even after I told the police that she was violent and I locked her out of our house because of her violence. They told me I should do better after she assaulted me. She was labeled as a victim and me the defendant.

She has treated me terribly since the separation and has faced zero consequences for her lies and manipulations. She has told everybody that will listen that she is the “brave woman” who “escaped” our relationship. Her group of friends fawn over her and reinforce the belief that “men are terrible” and that I deserve continued terrible treatment.

The painful part is I was a devoted husband. I never cheated, made sure bills were paid, planned vacations, did my half of childcare, did my half of household chores, and continued to show up. Was I perfect? No, I made mistakes at times with communication, but to go from that to now I am viewed as a monster is so heartbreaking. She has taken everything and now I am completely starting over at almost 40 years of age. I worry she will try to take my son away from me...

78

UPVOTES

A Brief, Humorous Tale of "Mental Load".

guy_n_cognito_tu · 31 July 2026 · Archived copy · Reddit

As background, I have been divorced for 6 years, and have 50% custody of my three children. My youngest son is entering middle school this year.

Yesterday, my youngest had his middle-school orientation. It was a pretty nothing sort of meeting. The kids had a tour of the school and met their counselors, while the parents sat in the auditorium, got a presentation and had a Q&A. The whole thing took an hour. My son has shown an interest in band, so I asked how to get him signed up for that. After the meeting, I contacted the band director and got him signed up. I also got him signed up for the percussion try out that he must take next week, and copied my ex on the emails with the band director.

Later that evening, I texted my ex to make sure she had seen the emails. She hadn't..... I walked her through the band process, and told her I would take him to his audition, even though it is "her week". There was a little back and forth, and then she hits me with this hum-dinger:

"Guy, I don't think you even remotely understand the mental load I have trying to get all this done. Men are clueless about this stuff. Today has been exhausting for me!"

Wait, let's back up:

- I'm the one that got him registered for middle school
- I'm the one that got him up, got him dressed, and got him to school. She just met us there.
- I'm the one that asked the questions and got him signed up for band.
- I'm the one that started him on drum lessons a year ago, because I had asked the right questions and found out that percussion was the only instrument that required a tryout.

In summary, I had done all the work and all of the planning, and she was exhausted because she showed up, then had to THINK about all of the work I had done.

What are your "mental load" stories?

77 | **"We don't miss our ex's, we miss what should have been."**
UPVOTES **oli_21_** · 7 July 2021 · Archived copy · Reddit

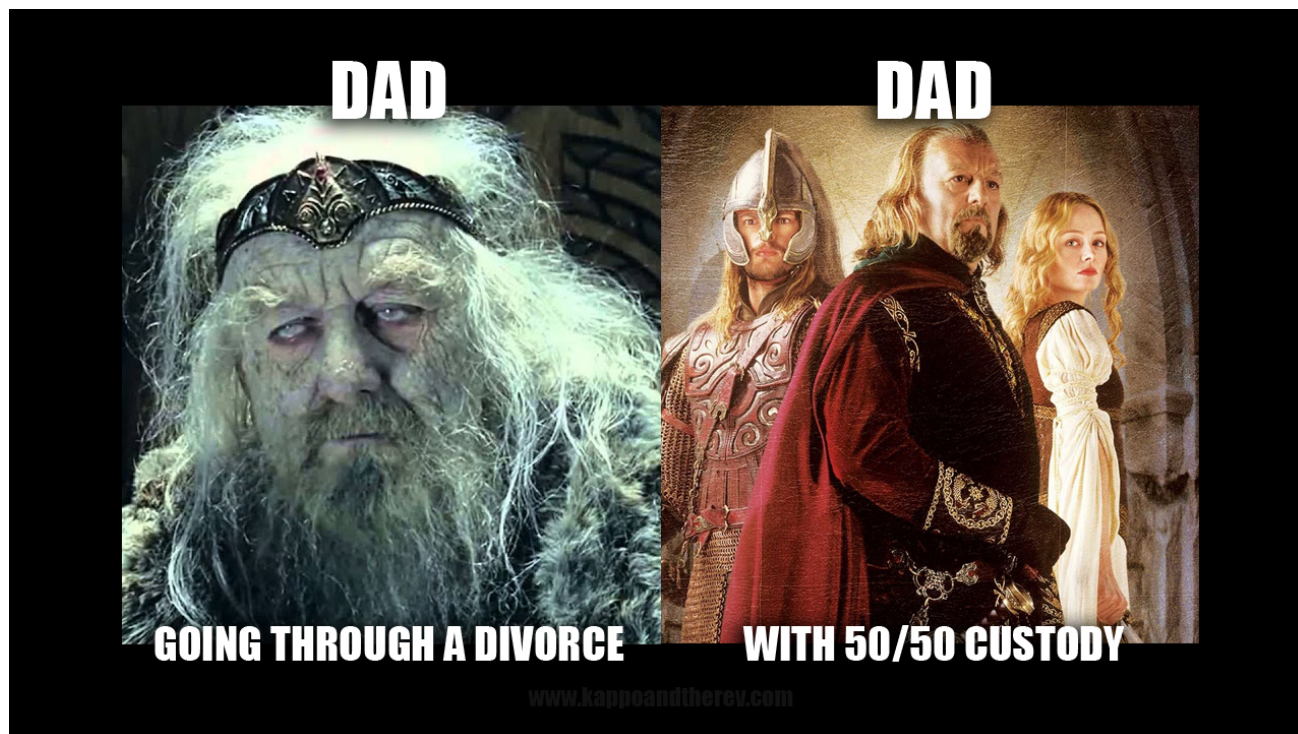
[/r/Divorce_Men/comments/ofv2wx/we_dont_miss_our_exs_we_miss_what_should_have_been/](/r/Divorce_Men/comments/ofv2wx/we_dont_miss_our_exs_we_miss_what_should_have_been/)

77

UPVOTES

The fight is long, hard, and ridiculous at times... but it does end.

kordeliakuthbert · 12 June 2019 · Archived copy · Reddit



77

UPVOTES

Unplanned family discussion.

chughead55 · 8 June 2022 · Archived copy · Reddit

My Daughters (16, 18) were aware of martial issues and asked us point blank what was going on. This ended up being the first family discussion. The conversation started calm, but after 20 minutes. My wife doubled down on her right to be happy and need to divorce me.

My wife talked so much she came out and talked about her affair and AP!! Holy shit, I couldn't believe how this was going downhill for her. She shared way too much even though my kids are a little on the older side.

Everytime my wife tried to redirect conversation back to my perceived shortcomings, I responded I loved her and my family and wanted to make things better no matter how much work was needed. My wife ended up looking like the cheap cheater that she is. She cheated the whole family and they all know it right from the horses mouth.

The night ended with "We love you dad" and silent treatment for my wife. They said they will live with me. They went to bat for me 100%

I bet \$100 my wife is in the other bedroom crying her eyes out right now.

My future is looking a little less lonely right now.

77

UPVOTES

Bittersweet sock day, but sock day nonetheless

tooldforthisnonsens · 15 November 2022 · Archived copy · Reddit

A little backstory. My ex of 16 years (together 20) had an affair with my best friend that lasted for many months.

She failed reconciliation (thankfully in hindsight) and asked for a divorce. I told her I agreed to all the financials but that her calculation of only owing me 5% from the home was wrong after she had paid me 40% already. 50% was due, total, she paid me 40%, so she still owed me 10%. Looking back, I think she's just too dense to understand the math.

Instead of being sensible about it and giving me the 10%, she hired a lawyer and they went to war. That was over 2 years ago.

Since then, I've spent over \$50,000 defending a 50/50 split. I offered time and again to settle for a 50/50 split. After a year, I started offering a 50/50 split plus she paid my legal fees.

We finally got our divorce in front of a special master. The date was scheduled in the middle of a vacation I purchased 3 years ago, everyone involved knew I wouldn't have access to telephone or internet. I had to go to extraordinary lengths to exit my holiday and get back to civilization for the meeting with the special master.

Long story short, the special master recommends that no money or physical goods change hands and we all go our separate way. I have my lawyer mention that this was my offer for the last 2 years and that some consideration should be made for my costs. The special master laughed at this. I signed and swallowed the tough pill. Nothing in my ex's documentation to the special master was actually about the financials or the divorce. My ex used the opportunity to write a 20 page essay of fabricated bullshit about how horrible of a person I am. She never did provide all the financials that the law required of her.

Now to the bittersweet part. My 16 year old hasn't spoken with me since June. His mom continually excluded me from coparenting decisions. He started playing us against each other. He did it one too many times and I called his bluff. He got pissed. That was the last time we spoke. His mom's family is wealthy and buys his affection. They are miserable, disgusting wretches.

I decided that I wasn't going to spend more time sitting in time-out. I sold cars, motorcycles, guns, etc. I put everything else in a single 10x10 storage unit. I ended my apartment lease. The next day I boarded a plane to the other side of the world with only a 40L backpack.

I've been traveling non-stop since I left in June. While I'm having a blast and living my best life, I miss my son very much. We were wingmen.....brothers in arms.....a ragged bunch of hoodlums. I've messaged him a few times and receive no response. He hasn't spoken with anyone on my side of his family since June.

I suspect my son knows this account. I miss ya kid. I hope you escape the bullshit vortex that is your mom. I hope I've given you the tooling needed to survive. I'll move heaven and earth to reconnect with you when you're ready.

77
UPVOTES

F*^k You

new2life_2023 · 17 October 2023 · Archived copy · Reddit

20 years of marriage gone. You threw it away, drinking was more important to you and some emotional fling you still won't admit to. Or maybe it was a midlife crisis.

How dare you text me and say 'I think I made a mistake' no shit - actions have consequences.

Glad I have moved on and not getting caught with that pain again.

77

UPVOTES

Thoughts now that I'm divorced and almost 'done' with her.

AvacodoCartwheeler · 12 March 2024 · Archived copy · Reddit

I guess the backstory doesn't really matter, so the cliff notes are ex wife had an affair, I tried to make it work for our kids + "her" kid whom I've raised, but you know, cheaters gonna cheat... at this point, I don't have any anger left. I feel a bit sad, mostly for our kids now growing up in a 50/50 split house with a lack of stability while with Mom. She gave me everything I wanted in the divorce and while we had a number of um, "heated" discussions, things weren't really ugly on that front. The horror stories I read on here make me never want to marry again, my own experience has been, well, fine, I guess, by comparison.

She is legally entitled to co-habitat with me until the end of next month and we've been divorced since Nov. of 23. Her AP and her got into a physical fight and he beat the shit out of her. Her and AP still talk, and I think they occasionally meet up, but I just don't care anymore. Our communication has been better than it ever was and I'm so much better at "handling" her when she's out of line. It took a while for her to accept that I would simply not engage if she couldn't be respectful, I'm not here to solve your problems (but I have no issue offering my thoughts if she asks), I'm not going to 'save you' from what you've done (I don't care how little money you'll have left after bills), I'm not interested in a "last chance" for us. Also, we were remodeling our (mine now) house when this started and I *mostly* stopped, leaving projects unfinished. My thinking was that it would dramatically lower the value of the house and I could keep it without having to pay her. Turns out she didn't want any equity, or any other money at all... She seems hurt that I don't ask her opinion about what I'm doing to the house. I make the design choices I like and just do them. Things are slightly cold at home, she's clearly depressed and I don't feel the need to help get her out of it in any way. I feel like the less I am worried about her, the lighter I feel.

I've spent a lot of time wondering how I became the version of myself I was while married to her and I've realized that I stopped prioritizing myself and started prioritizing her to the point that if she wasn't happy, I wasn't happy. Maybe that would have been fine, but she's a black hole to the light of happiness. Nothing can keep her happy - or perhaps I simply was unable to provide the correct type of happiness, I can't say for sure, and it doesn't matter now. I realize that a lot of her 'bad' traits I enabled though good intentions. I understand that my own issues were really because I stopped doing what I wanted to do in favor of what was best for her and/or our kids - they got priority over my wants every time.

I did things I am not proud of since this started, and I don't think I'm some saint. What I am proud of at this moment is that I don't hate her and while I still care what happens to her, I'm in no way interested in "helping" or "saving" her.

77

UPVOTES

Its never enough.

a14a2 · 27 May 2024 · Archived copy · Reddit

You meet someone you like, they like you, you know you should be glad.

Fast forward, you'll work like an ox, you bring home bread and money for everyone, you buy the groceries, you cook the meals, you clean the house, mow the lawn, take care of the kids, wash the car, manage finances, do the tax returns, book the next holidays and so on. Repeat this forever until life gets you down and you're greeted with: "We need to separate".

I've been married for over 10 years and it sure had its ups and downs, but > 90% of the time it seemed like things were quite nice actually. But then, all of a sudden, all of those conflicts of the past are now a complete deal breaker. No warning shots, nothing. At least not to me, because as it turns out, she was talking to all our mutual friends about how unhappy she was and was talking to lawyers already. So she really made sure all bridges are burned before making the move.

The worst part is how she treats me like a complete stranger now, ice cold and without a hint of self-reflection or empathy. Seems like the mask is off now and It's probably her true self for the first time. I'll be moving to a new place by the end of the week and hope to get over this nightmare soon, even though the kids will make it difficult to cut her off entirely.

What really helps me to keep my sanity (or at least part of it), are long walks, working out, good food and spending the day in the spa. Also I occupy myself with the things I really enjoy and that were always relegated to the backseat in the last decade.

My heart goes out to each of you, it was really helpful and eye opening to read through this sub. Cheery everyone, life will be better than we think!

77

UPVOTES

I won. Here's how

ShutUpHeExplained · 10 July 2024 · Archived copy · Reddit

First and foremost: I am not a lawyer. Nothing I say should be construed as legal advice. The laws in your state are probably different. This is just my story and maybe it can help somebody.

I'm early 50's live in the Midatlantic US. I was married for 22 years. Five Kids (24, 22, 21, 17 and 12), house, decent job etc. Our oldest is special needs which took a lot of time and attention. Oddly that was a big reason we stayed together as long as we did. He needs a lot of care and one person cannot do it.

Ultimately, he was moved into a care facility and resides there permanently. Right as that was happening, my wife told me she was gay. I was more than a little surprised and we slept in the same bed for a while but the marriage was effectively over. I moved out of the bedroom and we decided that we would remain married on paper to keep things as close to they were as possible. We talked to the kids and it was going fine. We were talking about next steps an living situation etc. She told me she was going to start dating and encouraged the same. She went on the apps and so did I. Six months after we were effectively separated, I met someone.

She was initially supportive and things were good. At some point, something changed and things went completely sideways. I moved in with my mother and step father to reduce the tension. The kids stayed with her. Two weeks later she told me I needed to take the kids and she needed to focus on her "mental health".

Thus began the Campaign Of Destruction. She put the kids squarely in the middle. Telling them every private thing about me. She called all her relatives to do the same. She told our children that she hopes I get cancer and die a slow painful death. My youngest daughter was 8.

My answer to this was...nothing. Grey rock all the way. Any communication was devoid of emotion. Just factual. Brief, Informative, Factual and Fair.

I didn't discuss her with the kids or anyone in my family aside from my brother. When she started texting the kids private, personal and totally inappropriate things about me and called me dozens of times in the middle of the night, I finally filed for a PFA (protection from abuse). We agreed through counsel that we would replace the PFA with a non criminal stipulation order. This was my first mistake.

I took the kids to school and back every day. She refused to even let them go to the house after school. This went on for a year. Six months into that year, she was attending an outpatient program for people with Cluster B. She met a man there, decided she was no longer gay and moved him into my house three days after meeting him. He's an alcoholic felon with 3 DUIs and a criminal record going back 3 decades.

My older son caught Covid the following spring and asked her if he could come home and recuperate. (He goes to college nearby). She agreed. Two hours after he was there, a process server tried to serve her divorce papers and she went ballistic. She kicked my son out of the house, drove him back to his dorm while berating him he entire time. He recorded her rant. He filed a PFA a few days later and it was granted. She had a meltdown in court and told the judge it was fixed and that he didn't understand mental illness etc. The judge was absolutely furious.

Shortly after that she filed a PFA against me for....nothing basically. I was intent on proving the boyfriend was living there so I was taking picture of his car in my driveway. She said that was harassment they bought it. Ultimately, I negotiated a stipulation that I wouldn't approach the house.

A few weeks after this she has a total meltdown at home when the kids were visiting and traumatized them. I'm leaving out the details but it was very bad.

That effectively destroyed her relationship with her children. They haven't spoken to her since.

She dodged service for months, and finally divorce was granted.

I pay a very modest alimony and did not ask for child support during alimony negotiations.

Custody is considered a separate matter before the court. She has used legal but frustrating delaying tactics to drag this matter out. I filed for full legal and physical custody. We had a hearing scheduled next month. In my state, my lawyer can subpoena her therapists notes from their sessions. She was supposed to turn them in on Friday. When they hadn't handed them over Monday, my lawyer asked hers what was up and within hours we had a stipulation that she was granting me everything I wanted. Whatever is in those notes must be very, very bad.

I signed and filed with the court. It's finally over after 3.5 years and tens of thousands of dollars.

I got the house, I got the kids. I lost a lot of money but it was worth it. She is also not allowed to contact me directly. We have a court authorized and auditable platform that we use.

The lesson: You cannot prevent your ex from trying to ruin your name. People who know you won't believe the lies. Those who do were never on your side to begin with. I was on good terms with her side of the family. I will never speak to them again after they believed her. No loss for me. The friends I have who have weathered the storm with me mean the world to me. I am truly free. There's nothing she can say to anyone now. It's all been said and I have no secrets and I have no shame. I know who my friends are and my world is better for it.

It was a shit ride and I wouldn't wish it on anyone but I'm not living in a prison anymore.

I'm happy to answer questions here or in PMs.

Good luck gentlemen.

xpost BPDLOvedOnes

77

UPVOTES

'Narcissist' the most over used word of 2023/2024

TheBritishWay1985 · 4 December 2024 · Archived copy · Reddit

Every day I hear the word 'Narcissist'

I hear woman at the school gates saying how their ex is a Narcissist.

Work colleagues talking about how someone is a 'Narcissist'

My wife's friends describing their ex husbands.

It's starting to p*ss me off.

This word only came about in 2023. No one knew what a narcissist was before 2022.

WTF is going on with this overused word? Is it because of a movie or a documentary?

The truth is less than 1% of the world population is a true Narcissist.

77

UPVOTES

I am really sad for the men that do family activities with the SBTXW

Initial_Topic_4989 · 14 February 2025 · Archived copy · Reddit

Most of them do it hoping to get back together with their ex, but what they don't realize is that their ex is secretly mocking them. She laughs at how easily she can manipulate you, how effortlessly she can put you in uncomfortable situations. It turns her on to see you suffer—to watch you filled with anxiety during that visit to the park, the museum, or whatever pathetic activity she suggested, knowing how desperately you want your family back. What she won't tell you is that, after you played her little game, she'll go to bed with the guy you were "never supposed to worry about," laughing as she tells him how ridiculous and pathetic you looked agreeing to her plans. And while you sit alone in that shitty apartment—she's in the house you built, or worked your ass off to get, fucking him.

77

UPVOTES

I, A MAN, won in court, but “winning “ still costs.

sludgepress · 12 April 2025 · Archived copy · Reddit

Good day....., I've posted about my personal divorce experience but was forced to remove it all over fear of courtroom idiocy.... So now that it's over, I want to add to the pool of "why to never get married" and also to explain to younger men WHY there is no "winning" in marriage/divorce. Just degrees of losing. This is a long post, but I simply hope that my story helps some young man to make BETTER life choices. Myself (53 m) was married for 20 years to my ex-wife (46 f). We amicably divorced 4 1/2 years ago as of April 2025. We wrote our own divorce decree. No lawyers. We were able to amicably split everything with next to zero arguments. Our son was 15 at the time and she agreed to not ask for court ordered child support if I gave her \$10,000 off the top of the sale of our home. SIDE NOTE: I am a very hands on father and always have been. I literally raised my son during the day and my wife watched and took care of him at night. I took a work shift I hated so I could be at home with and raise my son. So my ex KNEW very well that I loved my son very much and that HE was my number 1 priority. So the short version is that as the years progressed, she became a literal different person. She was VERY educated and had an advanced degree. She got her MBA at one point and we were off and running. She then threw her MBA in the trash and decided to become a public school teacher. Which I COULD NOT understand. So it was THIS mindset, her overall change of attitude and her "zero compromise" views in our marriage, in addition to never admitting to being wrong in ANY scenario and attempting to manipulate our whole relationship by THREATENING divorce every time we argued because she KNEW that being apart from my son was THE WORST thing that she could threaten, that inevitably lead to the divorce. I was not without blame. I didn't handle scenarios in the healthiest of ways either. It was a team effort that lead to divorce. Despite 3 attempts at counseling. So we divorced, we went to court with our self authored divorce decree. The judge actually COMMENDED us on being "adult and non confrontational" in our split. He said he "prayed that if divorce has to happen, that more people do it the way we did it" So, I started my life after marriage. I literally paid for EVERYTHING for my son. I paid for his medical insurance, dental insurance, his cell phone, his auto insurance (on a car my ex wife loaned him) his school lunches, and I also paid for HALF of everything his mother spent on him. So if she bought him clothing, she would send me the receipt and I paid half. AND I paid for my own home and all his expenses when he was with me which was 3 days a week. I paid for gas, I paid for ALL his external expenses. Literally, her only "expense" for our son was the food she bought for her home. Everything else was on me. Co-pays.... School expenses; WHATEVER expenses you can imagine, I paid for. As time went on, and the more amicable I was and the more I paid, the more my ex wife expected. And she actually tried to tell me that I was responsible for her personal auto insurance rate hike. In which I told her, "I don't think so and I'm not going to pay for anything for YOU" And every time I disagreed with her, she did the "well then I guess I'll see you in court". She knew I did not want to go back to court because, let's be honest, men usually lose in family court, and I also didn't want to have to pay \$3000 to retain a lawyer. In the divorce decree, I was awarded even years to claim our son, via child tax credits, and my ex-wife told me that if I didn't let her claim him on ALL YEARS, that she would take me back to court and get it anyway. And the child tax credit was less than hiring a lawyer to fight it. So I, very stupidly, Agreed to it, and collapsed under the threat. Scared to be taken in court. So out of nowhere, about four years after our divorce, I get served with papers for a "motion to modify" our divorce decree. And in this motion to modify, she made the most ludicrous and ridiculous claims. She claimed that I had withdrawn all support for my son. She had claimed that he lived with her full-time for the past four years. She claimed that he goes months at a time without seeing me And that she is entitled to the calculated amount of child support +20% since our divorce. So now I was forced to retain a lawyer and fight it. I knew that I could prove her wrong. And little did I know how wonderful and smart it was for me to hire a good attorney. Around about the "discovery" phase it was made very clear to my ex-wife that I could very easily disprove everything she was saying. (and she also asked that I pay for her attorney fees, in addition to everything else in the motion to modify) My lawyer told me "I don't know if your ex-wife is a smart woman or not, but this is ridiculous and this is going to be very easy for us to disprove". he said "Give her nothing until this is taken care of." I had been giving ex-wife \$25-\$35 checks here and there because she told me that I wasn't doing enough. Even though I was paying for everything. My lawyer told me to stop it immediately. So I did. So as months go by, I'm collecting all my

information for the “discovery phase” and we (my lawyer and myself) get a notification that my ex wife’s lawyer has filed a “motion to remove himself as representation” My attorney told me that there’s only two reasons that this ever happens. The attorney is walking away because it’s a guaranteed loser or that she and the lawyer cannot agree on the outcome or how to proceed. Basically my lawyer told me that in his opinion, her lawyer had told her basically that she was not going to be able to win this. And she didn’t want to hear it. My ex-wife knew that I was privy to all the motions filed, and I actually called her and arranged a meeting with her. And in very clear terms, I laid it out for her that she was not going to win. Not only was I not going to pay anything that she wanted me to pay in non existent “back child support” or her attorneys fees, but that threatening to take me to court unless I gave her ALL the years of child tax credit, which was clearly explained in our divorce decree, was actually a tactic called “coercion under duress” and that her taking the child tax credits from me on my given years was Contempt of court, and that I had every right in the world to proceed with charges against her according to my attorney. I told her that I would be proceeding with these charges and that not only would I not be paying her, but she would probably end up owing me \$5000 to \$6000 if she wanted to continue on without an attorney. I also told her that me paying for her attorney was never going to happen. Now, I could’ve continued on with my attorney and went on to get the motion to modify dismissed, paying my lawyer a ridiculous amount of money per hour, or I could cut a deal with my ex-wife and basically monetarily end this. Long story longer, instead of having to pay my lawyer \$215 an hour, I paid my ex wife \$1000 to drop the motion to modify and to leave me alone forever. Our son was set to turn legal age in less than two months, he wasn’t going to college and she had no further action. She LEPT at the chance. She knew that she was buried. Not only was I not going to have to pay her the \$6000 or \$7000 that she thought she was gonna get from me PLUS attorneys fees, she now stood a very good chance of being held in contempt of court, and owing me thousands of dollars plus attorney fees. And that information shut her down instantly. My point of all this gentleman is this: I very much won. I slapped her down with simple facts and the case literally never even made it to a courtroom. She knew, her lawyer knew, and anybody with a thinking brain knew that she was lying and that I was going to absolutely destroy her in a court of law. however, I still ended up having to pay my lawyer \$2000 and it cost me \$1000 to get my moronic ex-wife to drop the motion to modify. Or I would’ve had to continue to pay my lawyer to go on and have the motion dismissed through the legal system. Costing GOD KNOWS how much. So, as correct and right as I was, and as much as I absolutely knocked her off her pedestal legally, it still cost me \$3000..... TO WIN. Once again, \$3000..... TO WIN. And that is me GETTING off easy. My attorney spoke of men spending tens of thousands of dollars on attorneys fees..... and “winning” their case. It’s just a pathetic and disgusting racket. Women WILL LIE through their teeth when it suits their needs and only hard proof will shut them down in court. But it STILL COSTS. There is absolutely no winning in the game of marriage. There is no winning in the game of divorce. It’s going to end up costing you money either way you go. It’s simply a matter of how much you can lose and still carry on. How much can you lose and still remain intact. I just want this to be a little bit of a lesson to the younger men out there who are considering marriage. Just know that you are setting yourself up to get absolutely destroyed monetarily and emotionally EVEN WHEN YOU ARE RIGHT.....And you can prove it. I do sleep a lot better now. It’s finally all over. My son is going to be 18 in a month and then I will never have to deal with her ever again except for occasions and where family is all needed. I hope someone got something out of this. I have to admit it that it was very therapeutic to write this all down for you people to read. I hope this helps somebody else down the road. Thanks for reading my story. it’s much appreciated. I wish the very best of luck to you all.

77

UPVOTES

Ex-wife's planning on marrying her former coworker

xosto · 14 April 2025 · Archived copy · Reddit

Jan 2023 she asked for a separation but didn't want to go to counseling. I asked her if there was someone else and she denied it. We got divorced. Jan 2025 she introduced the kids to her "coworker". She let me know a few months later and they're serious.

I don't have proof of an affair but I did meet him and he apparently got divorced last year.

It's an interesting coincidence.

I post here to say you will never get closure from them. The truth eventually comes out. By the time it arrives you're going to have to find peace in your own way

77

UPVOTES

50 something yo Divorced Cougars picking up 30 year olds

Boglehead101 · 30 April 2025 · Archived copy · Reddit

STBXW looking for divorce like yesterday. 4 kids.

We live in a small scenic town on the periphery of a large city. We get a lot of tourists so there's a decent bar scene. There's a not insignificant amount of 50 something YO recently divorced women (mothers w children) in these bars from Thursday to Sunday.

I was talking to a friend today about my pending divorce, he brought up the situation above posing the question of what these women really want. He thinks their goal of wanting freedom is misguided.

He discussed a group we both know, they're pretty attractive when dressed up and are getting railed by thirty year old Alphas who want nothing to do with them after they shoot their load.

A NY Trader friend of mines wife, (ex model) left him a couple of years back. She did this bar scene too. She's now hooked up with the local lothario, a car sales guy she caught screwing another woman in their first 6 months. They're still together while her ex the Trader concentrates on being a good father.

It's a fucked up world.

77

UPVOTES

Advice from the other side, Post 1.

Beautiful-Ice-9172 · 13 July 2025 · Archived copy · Reddit

Several of you expressed interest in what I can offer. If this doesn't help or rubs you wrong, just disregard it.

-- Some mental health advice --

First and foremost. You aren't alone. It sure as hell felt like it when I was starting out. Most of the time, mutual friends and acquaintances go with the wife. Women do a better job than us in maintaining relationships. Likely you quit hanging with the boys as much after marriage and kids. Most do. She may tell tall tales to your friends and acquaintances. Anyone who believes it, my advice is cut them loose. You got enough going on. If they believe lies, let them.

Make new friends. Get out when you can. Not drinking or picking up more women. Start a hobby or lean into the one you have. This will help your mental health. You will want something for when she has the kids if you have them. That silent home is so fucking loud man. Once you are used to kids, not having them is a stark change.

Excercise. Depression, anxiety, panic attacks. Could all be in your future. Your whole life it being up ended and that is not a joke on your mental health. Your finances, custody of kids, your entire future is a big question mark. Excercise is one of the best things you can do for mental health. Lift weight or do body weight excercise. But do something. It will help with stress, t levels, mental health and your sexual market place value. Do it for you, not women. Sounds cliché, but I am telling you you need an outlet for what's coming. Pump that anger into something positive.

I hope yours goes better than mine. Expect surprises in court. Expect the court to bend over backwards for her. Expect to come out of court devastated. You need outlets.

Hard truths

This is not the case of the century. No one cares. The judge doesn't care about your texts, the lawyers will take your money, but they don't care. You are just another in a long line. Everyone has seen worse than your situation. My ex smoked weed with my daughters at 12 and 13. The police didn't give a shit, the court barely told her don't do that. I feel your pain. But before you get worked up thinking you have her. Brace yourself and set your expectations low. Document bad shit sure, but temper your expectations and put the emotional energy to something positive. Like your kids or new relationships.

Don't date. Not for a while. It can be used against you. If you were married for a while (I was married 16 years) you probably aren't who you were when you started with her. Figure out who the hell you are and what you want. You don't want to be a party animal fighting for kids, it don't work. Get friends, maybe entertain a one night stand. But a relationship will turn into a relationship. Take out your garbage first. You really want to deal with a divorce and a new gf flipping out on you while it's your weekend with the kids?

You don't miss her. You got used to her being around. Your mind likes the familiar. When you feel like you miss her, that's your mind fucking with you. It craves the familiar. And the familiar is where progress goes to die. Get out of your comfort zone. You need to do the shit she used to do now. You might suck at it. That's ok. You haven't done it in years. Be patient with yourself.

Aside from losing a child and or losing a parent, this is one of the most stressful events in life. You aren't alone. Hell you are in good company. You are in a battle to keep your sanity and if you have them, relationship with your kids. Followed by financial security.

I failed at this. Do not let the kids hear you bad mouth their mom. They do not care what she did. That's their mom. There is a biological need to love her. You hurt them when they hear this. When it's fresh and people who care about you are around shit gets said. Be mindful of it. Master defending yourself without bad mouthing her. My ex told the kids I didn't love them anymore, I had a new family. I didn't pay child support so she couldn't do this or

that. None of it was true. I told them I would always love them. I couldn't help but love them. For cs, I just showed check stubs and refused to answer why she would say that. Refuse to get in the mud with her. It pays off in the teens. Also tell others not to speak I'll of her around the kids. If she does this ask your lawyer if you have a "parental alienation" claim.

Don't use the kids to get Intel on her. This will bite you in the ass. If they tell you stuff listen, but never ask. It will make them feel weird. Make your time with them about them. If she does this, it's likely not admissable in court and will make them prefer time with you. Don't fall into this tempting trap.

Use your phones calebdar. Never miss a important date for your kids. Plays, birthdays, playdates, field trips. Be the dad they can count on. Have a life, but be a good dad.

When I got divorced I got a subscription to parent magazine. Had great articles on things to do with kids on a tight budget. Money might get tight. Let me tell you something, when you look back at your childhood what do you remember most? Toys, or the times your parent got on the floor and played with you? You don't need money to give your kids a good time and a great memory.

No porn on shared devices. No porn on a device kids use. This can bite you in the ass. No judgement here. You don't want to be in court explaining this. Before you hand your kid your phone to play a game, did she send you nudes? Are there porn tabs open? In history? Are you sure? Want to bet your custody on that?

Kids will manipulate you. Tell you awful things about mom to gain favor or permission. They will play you off her and vise versa. Yes your kid. Think back to your pre teens and teens and how selfish you were. Take it all with a grain of salt.

-- Ok, hardest shit --

Carrying around hate, anger, depression, and guilt helps no one. Forgive her, forgive yourself. You may struggle with this. But you won't fully move on till you do. You don't need to love her again. Just set the anger, hate and spite down. It will hold you back. Fuck her, this is about you. You hurt her none carrying that. Obsessing on that. Set it down. Know no one is innocent. Maybe it's 60/40, 80/20, hell 99/1. But both have some fault. I went out and found my mother in a wife. Cold, abusive, hateful. That's on me. Sure she was a shitty person, but I brought her into my life. We both cheated, her way more than me. But, no one was innocent. The moment I forgave her in my own head, I started moving on. I get it man, she didn't make it easy to forgive let me tell you. You do this for yourself. You do this to stop the pain and anger.

Ok, that's it for now. Again if you find this worthless, no problem. You guys are under an unreal amount of stress. I mean to be helpful. I will make more posts. Next will be financial. This was mostly kids and mental health.

77

UPVOTES

Tik Tok and ChatGPT making women's brain melt?

StatisticianOld8246 · 24 October 2025 · Archived copy · Reddit

I has a situation in my marriage where things were great. I was still enjoying the newlywed phase and she told me she was too. We had several months in New York and had just bought a house back home.

Within the final months, unknowingly to me, she had started on a death spiral of tik tok and ChatGPT content. Tik Tok kept feeding her “independent woman” and abuse content that she engaged with. Instead of addressing marital concerns directly with me, she would ask ChatGPT which would give her what she wanted to hear and not necessarily reality.

For example, I made a lighthearted joke about people liking her more than me because she got to socialize while I busted my ass on the house. ChatGPT told her “I was resentful of the light inside her.” One night when we were out, I set a boundary and told her that if she continued to scream at me in public I was going home. Through her Tik Tok language and ChatGPT, she described this as “coercive control” and implied I wasn’t a man if I couldn’t take it. She ended up eventually leaving over the phone and framing me as abusive to absolve herself of any responsibility. I was horrified and hurt, but my real friends and family rallied around me.

I’m glad to have her gone. Basically every aspect of my life is better. But I’m 31 and very hesitant to get married again. It’s a minefield where the benefits don’t exceed the legal and financial risk. Why would I gamble my ability to retire, house, seeing my kids knowing that within a few months a woman can be influenced by her divorced friends, Tik Tok, perimenopause and just go insane?

77

UPVOTES

[UPDATE] Alimony goes poof

Acceptable-Buddy4303 · 23 February 2026 · Archived copy · Reddit

Original post

I posted a while back about my ex shacking up with a new guy before the divorce was finalized. After 15 years together plus kids, it didn't take her long at all to move on. Good for her, and even better for me.

Turns out, in Utah, cohabitation terminates alimony (~~81-4-505~~). Our final agreement covered this, and was signed by all parties and finalized by the court. No issues at all, despite the concern expressed by some in the comments of my previous post. Monthly CS payment is thankfully modest, well under 1k.

After all is said and done, I'm just glad I picked a partner who is so dedicated to digging her own grave.

77

UPVOTES

Ex wife's' current Boyfriend called me to ask about "My Side of the Story"

Available-Coat-8870 · 14 April 2026 · Archived copy · Reddit

As the title says,

We Divorced about 2 Years ago..

My ex wife's current Boyfriend reached out to me recently. Said he was burned before in marriage and want's to be careful. Share with me what she told him about our relationship and then said that there's two sides to every story and he wanted to know my side.

I was at work at the time so told him I'll think about it, I really needed time to process it. Spoke to a few friends. This is crossing a boundary for me. I blocked her on everything and I intend to never speak to her again.. we are divorced.

I ask who gave him my number, he said she did.... for the life of me I can't believe she thought this was a good idea.... I texted him later that I'm not interested and to not message me again and blocked him...

He said a whole bunch of filler information about his past marriage, he's 46 years old and my ex is 30... He has two boys and he bragged that he paid 2 million in lawyer fee's over 7 years. but thankfully he has a business and he's able to afford it.

He also wanted to basically trauma bond cause, he said the U.S court system put him through a bunch of B.S and he wants to vet her properly and get my side of the story....

What a mess.

77

UPVOTES

The Numbers Don't Lie

That1TimeN99 · 18 August 2026 · Archived copy · Reddit

I came across my wedding pictures from 7 years ago when I cleaning my hard drive. About 60% of the couples that were at my wedding, are no longer together. About 80% of the guests, including family members, are no longer part of my life, never really been part of, or have minimal contact/connection with me.

What a waste of money that wedding was!! I'm in a much better place now. But it sucks to think how easily people enter and leave your life.

76

UPVOTES

My soon to be ex moved out today, but not before I played the ultimate prank!

killtheruse · 26 April 2021 · Archived copy · Reddit

So... this is my second divorce and it hurts worse than the first. The lady I am divorcing now is not a bad woman, she means well but she is like an angry nun.

I'm not going to go into detail, but she took my phone this morning and went to the store. She wanted to inspect my messages for evidence of cheating (which doesn't exist).

I guess she didn't realize that I could initiate 'find my phone' from my laptop. So... she's walking through the store with my phone in her pocket. And the Alert starts going off, she tries to silence it but it keeps going off over and over again as I reinitiate the alarm continuously. She looks at the phone and the message on the screen says:

"This iphone has been reported stolen - **** my city **** police are en route."

[this message is customizable for those unfamiliar with the find my phone feature]

I watched the phone icon on the map that was in the store suddenly appear in the parking lot and then the very next ping, her position was on the road. She must have been moving QUICK!

A few minutes later she walks in the door (eyes wide) and hands me my phone. Says, "you called the police?" I said, "yes I did!" She shakes her head in bewilderment and walks upstairs. A few minutes later I hear her stop on her way down the stairs, like... she was clearly just around the corner standing [StElth] like she was waiting for something to happen.

I put my phone to my ear. "Yes. Officer Davis. She has returned the phone.... she's packing her things now... I'll let you know if she tries to take anything else..."

I finished up the 'conversation' and magically she rounds the corner down the stairs as I lowered the phone from my ear.

I even faked a little surprised look when I saw her.

The best part is that she finished moving out today and I still haven't told her it was a joke. Maybe I never will! Bahahaha!

Edit: she handed me "my" phone, not "her" phone. Made the correction.

76

UPVOTES

Saying goodbye to this sub. Thank you!!!

zensoma · 18 August 2021 · Archived copy · Reddit

I joined this sub 3 years ago when my wife of 7 years and I split. It was a relatively "easy" divorce with only a single minor involved. While at the time it was super difficult, this sub offered me a lot of support and was amazing to hear everyone's perspectives. I think I gleaned the most out of the normalization of divorce because I came from a very traditional household that looked down on divorce, fire and brimstone style.

While some of you taught me things could be a lot worse, I also realized we are all in this together.

I didn't follow all the advice that's frequently seen on here, but if you're reading this now, do follow it. Some helpful tips: don't start dating / get in relationship for at least a year post divorce (the loneliness is real and part of the healing - "feel it to heal it"), go to the gym, watch the booze, see a therapist (even if you think you don't need one, maybe especially if you don't) and work on yourself!!! Marriage is a beautiful thing but so is divorce in so many ways that it's hard to see at the time.

The kids will be okay.

You will be okay.

It's good to do what makes YOU happiest.

I don't know why I'm posting, but I just want to say, divorce was some of my darkest days, but I'm happier now than ever, and credit does go to you for the support and sharing your stories here.

Feel free to reach out to me if you're struggling and need some optimism. I feel like it's time for me to put the divorce fully behind me and part of that means letting go of this sub.

Thank you all and farewell!

76

UPVOTES

Things I've Done On My Own

Thinkingtoomuch101 · 16 November 2021 · Archived copy · Reddit

I just changed the empty toilet paper roll...THE RIGHT WAY.

I just put a Neil Young record on the turntable...AND TURNED IT UP A LITTLE LOUDER THAN USUAL.

I just reheated some leftovers...AND DIDN'T DO A COMPLETE CLEANSING AND DISINFECTING OF THE MICROWAVE.

I just stepped out on the back deck and enjoyed the first snow at home this season...AND NOTHING. I felt nothing but peace.

Just a few of the petty and enjoyable solitary things I'm doing now that I'm free.

76

UPVOTES

Happy Mother's day to all the single fathers out there pulling double duty.

Metallicata · 8 May 2022 · Archived copy · Reddit

Might as well hijack this holiday since it works the other way.

But for real, just keep being the best dad you can possibly be, no matter how bad she treats you. That is the measure of a man.

76

UPVOTES

Does anyone else think alimony is BS?

ClockworkOrangutan1 · 15 May 2023 · Archived copy · Reddit

It penalizes the successful and rewards the losers. It makes zero sense to me. Like split the assets. Fine w.e still ridiculous but basically paying the loser for x amount of years because someone thinks they should maintain a standard of living is insane. Like 6 months of living expenses. Then get a job like everyone else. The laws on marriage and divorce are archaic and need to be revamped.

76

UPVOTES

Divorce happens little by little and then all at once

ww3historian · 23 August 2023 · Archived copy · Reddit

I wanted to write about how my marriage ended. We met in high school, but didn't date till about junior year in college. Both virgins when we first had sex. After we started dating we were inseparable. We had sex every day. We never fought. When I graduated two years later, I moved 2000 miles away but we decided to do the long distance thing. After 2 years of long distance she said she wants to get married or break up (her family was telling her this because they thought she was wasting her time with me 2000 miles away). I agreed to get married, she moved in with me and we had 2 kids fairly quickly. Our second kid ended up being special needs and she stayed at home to home school him while I worked like crazy to afford our lifestyle. We always lived in high cost of living cities.

Fast forward to the pandemic, she gets her first job ever but it's remote because of the pandemic. Then at the end of the pandemic she starts going in person. This job has her working with a ton of women who are divorced or single and they party a lot. Some guys there as well. At the end of the pandemic I get covid, a pretty bad case, and I am stuck on the couch for 3 months because my lungs are so bad, and I go from 200 to 230 lbs. I'm pretty tall so 200 is ok, but 230 was not ok.

At the same time I gained 230 lbs she starts being on her phone all the time. Texting someone. When I ask her who she's texting she has there's a group chat with her coworkers. I said I never text my coworkers, what are you texting all the time and she gets defensive. It definitely caused a strain in my marriage.

We go on vacation at this time, I pay \$350/night for a great hotel, she doesn't have sex with me at all. Now I'm really suspicious, I'm also self conscious about gaining weight. I think she lost attraction and respect for me cos of the weight gain.

Then on Halloween she says she's going to the party with her coworkers. Keep in mind that she's worked here about 3 years now and I've never met any coworkers. I wasn't too happy about it but I said when is it and she said 6pm. I said can you come back by 8pm so we can drive with our kids in the party places of our city where you can see all the dressed up people and she flipped out, she said she won't be back until 10pm or later, I'm controlling, blah blah.

She ends up going to the party, I'm mad because she prioritized her friends over her family, and at 9:30pm she calls me. I'm mad so I don't answer. She calls again and again. Then she calls my son and says she was in an accident. At this point I go to the scene of the accident, I do what police wants me to do, I move the stuff from the car that's now totaled, I go to ER with her until 6am. She only had a bruise on one arm so it wasn't too terrible, but you still have to go check it out.

During this time she's very moody, angry, lashing out at me. I go on a business trip couple of days after the accident and she completely ignores me, doesn't text me, no communication. Two weeks later after my trip, she tells me she's getting a pregnancy test. I was like what?? I was gone when her ovulation was, so how could she even think she's pregnant? I kind of push it out of my mind when it's negative. Then I get a rash on my thigh and junk area. I don't sleep around so I'm like where the heck did this rash come from?

Then she loses my credit card and I go to look for it and in her desk I find a letter from a coworker. It was all like, oh you understand me, I love our talks, you're the best blah blah. I google the guy and he looks like me but 10 years younger. I flip and lose my shit and confront her and she said oh it's part of his therapy he had to write a letter like this to everyone. I ask her point blank are you sleeping with this guy and her response was "He has a girlfriend" I was like that's not the response I was looking for, so if he's single you'd sleep with him? Then she says he's engaged to be married to one of their coworkers.

Around this time she starts acting like she's possessed by the devil. She is angry, evil, moody, combative. I seriously thought about getting a priest! Then she tells me she has no more affection for me. I still tried to make things work, but she was resisting. Then she said no more sex. After 2 months of no more sex I couldn't do it anymore. She said she'll have sex with me if I agree to the divorce and I said ok. That's when she booked the mediator and we had 2

sessions and agreed on the asset split and alimony. Our kids are adults. We just signed the final papers a month ago.

It's just crazy to me how seemingly happy marriage of 20 years collapsed within a few months. And how she changed from a nice wife to someone who looked like was possessed by the devil. The texting at night, the party, the car accident, pregnancy test, rash, letter from a coworker all happened in such a short period of time.

Now I know what you'll say, she's sleeping with the coworker, blah blah blah. She wasn't. But she found friends at her work and liked them more than me. They also filled her head about how bad and controlling and narcissistic I was.

She also told me her first 20 years sucked cos she had a bad childhood, then her next 20 years sucked cos she was married to me and she doesn't want her next 20 years to suck. That's where I was floored, 20 years of being stay at home mom, home school mom, with 2 beautiful kids and it all sucked? This is how women rewrite the past to make it horrible to give them an excuse to leave.

Thanks for reading this novel, I just wanted to show how a series of unfortunate events ended what I thought was a happy marriage.

76

UPVOTES

My ex wife ain't shit

colobat · 6 September 2023 · Archived copy · Reddit

I stopped by my house which is fully paid for, to see my kids .. recently signed the divorce papers so this is very new to me. Went to my house to see some guy in my home ... the same guy that was actively hitting on my wife at the time .. the same friend she said she cut communication with. She said she is divorced so she can do wateva she want and it's now her home because I don't live here. She had this man around my kids, I don't know this man who has baggy clothes and a durag, smoking a black and mild on my porch. He didn't even have a car, she literally went to go pick him up to bring him to my home wit my kids there. She blamed me for the divorce, said she found Jesus and I was not spiritually on her level. And since I'm not religious she left me. But the guy she is dating looks like a thug off the streets, it's 95* and he has on baggy jeans and a do rag with a hat, are you kidding me. This is who gonna help raise my kids, a dude living in the house I paid for while I gotta have roommates to save money for everything I've lost in the divorce. This is the craziest shit I've seen, and everyone is just like "it's ok" .. I'm so frustrated, I feel embarrassed, I feel stupid. I lost so many friends in the name of marriage and here she is, wit a dude who has been lurking in the bushes of my marriage. Has anyone been through this ? How did y'all cope when ur ex wife downgrades fully but this bum is now living an upgraded life ?

76

UPVOTES

Kevin Costner divorce

ww3historian · 3 September 2023 · Archived copy · Reddit

Was just reading about this. He had a prenup but I guess he forgot about child support. His ex wanted \$248k a month and got \$129k temporarily. Then at the final hearing she wanted \$169k but the judge only gave her \$65k/month or so. Ridiculous amount for 3 kids. Kevin testified that he never had an affair, but his ex now has a boyfriend who was a family friend for 8 years. If Kevin Costner can't keep a woman, how can the rest of us?

76

UPVOTES

The cold hard truth

Alatornio · 24 September 2023 · Archived copy · Reddit

It has taken divorce for me to understand women. I think every man should first admit this. If you are divorced, you probably cannot yet comprehend how this could happen to you. Some may never learn and repeat the mistakes over and over.

So get to the point, what did I learn?

The most important thing I have learned is that when women say "I love you", it is basically meaningless. Too harsh? Well I bet your male "I love you" is drastically different from hers. How so? When you told her I love you... you sincerely meant it. You probably don't use it lightly. It took you a long time to open up and say, yeah, she deserves it. You don't tell many women "I love you". When you said it, you are saying it from a protector and provider frame of mind. It was going to the grave!

Did your spouse ever get mad at you for not saying it "enough"? This is something hard for you to comprehend. I told her I love her, doesn't she know I will always love her? I don't have to say it every waking minute!

This is where her version is drastically different.

When a woman says "I love you", she means I love you in the moment. Her love is not unconditional. She loves you as long as you check all the boxes. At that moment.

Think of it like a stock. She loves the stock. It checks all the fundamentals in the moment. It has been so beneficial. This stock took care of your needs for years and maybe decades. But one fuckup and that stock is traded for another with more benefits. She might go back to that stock if it rises up.

She probably said I love you when you went on vacation, when you bought a house or you found out you were having children. Maybe it was at Christmas and her gift exceeded her expectations. It was when it benefitted her.

Did she tell you "I love you" when you lost a job or any financial negatives? Did you hear it when you forgot important dates? Probably not.

So why do women get married if they know their love is not forever? Because it benefits them. No strong and independent woman has ever shown that mentality in divorce court. She needed you to reproduce. She chose you for your genetics and provider qualities and resources. You chose her because you will love her forever.

How did that work out? Probably pretty well for her.

So why did you get married? I bet it was because it was just "something you do". Everyone else was getting married. Maybe it was religious. It's ok to admit the only reason you got married was societal pressure. You just wanted that dream lifestyle.

So onto the next major point. Why did she leave or why did the marriage fall apart? It's so simple. Women are emotional and irrational. If you were no longer providing an ever INCREASING source of emotional events, well you were no longer interesting. You probably cooked, cleaned, had a fantastic house, job, kids and even gave her good sex. That doesn't matter.

Once the emotions were no longer interesting, you were doomed. You need to admit there was nothing else you could do. It wasn't your fault (most likely)

So now you are divorced. She has moved on. She is dating some LOSER and everyone can see it but her. WTF? It is because this man is providing emotional stimulation and most of her biological needs have already been met. She had the kids. Check. She secured resources. Check. Now she just needs to feel like her life is interesting. That loser tells her she is beautiful, how could he divorce you etc. Attention is currency.

Now you go out into the dating world. If that loser can find someone, surely you can too.

Not much for luck. Why?

People will say stupid shit for all reasons. Only good looking men get women. Not true. Apply everything you have learned about women thus far. Sell the women an emotional rollercoaster, excitement and potential for success and you will find they are interested.

It doesn't even have to be true!

If you want to win you have to use their stupid rules. I know it makes no sense. You getting divorced as a good man made no sense. You are dealing with women that are IRRATIONAL.

So another hard truth you have to learn. You can level yourself up. Clothes. Cash. Body. It won't matter until you understand women (if your goal is to use these things for new women) You may get extremely depressed that all the hard work for a 6 pack didn't get you a girl.

So what do you do after all this knowledge?

If you are like me you file it in the back of your mind and go live your life how you want because nothing will stop you from success. If you want a woman, you understand its recreational use only and it's probably just your turn with her. Nothing is forever. Soulmates don't exist.

You live. You learn.

Go have fun with your kids. Move on from the past.

76

UPVOTES

Why did you pick the wrong woman?

Borntadoodishes · 22 October 2023 · Archived copy · Reddit

I was journaling the other day about why I picked the wrong woman. And I assume most of us on here did as well. I also wrote out a list of my needs and a list of what I would require in a long term partner if I ever sought one out. And it was like the opposite of my ex, and that is not just a trauma response. I get along with more introverted and calm women. I have hobbies like hiking, jogging, and like to stay active. My ex did not. And she was also extroverted. Like non stop talking in circles. Which overwhelms me...

I think it helped me A LOT to see that when I met her, I was completely out of touch with who I was. I had no standards for a woman and I let my interests and hobbies disappear because I needed my free time to tend to her insatiable needs.

I was just happy a woman seemed to be "happy" with me. Getting a date with any good looking woman was my only standard back then, no wonder I picked wrong. I was not considering MYSELF and what I liked or needed. I never backed up and took a self inventory at the time and realized consciously that she was wrong for me. Like way wrong.

I was also not prepared for the other side of the coin, when things went south. If I knew myself, had boundaries from the start, I would have not put up with the BS. I would have moved on sooner. But I kept at it, and our relationship dynamic was punishing. Now years later and we are coparenting and I'm a shell of a man.

One thing I've been thinking of a lot about is that if I was ever in a LTR again I would need to know her confrontational style. If she lacks empathy or is overtly aggressive or says shit a normal human would regret but does not apologize afterward, I'm out. I'm no longer taking abuse. If all women are like that? Fine, I'll stay alone or I'll simply have short term fun.

Anyway, since I'm in monk mode I've been journaling on some questions like: who am I? Who do I want to become? What do I like to do? And what kind of women do I like? Who do I need to be and where should I go to meet these types of women? Etc etc. It's been helpful and healing. I have no interest in dating for a long time but it is helpful to build myself up and see that I am worthy of having some damn standards in my life.

76

UPVOTES

Some prospective....5+ years post divorce

warrior_up · 4 January 2024 · Archived copy · Reddit

I played golf last weekend in my skins group that I've played with for over a decade on and off - in this group, everyone knows everybody or has played together at some point, not uncommon to get paired up with guys you've never met/played with, as always, shaking hands and laughing it up by end of the round.

Anyway I get paired with a guy, mid 50s, never met before and as I'm approaching him for a handshake and asking him about who's driving the cart today etc. I quickly notice that he has a blue handkerchief tied over his neck and is unable to speak. No voicebox, not yet anyway - but recent surgery for throat cancer, and you know what he did a great job communicating throughout the round, was able to whistle his congrats and use gestures and humming noises, even the R rated stuff after duffed shots or missed putts. I believe people come into your life sometimes for a reason and this guy really put things in perspective for me, he was outside, doing the best with the shit sandwich life threw at him - not afraid to be around people or in a group that actually knew his voice prior to being diagnosed with throat cancer out of no where, wasn't a smoker or huge drinker - just happened to him and his life forever changed.

About halfway through the round we're getting warmed up, playing some real golf, small talk in between and he tells me that he's divorced as well. I dug a little bit deeper, and found out that after 3 kids, 10 years this women left him when he was diagnosed - he was 3 months post-op living alone in an apartment, trying to relearn life without having a voice - and after 10 years "his ride or die" wife and life partner cashed in her chips and left him when marriage matters most. I about threw up. Suddenly all my advice and BS I love to bring up about women and divorce went out the window....the harshness the coldness and the realization that these are the types of women most men are marrying today, the hidden agendas, the false prophets, the mindset she had to have knowing she would do something like that always but never hinting at it along the way ... no, I didn't have throat cancer but if I did... I'm sure it would have only expedited the divorce process

I realize that his pain is something that I can share with him, if my luck had run out, if I was dying - I wasn't - but she would have 110% left me to die, and it was always this way. An extreme case I know but is it really though? Another clause for today's modern marriage - men must maintain sufficient health and avoid any unforeseen illness or injury or accidents - or be subject to another no fault divorce at anytime. This is reality as a man, women always looking for something better - better does not include cancer

76

UPVOTES

Fundamentals: You Need A Family Law Attorney

dday_throwaway3 · 12 April 2024 · Archived copy · Reddit

Only the naïve have the expectation that divorce is a simple process with a fair exit for everyone. It's simply not true because the woman you marry is never the same woman you divorce.

Don't take legal advice from your STBX That includes opposing counsel, her family, your family and friends. Family and well-intentioned friends are notoriously horrible at giving legal advice during divorce. Your soon-to-be-ex didn't wake up one day with perfect knowledge of the legal system. She has a gaggle of divorced hens whispering in her ear what's good *for her*. Your STBX does not have your best interests at heart.

Divorce is not the time for DIY. Save the do-it-yourself mentality for home improvement projects.

Each divorce has it's own circumstances.

Each court has it's own nuances.

Each state has it's own laws.

Going through the crucible of divorce is like trying to navigate your way through a minefield. You need an expert with insight to guide you through the danger zone. You get one chance to get divorce right, so you want results not a bargain. If you don't use an attorney now, you'll be paying multiples of time, attention and money later when you pay the idiot tax for not doing it right the first time. That assumes you even have the grounds to revisit your marital settlement agreement or parenting plan, which you won't if opposing counsel did their job. In the long run, it's more expensive to get divorced without an attorney. Between non-durable stipulations, lopsided agreements and continued financial entanglements men without representation find themselves in a never-ending nightmare of court actions.

Being pro se while your STBX is represented by an attorney is like bringing a knife to a gun fight. You will not be entitled to any leeway from the rules of civil procedure. The pro se party will be repeatedly asked if they understand proceedings. While some judges may nurse a pro se party along out of sympathy, most judges are annoyed with the delays it costs the court's calendar. Have you read the rules of evidence? Do you know if everything you have is admissible? Do you know how to formulate your questions? Do you know the rules of procedure? What about the local rules? Missteps with the rules of evidence and rules of procedure can sideswipe your divorce action, making all your hard work for naught.

And you can expect opposing counsel to repeatedly flip between treating you like counsel and going personal on you to get under your skin. Opposing counsel can simply use civil procedure to bury you. Opposing counsel is also only obligated to communicate with the pro se party in the courtroom, in front of the judge, on the record. Opposing counsel is an officer of the court. The pro se party is not, and not bound by oath, and therefore cannot be trusted.

If you start pro se, it's not going to be easy to find representation later. Many attorneys do not want to deal with whatever mess you've created and would rather nope out of that situation. Divorce is already a second job. Going pro se is a third job. Consider years of education for an attorney vs. your internet skills and relying on questionable sources. I know which one I'd bet money on. There is a reason that you can't get a GED from a law school. You don't become an effective lawyer by sitting in a library. While you are learning, it will take many years of practical experience to learn what you need to know, and thus you will fail due to lack of time. Learning by doing will be a failure for you.

You should never take representing yourself in court lightly. Pro se is such a bad idea that most lawyers won't defend themselves. They'll hire other lawyers to do it for them. That's why the age-old adage exists: A lawyer who represents himself has a fool for a client. You're likely so caught up in your emotions that you don't see your own contradictions, which is common and why one should not act as their own attorney. Attorneys can be objective and emotionally detached.

You should be *pro getting shit done the right way the first time*. A 2009 survey showed that 56% of judges say the court is negatively impacted by the lack of fair presentation of facts in divorce cases by those who represent themselves. You never want to reopen the emotional shitstorm that is divorce. When a father has an attorney, he is likely to get more parenting time.

The only situation in which it is appropriate to not hire a divorce lawyer is if there is no kids, no property to divide, no domestic violence, and the marriage is short. There are some post-divorce matters that are well handled pro se, but custody is not one of them.

Can my wife and I share an attorney? No. An attorney can only represent one party. You want your wife to be represented, so she can't claim duress. By duress, I mean your ex will say she did not know what she was signing and you held going public with her actions (her such as an affair) against her to make her sign something that she would not have otherwise signed. It's a classic scenario that is used to overturn a decree or pre-nup. Your only saving grace would be if the ex signed a Waiver of Counsel when she signed the decree.

I can't afford an attorney. Lawyers present a financial issue to many men. Like every other problem in life you encounter, you'll need to figure out how to solve it. Funding your divorce through your credit card is a common approach. And if you think an attorney is expensive, then you haven't looked at child support or spousal support.

The most common form of paying a lawyer is paying as you go. You usually are asked to put down some money in the form of a "retainer" to ensure you have some skin in the game and that your lawyer is also compensated. You are then billed at regular increments for any additional work your lawyer does beyond what the retainer afforded. If you refuse to pay, your lawyer simply stops working. Your attorney will refuse to work on a contingency basis because there is no guarantee they'll get paid and they can, frankly, find a paying client elsewhere.

The average retainer in the United States is \$5k, usually enough to get the filing and service of process going. The hourly rate is an indication of the local market rates, not qualification. Expect to pay for your initial consultation, and have the same amount credited towards your retainer. Avoid family law attorneys that offer free consultations. Consider how you would feel if your attorney was spending time giving away free advice while burning through your retainer answering your questions and concerns.

If your only reason for not hiring an attorney is to save money, you are wrong. Change your thinking from "I can't afford a lawyer" to "How do I afford a lawyer?"

What about legal aid? Do attorneys do pro-bono divorces? Legal aid is not a reliable or viable source of legal representation in the world of divorce. It's more like the lottery: Only a handful of folks win. Metro areas may have legal assistance programs that function as a clearing house for pro-bono work, vetting the clients for the attorney. Usually it's for a new attorney or a firm that needs the publicity. Only a fraction of the people who apply actually get representation. If you refer to any of these program's websites, the issue of violence and abuse is used in both selection and marketing their successful work with political correctness.

What about online divorce sites? An on-line site cannot be licensed to practice law. Therefore as a function of law, you need a relationship with an actual attorney licensed and admitted to the Bar in your state to receive legal advice. Commonly these online sites are actually multi-level marketing schemes. The concept of using an on-line service to complete a highly complex document such as a mediated settlement agreement is ridiculous. Only a fool would do that. You wouldn't take your own appendix out with directions you downloaded from the internet. All you need is a sharp razor, some dental floss, crazy glue and a bottle of whiskey. The trick is drinking enough whiskey to dull the pain and boost your courage, while still having enough whiskey to create an aseptic field for the incision. You face the single greatest legal challenge of your lifetime. At risk is everything you own and may earn into the future.

Should I ask this sub for attorney recommendations? No. Consider for a moment there are 700k+ divorces in the US each year, across 3k jurisdictions. If even a fraction of those men came here asking for recommendations for a certain county, those requests would drown out all other conversations in this sub. It's simply not practical to

ask here.

What kind of attorney do I need to retain? Some attorneys are “general practitioners” who take any case that comes in their door. General law attorneys cannot be proficient in all the case law for all the areas that they practice. These types of attorneys are missing out on the years of experience and familiarity with family courts that an attorney who specializes in domestic litigation can provide. Family court is its own animal, and you must have an attorney familiar with the lay of the land to navigate the system effectively. If they practice family law exclusively, an attorney has appeared in all the neighboring jurisdictions as a matter of good business. They will know your judge, and the sentiment of the court. Family law is complex, fluid and driven by forces within the courtroom more than the written law. There is a huge Divorce-Industrial-Complex that consists of third-party professionals involved daily that fundamentally drive much of a divorce – guardian ad litem, custody evaluators and mediators, for example.

Family law and limited criminal law are a reasonable combination of specialties. They are often comingled in an actual divorce matter when a restraining order or criminal accusation is involved.

Compare lawyers to doctors. You wouldn't want a brain surgeon to give you a vasectomy. The brain surgeon is a really intelligent and competent doctor, just not the one you need. What you want is an attorney who is good enough that they can make a living at it with some choice in clients. If the attorney takes any case that walks in the door, then you have a problem attorney.

What about “Father’s Rights” attorneys? It’s a marketing tactic pandering to the emotions of consumers, not a specific type of practice. There is no specialized skill to representing dads in a divorce that requires a different type of attorney. There is little difference representing a mother or father in court because the focus is on the best interests of the child.

It’s marketing designed to target the party most likely to be financially stable in a divorce. It’s simply good business sense for the attorney to work with a client that has the capacity to pay the bills regularly. Also men tend to adhere to what an attorney suggests more than women. So naturally if an attorney has the choice of the father or the mother, the father is the preferred client.

How Do I Find An Attorney?

The most effective way to find an attorney is to observe them in court before you hire them. Many attorneys are great salespeople and will tell you exactly what you want to hear in a consultation in order to get you to cut them a check for the retainer. Before you cut that check, watch a case of theirs and see how they do representing a man in court.

Make a trip to your county courthouse. Inquire with the clerk of the court for the weekly schedule, the courts generally have a standing schedule to hear certain matters on certain days. You would be specifically interested in the initial hearings such as temporary orders and the custody debates that might be associated. If you can visit a TRO or restraining order hearing, it would really let you peek into the dark side.

Look at the docket sheet posted outside of the family courtrooms. Along with the parties' names, their attorney's names will be posted. See which attorney names appear the most frequently. Those are the litigators. Sit in and watch some cases. Ask the bailiff first. Tell him you're getting divorced and want to learn the process by sitting in quietly. It's a good idea to go on several different days of the week.

Look for the attorney that gets the most reverence and respect from the other attorneys in the hallway and the one that has confidence in how he walks in the hallway, holds himself in court, and in how he speaks with the judge. You want someone who walks like a rooster with his chin to the sky with a cocky smile on his face. You want the guy who has the confidence to tell the judge what the law said, and what he was there to make happen, with confidence that he'd get it.

Spending a day observing court will also dispel your fear, uncertainty and doubt about the court system. You’ve

probably never been to court outside of jury selection or perhaps traffic court. Just walking through the courthouse security screening, getting the lay of the land, finding the bathroom and not having a pending matter will seriously help you the day you actually have to appear.

Referrals are the lifeblood of attorneys:

- o Make friends with the court clerk. Ask them who they would use if they were divorcing.
- o If you have a friend who practices law, ask them which attorney they would use if they were divorcing.
- o If you have a divorced friend, ask them which attorney they used.
- o Ask your primary care physician, he likely knows a good divorce attorney inside and out.

The internet is not a recommended source for attorney referrals Attorneys can pay review sites for advantaged positioning. Also, good luck finding bad reviews. Attorneys often threaten those sites to remove or revise bad reviews. Rather than rely on review sites, check with the supreme court of your state and see if the attorney has had any disciplinary action.

What about finding an attorney for multi-state or international divorce? Many attorneys near major military installations are licensed in multiple states because they deal with military divorce. International divorces are complex and specialized. You're going to have to call around and find out who has experience dealing with the other country.

How many attorneys should I initially consult with? Too many guys pick the first lawyer they find, accept whatever they are told, plunk down the retainer and think it's like ordering a pizza. Do not interview just one attorney. Interview at least three, and better that you interview five different lawyers. Do not consider the consult fee charged by an attorney as a barrier, better attorneys can be selective and paying the attorney excludes your wife from using that attorney. If your attorney identifies another attorney that should not be used by the wife then make sure you get a paid consult with the unwanted attorney. Paying an hour's billable rate to keep a ball-busting, hard-hitting, man-hating, blood-sucking attorney from working for your wife is priceless.

Does it matter if my attorney is male or female? There is a myth that a husband using female attorney will soften the approach on their wife, and that using a male attorney is somehow beating up on the wife. The same mythical thinking applies to appearances of the husband in front of the judge, with a female attorney somehow buffering the process.

The marriage dynamic, where the wife was in charge, can carry over to the attorney-client relationship where the husband is fearful of an angry woman. He doesn't want to make his female attorney mad, so he just goes along without questioning things. If you fear your wife, then you're going to have difficulties working with another female authority figure like an attorney. It's a psychological term called identity fusion. If you can't challenge your wife's opinions, then you will be unable to manage a female attorney. Contrary to popular belief, **you** own your divorce, not your attorney. So if you can't collaborate effectively with your counsel, then you are torpedoing your case before it even starts. The man who is afraid of his wife, the man who is afraid of his own mother, the man who is afraid of female bias, the man who is afraid of monsters under the bed -- that man cannot manage a woman. Male attorneys are very important for the guy who needs to get his balls back.

Also, if you believe your spouse has a personality disorder such as NPD or BPD, then there's also the concern with triangulation. When a third person like a female attorney or new girlfriend injects themselves into the custody situation, the response by the spouse with the personality disorder is to attack that third person with far greater force than the original dispute. Call it a turf war - the mother does not want the woman on her turf, and the kids are her turf. Similar circumstances occur when a Good Samaritan might try to help stop a street fight, and the fighters turn on the Samaritan and inflict greater harm than the original fight.

When triangulation happens, your attorney fees skyrocket:

Mother-daughter duo + female attorney = \$\$

Mother-therapist duo + female attorney = \$\$\$

Mother-grandmother duo + female attorney = \$\$\$\$

The results of adding a strong female attorney, creating a triangulation, will be a catfight. The guy that doesn't have the balls to reign back his female attorney gets clocked financially.

How old should my attorney be? If you have children, you want an attorney young enough who is still going to be practicing until your kids are adults. Otherwise you'll have to find a new attorney should you find yourself back in court for round two after the divorce. The old veteran isn't going to try a new and risky approach because it isn't his style, or fit his methods, or that just isn't done. The old veteran often has back-channel communications and prestige which can be very important, and certainly shouldn't be overlooked.

Family law judges have a high turn-over rate if for no other reason than the presiding judge rotating the duties. The 5 year and 30 year lawyer know the same history about a judge's track record as much as it will matter to the current cases. You don't need the 30-year veteran to tell you how the judge appointed 3 years ago will rule. So the 30-year veteran isn't your best choice.

Private Investigator If you hire the PI yourself their report will be open to discovery. The fact that you hired one is open to discovery. What you told them and what they told you is open to discovery. If a PI is hired through your attorney then it falls under attorney work product doctrine.

How do you find a private investigator? Through your attorney. If you are contemplating hiring a PI and your attorney doesn't have a working relationship with a PI firm then you should probably reevaluate either your need for a PI, your attorney or both.

Litigator vs Mediator There are two kinds of family law attorneys: Litigators and mediators. Your attorney has one job, to litigate: Trial experience, deposition ability, attention to detail and civil procedure. The ability to litigate is the greatest defining factor of an attorney. You want someone who has taken their client's goals all the way to the judge, with the ability to present your matter with persuasion and rational arguments. An attorney that does not fear going to trial, and prepares the case for trial from the onset. Believe it or not, heading to trial is the fastest and cheapest way to divorce. Going to trial is not "going to war", or crushing, or acrimonious, it is simply exercising the system as intended.

A litigator can mediate your settlement, while preparing for trial; but a mediator cannot prepare for trial while mediating a settlement. You'll handle the negotiations if the wifey wants to talk. You need an attorney who can take the matter to trial and not be intimidated by the courtroom. The last thing you want is an attorney that struggles in front of a judge during hearings. You want an attorney who feels comfortable in court when you're fighting for time with your children. Your attorney must know the local court system. You want an attorney who is experienced enough with your particular judge that they have a good idea on how your judge will rule. This knowledge is vital in negotiations because you will know when to walk away.

So how do you tell if an attorney is a litigator? Depositions are the litigator's tool, so ask them how soon they will depose your STBX. Litigators will answer the question without hesitation. Mediators will pause, pontificate, and push back. Only about 5% of divorces end in a trial. That means very few attorneys are actually experienced in the trial process.

A pending court date is most likely to bring parties to an agreement. And if fear of court is one party's weakness, the other party will capitalize on it. Nothing brings out the agreement in entitled women like climbing the courthouse steps. About 95% of divorces are finalized before trial, often right outside the courtroom at the eleventh hour. Statistically speaking, dads win at trial more than moms according to a study published by the state of Washington.

Questions To Ask An Attorney

- How long have you been a lawyer?
- What is your primary area of practice?
- Do you have any other practice areas?
- What percentage of your caseload is dedicated to divorce?
- How many years of experience in divorces cases do you have?
- What is your trial experience? You can ask how many depositions they've done, which is a clear indicator of their ability to go to trial.
- Have you handled cases with issues similar to mine?
- Do you have a heavy caseload and do you have time for my case? You want someone who's busy enough that it's clear that they're successful and in demand, but not so busy that they won't have time to devote to your case. Beware of attorneys who have too much unbillable time on their hands, they'll be happy to fill it up with unproductive billable work on your behalf.
- Have you handled many divorce cases in my county?
- What is the divorce process in my county?
- What are the likely obstacles and issues in my case?
- What are my alternatives in resolving the issues?
- Is there any process you would recommend and why?
- Approximately how long will the process take?
- What are your rates and how often will you bill me? You should receive a statement once a month with all billable hours. You want to understand ahead of time how often your attorney bills: One-tenth of an hour increments? One-quarter?
- Who else in the office will be working on my case and what is their rate?
- What are the costs I can expect in this case?
- What are the legal fees I can expect in this case?
- 16 Will the lawyer accept payments on any outstanding balance;
- How will you keep me informed of the progress in my case?
- What is your policy about returning phone calls or responding to emails? Within 48 business hours is usually reasonable.
- What kind of approach do think is appropriate and why - aggressive and unyielding, or cooperative.
- Is there anything I can do to keep my legal fees down?
- If your life depended on it and you could not represent yourself, who would want representing you in divorce? Then interview that attorney too.

Red Flags Good attorneys are busy people. So it is often difficult to contact them or schedule an appointment. That is to be expected. But when an attorney:

- Doesn't show up for a hearing or trial;
- Doesn't provide copies of discovery, motions, and other critical documents to their clients;
- Doesn't bother to subpoena witnesses or file critical motions;

- Hasn't bothered to read correspondence or the case file,
- Doesn't bother to notify their clients that they need to appear on given date and time in specified court;
- Tells their client that attendance at a hearing isn't necessary; or
- Shows up unprepared at a hearing or trial,

One doesn't need to imagine they are dealing with incompetence or a crook.

If an attorney tells you to settle instead of fighting for what you want, ditch them. If your attorney thinks you're a second-class parent and isn't deserving of 50% parenting time, ditch them. You want someone that's on board with your goals.

Can my attorney base fees on outcomes in domestic relations/custody/family law? No, it's unethical for attorneys to represent a track record or otherwise offer a probability for the outcome. Attorney performance is not measured. Any attorney that would tell you otherwise asking to be sanctioned, suspended or disbarred.

76

UPVOTES

The divorce was my fault and I miss her.

jonathanclee1 · 23 July 2024 · Archived copy · Reddit

I had everything a guy could want a loving wife that would do anything for me, a little boy, family, friends, a house, land, toys, I got complacent, spoiled, rash and narcissistic. I lost it all and years later she's moved on and remarried, my son still loves his dad, but his dad doesn't love himself. I still live with regret and remorse, I go to therapy but nothing really helps. Just a reminder I guess to appreciate what you have because you can lose it all.

76

UPVOTES

First dating rejection post divorce

throw_pillow4 · 29 August 2024 · Archived copy · Reddit

Fuck this hurts. I'm 6 months out of a marriage where she cheated on me and eventually told me she was never attracted to me. Once all that came to light I left.

I finally built up the courage to ask out this amazing girl I met through some mutual friends. We'd hung out in groups a few times, started texting a little the last few days. I guess the vibes I thought I was picking up were way off. Ever since I asked her for a date it's radio silence, and I'm borderline devastated. Which is also just stupid and ridiculous, but I'm not doing well. Fuck me.

76

UPVOTES

After mediation in WA (no-fault state): 56% and \$3,700 per month to her

skywired1 · 11 September 2024 · Archived copy · Reddit

As the title says, we settled at 56/44 and \$3,700 per month for six years. It was a long-term marriage, and she works an easy job where the ladies socialize most of the day.

One huge WARNING that I ask you to consider and pass along to your friends is that your spouse might do what mine did and force the divorce when your income is at its highest due to bonuses or other extra compensation.

In my case, she waited until my bonuses were at their highest (from zero a few years ago to \$30K+) then she openly cheated on me and left the evidence in multiple places for me to see. And she kept cheating for months. This forced me to divorce her when my W2's are at the highest ever in my career.

Was this on purpose or just a coincidence? I think it was on purpose. Why else would you leave evidence in the open around the house and laugh about the situation with friends, as she did.

What can men do about this in no-fault states? Besides demanding a prenup, or avoiding marriage altogether, I'm not sure. If you work hard for the family and she gets tired of you, all she has to do is wait until your income spikes and then she can openly cheat or just divorce you herself -- and no reason is needed. A no-fault state like Washington will then only look at your income (including the bonuses!) and won't consider any other factors. When your bonuses disappear, you're left with unsustainably high spousal maintenance payments.

The bottom line is that you might end up like me: working your ass off for years for your family, then having your seemingly loving wife walk away and taking a huge part of your financial and work life away.

I'd like to hear your comments on how other men could protect against this scenario. Should we not work hard to maximize our income for our family due to this risk? Should we try to hide money? What can be done?

76

UPVOTES

Very depressed.

AgreeableSun537 · 25 September 2024 · Archived copy · Reddit

People say “it gets better.”

2 years later, nothing got better.

My parent passed and she immediately cheated and got pregnant.

I have been traumatized. What about our family we had? What about our child?

3 days ago she texted that she has forgiven me for all I’ve done (b/s, I’ve done zero against her) and that I was “right” about the guy she cheated on me with.

Like get the F outta here. Who literally abuses someone and then says all this stuff. As if I am gonna accept her back with her infidelity child.

I hope she goes to hell. My days and nights are destroyed. 8 years went straight to hell.

76

UPVOTES

Being Alone Sucks

unK4G3D · 4 January 2025 · Archived copy · Reddit

I am a family man and here I sit at home alone taking down the Christmas decorations. My now separated wife of 40 years came over to the house we built together to have a Christmas party with our family of 5 kids and 5 grandkids and now the holidays are over. I really hate being alone at this time. Having a really hard day undecorating the tree that is always covered with the decorations my wife and I bought from places we would go on vacation. She didn't want to take any of the decorations with her when she moved out. I wish I could understand why she doesn't love me anymore. I am not a bad person.

76

UPVOTES

She's dating already

runnersHigh5280 · 30 January 2025 · Archived copy · Reddit

My divorce is not final for another 2 weeks but today she admitted to dating and kissing another guy. We've been in this process for a year, she has been out of this marriage for 2 years.

I'm not surprised and I'm not sure why, but it hurts. It just stings knowing some other dude is getting what I've been fighting for, for 5 years now.

Sorry to complain, but this group has kept me sane, given great advice and just needed to vent to like minds.

76

UPVOTES

How many wives admitted they regret the divorce?

LuvDonkeeButts · 9 February 2025 · Archived copy · Reddit

I don't think my ex-wife would ever admit to regretting her decision to leave. But I think that financially we are way worse off, she's dating someone, I've been dating no one seriously.

Does anyone know for a fact that their wife regrets filing? I honestly just can't imagine that things are better for her. I mean things are better for me but in very vague and subtle ways. Overall, my life is much harder, more expensive, and more lonely now.

76

UPVOTES

Happy fucking Thanksgiving.

depressed_divorce · 27 November 2025 · Archived copy · Reddit

Anyone else hosting Thanksgiving with their STBXW family in the home she would prefer you not even be existing and currently living in? How is your day going? Fucking hell.

76

UPVOTES

Found the affair yesterday

ryanhale74 · 12 January 2026 · Archived copy · Reddit

My (40) wife (39) and I have been married for 13 years with two kids under 10. She travels for work quite a bit and I've recently been suspicious about her cheating. Turns out I was right and found texts going back a year of sexting and meetups. I'm devastated. We've had our lulls in the past but I always thought we could talk through things. I talked to a lawyer today to understand my options. I'm so on the fence about whether or not I want to try and work it out or just cut ties. My kids are my life and I do not want to hurt them in this process... whichever way it goes. I have not confronted her about it yet.

Would love to hear some advice or examples from those who have been in a similar position. I feel hopeless at the moment and my head is still spinning...

76

UPVOTES

It's better...

liquid-icee · 29 March 2026 · Archived copy · Reddit

2 years later and it's so much better. No more nagging, no more bending over backwards for a woman who withholds sex and treats me like a roommate w/ responsibilities , and a walking ATM.

2 years and I'm back in shape, doing excellent in college, got promoted, and dating a gorgeous girl who's better in literally every single way than my ex.

I could end it right there and be satisfied.. however.. for any curious people.

2 years later and my ex is married to her ugly, old, broke, bald AP. They don't do anything, don't travel like we used to. According to the grapevine, she's gained a lot of weight, all she does now is sit on her ass, doomscroll, hit her vape and whore for attention on TikTok, while apparently promoting selling her ass online for \$5 a month. 🤔

It gets better bros, just give it time and work your ass off, but just make sure you're doing it for the right person now!!

76

UPVOTES

Wife's Having An Affair.

Flimflamsyd · 16 May 2026 · Archived copy · Reddit

Today just discovered my wife's been having an affair. From what I know it's been going on since last year. She doesn't know Im aware.

I'm usually head strong but this discovery has blindsided me.

We have 3 children and an active sex life. We are much closer in our marriage than we were few years back. I don't know what to do. For now, I'll be keeping quiet and continue as normal so I can gather my thoughts and respond accordingly. We've been together almost 20 years since our teens so unsure how I feel throwing it all away. Any advice would be appreciated.

75

UPVOTES

Reminder: 50% of all Marriages in Divorce. 90% of all divorces/separation is initiated by the wife, 90% of custody is given to Mothers.

Funny_Wolverine_9 · 3 September 2021 · Archived copy · Reddit

What does it mean for you?

1. If you have kids, you pay 30-40% of your income in Child support until the kid finishes their university (usually 22-23 years).
2. You will most likely be a weekend dad.
3. If your ex-wife has not worked, you are liable for alimony payments on top of child support. Keep in mind "Child support" already has some alimony built in to it.
4. You are considered lucky if your wife does not make abuse allegations against you in order to sway the custody in her favor. I, as with many others, have been unfortunate and am facing multiple false allegations because I dared ask for 50/50 from my ex-wife.
5. Second/Third marriages have even higher rates of divorce, ranging in the 70-80% range.

So, what should you do?

1. Do not Cohabitate.
2. Do not Get married.
3. Do not have any kids.

What do I do with my free-time?

1. Focus on your health and yourself. You are #1.
2. Focus on your career.
3. Develop hobbies. I started camping, bicycling, kayaking since my divorce started 2 years ago. I started reading and meditating more and finding more friends.

75

UPVOTES

Sending Love!

Celebrate453 · 4 January 2022 · Archived copy · Reddit

I'm a woman lurking here so I can gain insight and help a couple men close to me fare better in their split. I just wanna say... (Good) Men are WONDERFUL people who do so much for the people around them, sacrifice a lot, and put their heads down when shit gets tough to the point that you don't even recognize how bad it is at times. You're expected to be misunderstood while making efforts to understand and sacrifice more. The way you love is different, and society has deemed it unacceptable for women to be expected to understand you (or even love you in ways that feel best to you without being treated like you need to be more like a woman or that you're a pervert).

But not everyone is asleep to the value of men.

So, if no one has told you today:

I'm proud of you

You're a great father

You're more than enough

I'm sorry that your love and effort has gone unnoticed or taken for granted

You are appreciated

Your presence in the world carries much value

Keep being your best and the right people will see it

Thank you for for all your contributions

75

UPVOTES

From a younger guy, thank you to everyone

Someaznguymain · 26 March 2022 · Archived copy · Reddit

I wanted to say thank you to everyone in this group. I'm 28 years old who is currently dating but avoiding cohabitation and marriage and not looking to have kids.

Seeing the stories and experiences from the men is eye opening. In my life, I've never heard anything like this. People rarely talk about these in open. They make it appear that their marriages are going well up until a divorce happens.

I can't overstate how amazing it is to live in a time where we can share this information. We would never see what women are capable of after the marriage dissolves. It is shocking to see how consistent the situations and behaviours are.

Seeing the open and honest discussion has really allowed me to sharpen the focus in my life. It is allowing me to make better decisions. I can more easily see the manipulation tactics from women and I'm certainly avoiding marriage.

Thanks again and I hope that everyone continues to find freedom as they move through their journeys.

75

UPVOTES

Kid of Divorce here

NuclearPotRoast · 21 July 2022 · Archived copy · Reddit

This system sucks, my dad has 30,000\$ worth of child support that he has to pay (he can't) he's had his drivers license taken away 4 times and spent a week in jail because he couldn't pay meanwhile my mom gets drunk every night and makes 3x more than he does. I want to have a family when I'm older but I'm afraid the same thing will happen to me. Screw Massachusetts and screw family court

75

UPVOTES

Kids...get out...

nomad_nuggz · 1 June 2023 · Archived copy · Reddit

Possibly misleading title. This one goes out to all of those younger guys out there that are in a bad relationship for one reason or another. I see guys asking all the time if they should leave when they have no kids, no shared assets, no major retirement, etc....YES! If you are unhappy and not tied to her in any major way, leave! Most of us guys are deciding if its worth while to loose custody of our children, loose our retirement, our houses, etc....i see kids in here with no major assets or ties asking if they should stick it out....hell no! Bail and be happy if you arent! Thanks for the vent/rant.

75

UPVOTES

I don't think I want to live in this world...

Orwellisnow · 20 June 2023 · Archived copy · Reddit

Divorced finalized a bit ago. All in all it was a 100k payday to my ex and the lawyers. It was a bit of heartache and a lot of money, but I managed and healed. All that being said, I don't think I want to live in this world we find ourselves in, yet that doesn't change the fact that it is the world we have. A world where marriage is a weapon used against men instead of a true and genuine partnership between two people who have each others back. I don't want to put the trauma of my past divorce on any future partner I have, that is not fair, yet at the same time how can I not? How can I not put my baggage of mistrust in the institution of marriage on any relationship I have?

I want to trust my partner and I want to be trusted. The vetting process may be a bit more intense, but my gut tells me that I will have to put my head on the proverbial chopping block if what I want is that true and genuine partnership mentioned above and hope for the best. Alternatively, I could be alone and be completely content with my life, however I want to believe that marriage can be a good thing. Perhaps I'm a glutton for punishment, but I want a world where this is the case. Maybe I have one more go in me for hopes sake if the right person comes along, and maybe that's a fools hope but there it is.

75

UPVOTES

***Who* are these men that go through divorce once and then *get married again,* and WTF are they thinking??**

fives_gw · 9 November 2023 · Archived copy · Reddit

I'm sure I'll get some like-minded replies and some counterpoints from those who think marrying again is a great choice for whatever reason. Maybe also some from guys who made the mistake of marrying a second+ time and now see that choice as a bad one in retrospect. :)

For me personally, it's next-to-impossible to imagine getting legally married again in basically any conceivable circumstances. I went into my first-and-only marriage clueless, burdened with my own unresolved trauma, largely sleepwalking through life (i.e., not assessing at all whether the relationship or my prospective wife was at all good for me, just charging ahead with the socially accepted life-script with a person who deigned to accept me), and utterly, utterly naive. I *really bought in* to this (in hindsight, utterly bullshit) narrative that if I went all-in with a woman and built a family with her, I'd be "worthy" of the lifetime commitment that she'd promised me (and our kids).

I saw that illusion utterly burned to the ground -- and my eyes truly opened to the reality of the world and relationships in it -- through the devastating (but really fairly valuable, from a personal-growth perspective, ultimately) process of divorce. I also lost literal millions of dollars that I'd earned through hard work over a decade when she walked -- legal system approved! -- with half of assets she'd earned maybe 1% of. It's hard for me to even *imagine* seeing any conceivable woman or relationship out there in my future and thinking: yup, sign me up for that again, take the keys to another half of my assets, woman-out-there! I got played so fucking hard in round 1 (even charitably assuming it wasn't "her evil plan all along" -- it's how things ended up: me the *massive* fucking loser in the exchange by any objective measure), and there's basically nothing in the universe I can imagine that would lead me to put myself in that ludicrously (financially, primarily, but also otherwise) vulnerable -- and also *asymmetrical*, as far as the risks borne by each partner -- position again.

So, to those who either did or would consider signing on for additional rounds of legal marriage, with as much respect as I can convey in phrasing it this way: WTF were/are you thinking? Is it unresolved issues with yourself still clouding judgment? What makes it justifiable in your calculus? I'm genuinely curious to hear, because it seems like such an absurd no-brainer to just never sign on for it again. And to warn anyone I care about about the implications of the awful "deal" that legal marriage can be before they sign on for it cluelessly like I did.

75

UPVOTES

Don't let your hate towards your ex wife turn into hatred of women

4chanactivist · 17 December 2023 · Archived copy · Reddit

I know the feeling we all get after sacrificing, working hard and caring so much for our wife's happiness only to get no empathy, love and care in return.

We all have gone through the hatred we feel afterwards thinking whether all women are like this?

I went down on a rabbithole listening to people like Andrew Tate and some similar people who promoted such misogynistic thinking.

But after a while I started looking around in real world and saw that there are many women who I personally know still support their husband despite their husband working minimum wage jobs.

I personally a woman who rejected a millionaire's marriage proposal to marry her middle class college sweetheart and after 10 years they have two kids and they are doing well.

Just because one woman has been bad to you it doesn't mean all the women whom you are going to meet in future are going to be the same.

You will always have that little bit hatred about your ex in your heart even if you are over it but don't let it ruin your chances of finding a woman who actually cares about you.

75

UPVOTES

No more dates with girls that have no kids

--The_Cheshire_Cat-- · 23 August 2024 · Archived copy · Reddit

So,...

I've been divorced a couple of years now and have had a few relationships since then.

I have a great relationship with my ex-wife, best that could be after a divorce, which helps a LOT with the kids (3 boys, age 9/11/13)

Now,.. each relationship I had after the divorce ended because of the same thing.

I had to end it, because there was no understanding of the benefits of having a good relationship with the mother of my kids. Also jealousy against my ex-wife... not that I would have ever given any reason to be jealous.

The last one ended, after I got a lot of drama (once again) because I simply gave my ex-wife (who has currently no car) and my eldest son a lift home from the hospital.

I mean, what the fuck is this.

NO MORE

Currently dating a single-mother, she actually sees it as a good thing that I have a good relationship with my ex-wife.

Probably women who have no kids, simply cannot understand this because they haven't been there.

So fellow divorce-dads, be careful and don't ignore the red flags as I did!

Also, the last gf promised she will work on her jealousy for this, but at the end nothing changed. People don't change that easily I guess.

75

UPVOTES

The pain of losing your kids

alifeofpeace · 2 December 2024 · Archived copy · Reddit

It's been 16 months of separation now. No one but us can understand what it feels like. The hours before drop off when you know they will soon be gone. The empty room and the toys that are left unattended. It's like a never ending heart break. Sometimes I do better. Others it hurts. Only my divorce brothers can understand this pain. "Find something to distract you" how about fuck you. How about I miss my sons and fuck you with your distractions. Fuck you all. I miss them and my life has been diminished without them in it

75

UPVOTES

Won 50/50 Custody—Now My STBX Hired a Celebrity Law Firm to Break Me

Sea_Employment4100 · 21 May 2025 · Archived copy · Reddit

I won 50/50 custody in my last court hearing—something I fought long and hard for. Right after that ruling, my STBX fired her attorney and hired a new firm. According to my legal team, this new firm represents celebrities and high-net-worth individuals and will likely cost her **3x** what she was paying before. For context, she's already spent around **\$180,000** fighting me.

And when I say fighting, I don't mean disagreements over logistics—I mean financial and legal abuse. I'm constantly taking the punches: endless filings, weaponized accusations, and relentless attempts to exhaust me emotionally and financially. I'm doing my best to keep my head above water and protect my relationship with my daughter, but the pressure is nonstop.

This system is brutal, especially when you're up against someone who's delusional and willing to burn money to destroy you.

75

UPVOTES

At marriage counseling today...

Every_Hospital_6933 · 16 October 2025 · Archived copy · Reddit

I very nicely said that the sessions were pointless. I told the therapist that it's obvious that my wife hates me. The counselor didn't disagree. My wife showed zero emotion. I told her that I read recently somewhere that an expert said that the hardest thing to overcome in a marriage was contempt. My wife has complete contempt for me. The therapist said that I looked like I lost 100lbs after I said that. Again, no emotion from my wife. The therapist than spoke to us as two people that were splitting up. I just have to figure out what's next. I have two teenagers to worry about.

75

UPVOTES

It's final

wallydog71 · 1 December 2025 · Archived copy · Reddit

Today was our court date .it's done. L feel like a complete failure 20years gone.we agreed on everything I got the kid's no alimony, no child support .she wanted out no real reasons ,unhappy, tired of me blaming her for the house. and now a single dad she moved 5 hours away to her mom's so she will see the kids once a month she doesn't drive so i have to take them to see her this is not what I wanted.not 53 and divorce but the group has helped me out stay strong brother's in the fight some of you who are going through this keep fighting don't give up

75

UPVOTES

Its Over

94Questra · 23 December 2025 · Archived copy · Reddit

Home from court. The divorce is finalized and the marriage is over. Its crazy that a 15 year marriage ends in a five minute hearing where the judge just basically reads a script and we both answer yes or no questions. What hurt the most is that this is a no fault state; you just say there are "irreconcilable differences" and that's that. So the judge actually asked my wife something to the effect of whether "irreconcilable differences have caused the irretrievable breakdown of the marriage, that efforts at reconciliation have failed, and that future attempts at reconciliation would be impracticable and not in the best interests of the family." My wife never made any attempt at reconciliation. She never gave me a good reason why she left me. She refused to even consider counseling or even a conversation on what was happening.

I can honestly say that the past six months have been the worst in my life. From the day that she told me she wanted a divorce until today has been an absolute roller coaster of emotions. Maybe not a roller coaster as there weren't any ups, just several downs.

What was heartbreaking is that this whole thing was her idea. She told me she was leaving me. Just said "We are different people" and that was that. I have been an absolute wreck. I've lost 30 lbs and can barely sleep. She refused to move out, and although she left the country for two months, she kept her stuff here. She came back here after those two months because the move she had planned on making fell through. It wasn't till last Thursday that she left. She took one of the dogs. She came back home, or as she called it, "your place" Saturday night to pack before her movers came Sunday morning. And what hurt was for the first time in six months she cried. She actually got emotional. And sure enough, she was crying the entire time the movers were at the house on Sunday and when I saw her in the court house today she had tears in her eyes. But she didn't display a hint of emotion in the six months before. Not once did she express any doubt or hesitation. I've had to hear her plan her new life for the past six months. Every coworker or friend telling her how brave and strong she is. How pretty she is. How intelligent she is. She brought all this on me and now ... its done. She gets her new life and I get to pick up the pieces of mine.

75

UPVOTES

The Worst Story I Ever Heard

Boomhower113 · 12 March 2026 · Archived copy · Reddit

Just wanted to throw this out there for all of us that think we had the most vindictive ex wife ever during the divorce process. This one might have yours beat.

A few years ago, my doctor (GP), asked me how I'm doing during a standard check up and I told him, well, I'm in the middle of a divorce. He gives me the standard "I'm sorry's" and "you need to find counseling," etc. Then he starts telling me about his divorce.

Now, this doctor is also my then-wife's GP. So, I think he knows she's going to get nasty just because he knows her. Plus, when I tell him who our judge is, he just says, "I hate that motherfucker." Now, my doc is a dedicated Christian, so that's saying something.

He and his ex were in a brutal custody battle because she was fucking crazy. It ends up going to trial and in the middle of the trial when he's on the stand, her lawyer (now, my judge) asks him about the time he was raped by a coach his Freshman year of high school.

My Doc is stunned. Can't speak. He never told anyone about that...except the one person he trusted with this information. His wife.

His parents are in the courtroom (this is the first they'd heard of it.) Her parents are there. And he had to relive the absolute worst moment of his life (in great detail), that he had pushed down deep inside, in front of a crowd. And, mind you, on the record.

The whole point of this line of questioning was to ask him how someone with this level of untreated trauma could get full custody of these children.

For her to use that against him is unconscionable to me. However, he ended up winning custody, so that's good.

My wife had to get committed to an institution for post-partum depression after our second was born and was convinced that I would use that against her in the divorce. Never brought it up once. I knew it was a temporary chemical imbalance. But, these women have no problem pulling shit like this.

Stay strong, brothers.

75

UPVOTES

She brought him home

midnight_Caller74 · 15 March 2026 · Archived copy · Reddit

Bullet points for clarity:

My wife asked for a divorce on Feb 20th. We agreed on one thing, not to bring our dates home. Our home was natural territory. She agreed.

1 week later she's accidentally texts me that Dave was going to be late . I confront her about this. She insists he was "just a friend". She doesn't come home and She lies to me saying she was at a friend's house. I have proof she wasn't, but I fact at a hotel that same night.

I look over our ATT bill and noticed she started having an affair with him 3 weeks before she asked for the divorce.

A few weeks later, she spends the night out again.

I asked her when she got home where she was. She was honest and said she went to a movie and then got a hotel. I asked her if Dave was there and she said yes. Mind you, this is LESS than a month after asking for the divorce. She continues to claim they are just friends, and I call her in her BS. Even as "just friends" he's a FWB so that's a relationship. After some back and forth she apologized for lying and agreed to be 100% truthful going forward if I asked a question.

She goes out last night, gets drunk and he drives her home also drunk. She goes to the garage, opens the door and covers the smart garage camera. She comes inside and closes the garage. This Dave guy walks past her (this is why she covered the camera) through the bushes as to not be in view of the garage camera and whispers "hurry up" as he walk to my front door—which also has a camera.

She lets him in and closes the door.

I can see part of his car parked in front of the house.

I'm on a business trip literally across the county when I get notice there was someone at the door.

I look at the footage and call her. I asked if Dave was there. She lies to me and said he was just dropping her off and he left, but left through the backyard to avoid the cameras. I call her on her BS and said I can still see his car parked in front of the house. She tried to deflect again when I told her that was BS because if he was just dropping her off to make sure she got home ok, he would have driven off once she closed the garage instead of walking to the front door where she let him in, and he never left.

She finally admits she lied and he spent the night. She said "you're not home, why does it matter?". I reminded her of our agreement. I told her he needs to leave NOW and never come back. She said he was just about to leave anyway. 45 mins later I see him leave through the front door.

I'm beyond livid. She threw away our marriage for some pot belly nerd who looks like he just won the lottery because my wife is good looking and has a good job. I don't blame him, I blame her.

When I get home today I'm kicking her off all my credit cards (I had agreed to keep her on there because it really helps her credit), I'm separating our money into a different account she doesn't have access to (we pay into our joint account still to cover bills), and I'm filling for divorce (she hasn't yet so we can pay off the bills first).

74

UPVOTES

Remember: YOU'RE the prize.

MartyMcFly7 · 27 July 2021 · Archived copy · Reddit

When my wife and I first agreed to divorce, I was scared shitless as to how I was going to manage on my own. My life as I'd known it for over 25 years was ending. I even (briefly) considered suicide as an option. After all, how could I *possibly* survive without *my wife*?

But the more I thought about it, the more I realized... *I'm* the prize.

The only things she brought to the table were companionship, sex, and cooking. But her companionship was no longer enjoyable and she was no longer affectionate. And now that I'd been learning to cook, I literally couldn't think of *anything* she did that I couldn't manage on my own.

On the other hand, my wife had *no idea* how to work on a car, or change a tire, or manage money, or invest, or work on the home or yard, or fix broken appliances. She relied on me far more than I relied on her.

Not trying to be misogynistic, but in most cases, women need men (for security, strength, etc.) more than men need women (for sex and companionship). *You're* the prize, and probably much better suited to survive on your own, so don't sell yourself short.

74

UPVOTES

Never settle. Never live comfortably miserable

oli_21_ · 10 June 2021 · Archived copy · Reddit

Since my other account was banned for "hate speech and violence" figured I'd put this back up for visibility.

The next time you are at a convenient store\gas station.....watch how many men walk out on a random Tuesday at 4 or 5pm with a six or twelve pack.

I would have went to my grave miserable. Then she cheated on me in year 15. The rest is history. It was 2 years of hell but

I'M FREEEEEEEE!!!!!!!!!!!!!!

It's hard to know you are comfortably miserable because men in general are not quitters. No one should be miserable in their marriage. For years it was like I was driving my head into the wall trying every which way to communicate. When she cheated she awoke a fucking giant.

One warning.....my ex was the typical "christian conservative" and when we went to divorce she tried to make me out to be the worst husband and father. It was gross.

That's all over now. I fought like hell and won. 50/50....no alimony or child support. It damn near cost me my sanity but I made it.

If I can make it.....so can you!

All the best gentleman. Be the best you!

Cheers!

74

UPVOTES

Brotherhood is Amazing

Error-Original · 20 April 2023 · Archived copy · Reddit

Its been absolutely amazing, as I navigate the darkest time of my life, how many men who are complete strangers have absolutely stepped up to help eachother. Complete strangers coming together, asking for nothing in return, recieving no glory, yet lifting up fallen brothers. I want to help other men, even though the world tells us men are bad.

74

UPVOTES

slightly annoyed that toxic female traits are just laughed at like it's normal

tragicaddiction · 6 August 2023 · Archived copy · Reddit

Maybe I'm just cynical or going through the anger stages of grief.

but it's been annoying watching comedy e.g. bill burr on marriage (we argue a lot and we are always working on me) or seeing memes about toxic female things like silent treatments, over spending on themselves, hitting men etc... Man is always wrong and or even in sitcoms where the man is always seen as a bumbling idiot and the woman as a voice of reason.

and at the end it's always just laughed at like.. hahaha . yeah that's how it is "shrug"

i mean even for me, i was miserable with my ex, but i got constant validation that this is normal and this is what everyone puts up with and i should just suck it up, because how are you different than anyone else, right?

anyone else feel this way or am i just way out in left field here.

74

UPVOTES

Living my best life

Huge_Variety4680 · 9 February 2024 · Archived copy · Reddit

3 years ago I was at my lowest point, calling a friend at 2am fearing I was about to end it all.

I am typing from a hotel room in Florida, waiting until time to board a cruise ship fit the Bahamas with a beautiful girl 16 years younger. (49 & 33)

We've been dating for about a year now. Don't quit guys. You will learn to love life again

74

UPVOTES

Don't give women, rather the exs, the power to think you still need them. You don't. I promise. You are strong, and I'm proud of you.

Bluerednaz · 4 April 2024 · Archived copy · Reddit

I think what gets lots in the pain of divorce is the fact that us men, we are champions. It's hard when we are down. And feel hopeless. And like everything is our fault.

But remember, we weren't married to ourselves. The other half had just as much responsibility as you.

In this time of pain, even in the best of circumstances, women, in one way or another, benefit from seeing us suffer. Whether they think we deserve it. Or it makes them feel good that even though they did this to us and our family, we still need them. Don't give them that power.

Think about it, what's the worst that can happen for making yourself better ? Making yourself stronger.

And for those clinging to hope of reconciliation one day, I caution you to tread lightly down that path. It can break your heart even worse the second time. But consider this, if you really thought there was a chance, would they really want you back in this broken, unchanged, state? Probably not.

Hold those heads high Champions, we got this!

74

UPVOTES

Dating so-called spiritual women seems to always be a losing proposition.

Classic_Dill · 3 April 2024 · Archived copy · Reddit

Some of you on here may have seen me on quite a bit, I tend to add my two cents quite often. But I've got an odd question to ask you guys, basically I'd like to share notes with you, I've gone out with a few women that called themselves, spiritual, not in the, organized religion type of spiritual, but we're talking about full moons, half moons, centergrade, energy flows that kind of spiritual, and all I do is end up getting irritated with these women, because they don't ever seem to be wrong or apologize for anything, anytime something goes wrong. It's because centergrade was off or the moon wasn't full, I'm gonna bail on a date for Friday over this, have you guys gone out with so-called spiritual women, and found them to be obnoxious and never be wrong about anything? I actually believe in some of the stuff, I do believe in energy flow, you may call it a vibe, but they go way too far and everything seems to be your fault not theirs, because they're awakened! Just curious if any of you guys have been through the same thing?

74

UPVOTES

She wants a divorce after 40 years

unK4G3D · 30 September 2024 · Archived copy · Reddit

We had our 40th anniversary in August 2024. We raised 5 kids together and the youngest is 19 and still at home attending college.

We get along pretty well and just returned from a 10-day cruise and a 3 day trip to Las Vegas, but for the last 10 years she has been falling out of love with me. When we returned from our Vegas trip she told me she wanted a divorce to go find herself and search for her soul by living alone in a small apartment. We live in a 6-bedroom home which she religiously cleans every week, except for my son's room and my man cave. She has been generally happy with our relationship except for the loss of love she used to feel for me. I was aware that this day might come, but was blindsided by it because we had an enjoyable time on our 2 trips and had spent a lot of time together this year.

Some backstory about what may have caused her feelings for me to change: We were married at the age of 20. We have both worked hard to get where we are the last 40 years and our kids are fine responsible adults. In 2012 my wife had discovered a small lump in her breast and it ended up being cancerous. She caught it early and had the small lump removed, but since it was an aggressive form of cancer, the doctors recommended chemotherapy and then hormone treatment and she has been cancer free ever since. After her chemotherapy, I noticed a slight change in her personality. My kids and her friends noticed it too. We all noticed that she had less patience and I also noticed that she seemed less forgiving of the small things that bugged her about me. Her cancer doctor confirmed that chemotherapy can change personality in some cases. My wife was the same person, but there were subtle changes.

I still love her and want to be with her, but I am heartbroken that she wants a divorce. She tells me she has no desire to find another man. She just wants to be alone, spend time with our 5 kids and 4 grandchildren, and her girl friends. I guess I don't fit into her plans to find her happiness even though we have talked about growing old together for many years prior to her personality change and she tells me she still wants to remain good friends and do things together with our family. She says she wants to spend time learning yoga, exercising, and explore new hobbies. I am resigned to the fact I may be alone the rest of my life because I can't imagine finding anyone else. I am very sad right now and really struggling with how my future will be without her. We have talked about splitting everything amicably. I will keep the big house and my son will continue to live with me for now and she will get most of our retirement savings and we will both keep working and living our separate lives. I hope and pray she will find herself and will eventually want to come back to me, but I don't know how long I should wait. I currently am just throwing myself into my work and will stay busy taking care of the house, working out, spending time with my family, and hobbies, but I am so depressed right now that it is difficult to find joy in any of those activities. I don't really want to be alone the rest of my life and maybe eventually, when the pain of losing her subsides, I may want to find someone else. I can't imagine how that will go and don't even want to think about it. Some comments to lift me up would be appreciated.

74

UPVOTES

She finally signed

CarpenterNo3430 · 2 February 2025 · Archived copy · Reddit

After a 1 year divorce, my Ex wife finally signed the decree even though she was the one that wanted the divorce. I didn't realize how evil this woman can be from accusing me of domestic violence and theft. I am glade I am free from this woman

74

UPVOTES

Finalized Separation Agreement - fucked less than trial - still fucked.

engineered-chemistry · 14 June 2025 · Archived copy · Reddit

My divorce was finalized this week. My ex has a dual degree in finance and accounting but made \$18k last year working part time while I paid 3800 in support and child care during separation. I made \$190k last year but was laid off and now make \$162k. Net worth around \$1.2M, married 11 years. Both early 40s. 50/50 custody.

We settled in mediation where a retired judge gave us insight on how a judge might handle the case. We had a pendente lite hearing the following week and trial end of July. Mediation took 12 hours.

There was a good chance I could be forced to pay permanent spousal support due to the marriage length and income disparity. Courts would likely use my previous year's income as the basis. I had a vocational expert assess her earning potential at 70k. Judge could ignore it totally or partially. Maybe they would consider my current income but no guarantee. Ex had 20k of unreported income which would cost a fortune to prove and potentially still be ignored. Spousal support was estimated at \$3800 for an unknown duration. It could step down after a few years.

Child support for 3 kids, based on the tables in the law was \$1400 plus 70% for day care and healthcare. I pay the premium for the kids health insurance fully. Youngest has another year before school which is 1200 a month.

My net monthly income is ~\$9000 a month. Spousal support plus child support and daycare would be 6000 a month. My mortgage is 1400 for a 3bdr house and I have no debt besides the hole in my wallet from paying 50% of my income for a year to my ex, my expenses are low. My ex's expenses are high. She gets \$350 hair cuts while I'm coupon shopping at Foodlion.

Final agreement we reached was:

My wife got the 6000 sqft house free and clear (550k equity), I got my house free and clear (200k equity), kept my retirements (400k), assumed all credit card debt (30k), split lawyer fees 30k+ each, and I pay her \$4300 a month of which 2900 is spousal support. 2nd year spousal support is 2000 then following 4 years 1000. Likely much better outcome than trial but still shit. I can't touch my retirement without paying nearly 50% tax so I'm stuck in this small house for a long time.

Fuck marriage. I've worked hard for 20 years only to end up just as fucking broke as I was in college. If it wasn't for my children not only do I wish I didn't get married but I wish I had never met her at all. I'm so fucking mad at her, angry at the bullshit legal system, mad at myself. I'm just fucking angry at the world.

The good thing is, I can move on. In 2 years financially I'll be ok and we didn't have to fight over custody. The next 12 months will suck.

Edits: unmodifiable duration and amount for spousal support. This was a real win for me to get that added. Spousal support awarded by a court is modifiable by law.

74

UPVOTES

It was “just” an emotional affair

ApprehensiveSpare925 · 25 July 2025 · Archived copy · Reddit

I find it sad so many men believe it when their wives tell them it was “just” an emotional affair.

It is NEVER just an emotional affair. Sorry bro.

Once you have been thru the wringer you can spot the lies away a mile away.

Just had to rant. May your ex have the life she deserves.

74

UPVOTES

I hate that men call victims of cheating “cucks”

Internal-Degree-8663 · 2 September 2025 · Archived copy · Reddit

What a sick world, I actually have no faith left in this world guys.

How do our fellow men act soooo cruel? I mean, I see post after post online about a guy who gets cheated on and all the comments are like “blah blah beta male simp got cucked” etc.

First of all, if you dump her, you’re not a “cuck.” You’re a man who got betrayed but is able to exercise his boundaries.

But honestly? What about the millions of men worldwide who have, for other reasons, been forced to stay with a cheating girl. Maybe divorce would have him on the streets. Or maybe it would destroy his children leaving them alone with a BPD woman. Maybe the utter SHAME of reconciling with his betrayer is less humiliating than telling their extended families, friends, colleagues, and enemies that she bed someone else?

It’s not so simple. And it just seems beyond cruel and abusive to take some sort of fkd up JOY in men being destroyed like that. When ur partner cheats, it rewires your brain. The psychological damage is immediate and then permanent. But believe me, that’s not it. The physical injuries come with time.

So how can men always think it’s so funny? Yes, if ur able to, u should dump her. But if ur forced to stay bc she will ruin ur life if you leave? You’re no “cuck” in my book. You are a victim of a terrible misfortune I’d never wish on anyone.

I don’t know how I can ever even LIKE another woman, knowing the damage their cheating causes to men.

74

UPVOTES

Did anyone else experience a complete 180 like this before divorce?

TJ_on_a_trip · 14 November 2025 · Archived copy · Reddit

Like it almost seems CALCULATED. How she went from being this submissive, loving, hard to get, sweet innocent girl.

To being obsessed with money and status and psycho behaviors and cheating on me. Like weirdly within months of marriage. Even tho she was such a joy to be around for years of dating.

It can't be a CONSCIOUS behavior can it?

Either way. Divorce is going well but. There's days where I'm just baffled how I was conned like this.

74

UPVOTES

Complete mind F today by my ex.

c_m_33 · 21 December 2025 · Archived copy · Reddit

Was sitting at the house enjoying a nice evening with the kids. Get a text from the ex. It's a picture of somebody holding some boxers. On there, it has pictures of her with the text: "I sucked it so it's mine."

Holding the boxers was a pair of man hands, some hairy ass arms, and some janky feet. Keep in mind that this is the guy she cheated on me with.

Completely destroyed my mindset tonight. I was so close to just putting this on blast for everyone to see.

74

UPVOTES

Remind Yourself: How They Treat You in the End is All you Need to Know

tonyway7293 · 5 March 2026 · Archived copy · Reddit

It's been a long journey for me, hardest moment in my life when I started to suspect something was off once my wife started taking a GLP-1 in the beginning of 2025. When I called her out on the behavior in a very non-confrontational way, she flipped the switch, filed for divorce and bailed.

Her treatment when she was co-living here for a month before she left was despicable. I won't go into detail, since there's a lot, but I could not believe this was the woman I had shared a life with for 10 years.

If the shoe were on the other foot, I would never treat the person I was leaving that way. I would have dignity and respect for that person, even though I made a choice to end it. I also wouldn't try to screw them over financially, I promise you that!

I have a friend who is on his 2nd marriage. His ex cheated on him. She said, something along the lines of "I screwed up, I'm sorry but I don't love you anymore. I wish you the best and I don't want to take anything from you". The mediator said, "she has to get something". I think he gave her \$5k I forget exactly. His ex is still low-quality IMO due to the cheating, but she owned it and did not continue to rake him over the coals.

My STBXW unfortunately is the complete opposite of this.

Whenever I start to ruminate and think of the "happy times", I remember not only did she cheat on me in the end, but she escalated the cruelty after she filed.

I know with my character and values I could never treat someone, let alone someone I spent a decade with, that way. When I revisit this mindset, it helps me pull my head out of my azz and realize I lost a POS, regardless of how long I was with her and how many memories we shared.

The only memory I should carry is how she treated me in the end.

74

UPVOTES

Almost a year later

mchop68 · 21 April 2026 · Archived copy · Reddit

About a year ago I posted here on the day we told the kids. I remember how heavy everything felt. I was nauseous, barely holding it together, watching my whole life change in real time while everyone else just kept living. I felt alone in a full house. I didn't know what the future looked like or how I'd handle being a full time dad, the house, the emotions, the silence. I just focused on getting through the next hour, then the next day, then the next week.

Now here I am, almost a year later, and I'm in a completely different place. Not because it got easy. It didn't. There were nights I questioned everything and days I felt angry, distracted, off balance. I had moments where I wanted to fall back into old patterns, to rescue, to fix, to carry things that weren't mine anymore. But I kept showing up. For my kids, for myself, for the life I was rebuilding.

Somewhere along the way, things shifted. The house doesn't feel empty anymore, it feels like mine. Being a full time dad doesn't feel overwhelming, it feels like purpose. The chaos turned into structure and the pain turned into clarity. I've grown more in this past year than I probably did in the last decade.

What's wild is the perspective shift. She's struggling now. Regret, instability, trying to figure things out. And she's said it, she sees how well I'm doing. She sees me showing up, leading, being consistent. A year ago I wouldn't have believed that.

What I learned is, You don't skip the hard part. You go through it. Not around it, not away from it, but actually go through it. No dating, no sex, no chasing, no pointless drinking nights...no distractions. Sit in the spiral of pain and the clarity will come.

And if you keep showing up, especially when you don't feel like it, you come out different on the other side. Stronger, clearer, more grounded.

If you're in the thick of it right now and it feels like your life is collapsing, I get it. I was you. Don't fold. Don't numb out. Don't run back to what broke you**. ** Handle your business. Take care of your kids. Build your life one decision at a time.

You won't recognize yourself a year from now. And that's a good thing.

74

UPVOTES

Just had the talk

iSkeetOnFeet · 23 June 2026 · Archived copy · Reddit

Married almost 15 years, 3 kids under 13. She's stayed home the entire time. I stopped putting up with her constant condescending comments, mood swings, just BS in general so lately she's been saying I hate her. I did a few consults with lawyers and was waiting for the "right time". Lawyers all said move out whenever, no effect in CA.

Today we were watching TV and multiple couples were getting divorced or on the brink. She turned to me and asked if I want a divorce, I told her I feel that I'll never make her happy and she said the same.

She said she'll always have her kids then she stuck her hand out and we shook on it. Immediately after she said she doesn't want the house, car, or kids, just \$\$\$ and told me to GTFO out of our bedroom. Locked herself in the room and told me to feed the kids dinner. Couple hours later she takes the kids to get some fast food.

I'm moving my stuff downstairs and looking for a new place to move ASAP. Likely an apartment or townhouse with a pool for the kids. We have a 2026 luxury vehicle and house to sell. Gonna try and work out a custody agreement this week while touring some spots to move. Hopefully we can work through it amicably but I'm not as hopeful anymore. Seems she plans to stay in the room, ignore me, and leave the kids to me until she feels like it.

Just wanted to vent a bit. Should be a fun summer.

73

UPVOTES

Fellas....the truth always gets out. Don't defend yourself.

soph_a_loaf_ · 22 May 2021 · Archived copy · Reddit

My ex cheated on me. Then turned full victim and somehow blamed me for it. Worst of all some friends and family in our group actually began supporting her. I would find out why.

I used to be an admin pastor in a church.

In year 15 of my marriage I found out that my wife cheated. The church was very supportive of me and the situation.

Some of our friends and family began to turn on me though. I couldn't for the life of me figure it out. She was a cheating whore. How exactly am I the bad guy?

The problem though is that my ex is a covert narcissist. So she would play the victim role well. Sucking in people and being all meek and mild. It was very hard to see people treat me as though I had something to do with her cheating. Well, I'd later find out why.

A good friend of mine called me up one day. He was holding a couples bible study at the time. He asked me if I knew who the Jones' were. I told him yes and that I knew they both worked with my wife but I didn't know them personally.

He told me that they brought up my wife in their bible study and then proceeded to rip me (her husband) a new one in front of the whole group. He let them go on and on about how angry I was and how unreasonable I was to her. Poor poor her.

Now you have to understand. My friend is the real dude. His reputation is that of speaking truth and is a no non sense type of person. Anyone and everyone that knows this man knows he doesn't bullshit.

He told me that he let them go for a bit and then to unbeknownst to them....he knew about our situation. He simply asked them. "Do you know about what they are going through?" They replied yes, and it's just sad how he's acting to her.

My friend said to them....."I'm not sure about you but if my wife of 15 years had cheated on me I might also be angry, upset, and "unreasonable".

He said their eyes got as big as saucers. The part that my poor victim (now ex wife) did not include in her story was that she had cheated on me. Multiple times. He said their jaws about hit the floor.

My friend said he didn't want to get up in my business but he felt he needed to set the record straight. I was fist pumping and told him "see the truth ALWAYS comes out"

Your situation may not be like mine....but the truth is the truth. You may have an ex saying you were a horrible husband and or father. You just gotta focus on your life and living it well. The truth will always come out.

73

UPVOTES

I am proud of all of you for doing what I cannot.

WistfulIntent · 15 December 2020 · Archived copy · Reddit

It has been nice coming here for quick boosts knowing that others are going through similar situations. Knowing I'm not alone has been helpful in guiding me through tough times.

I am happy and proud of all of you that have found a way to power through the bullshit and navigate through the egg shells. It's a huge accomplishment and you should all be proud of yourselves.

I realized pretty early on that I'm not made for this kinda stress and this whole thing wrecked me far greater than I thought. The circumstances surrounding my situation aren't incredibly extreme or harrowing to others but it has destroyed me in a way that really feels irreplaceable. It's unfortunately something I know I'm not going to be able to deal with much longer. My body feels like it's throwing in a new towel every day and I'm running low on things to give up on.

Stay strong everyone.

Even if I'll never believe in me, I'll always believe in you.

73

UPVOTES

Why don't fathers tell sons not to get married?

GreenUse1398 · 13 September 2023 · Archived copy · Reddit

I've been wondering this.

My parents divorced when I was a kid, and my mother, bless her, was a very troubled person, alcoholic, suicidal, bitter, that whole greek tragedy. She made my father's life hell for about 10 years (probably longer, that's just the years I remember). The divorce was messy.

My dad is great. He basically raised me and my sisters single handed, worked like a dog, and I can never remember him even complaining. Kind of dad that should be in the manual on how to dad.

Now, when I got married, I thought, well, my soon to be wife, she's great. Nothing like my mother. Nothing like my friend's nightmare exes. She's kind, and rational, generous, and all that.

Guess what? Soon as she felts secure in the relationship, the kind, rational person I married is out the window, and replaced by an entitled, petulant child, who has no compunction about regularly breaking the golden rule all up in my grill.

But when I told my dad I was getting married, he never said, "Are you sure?". He said "That's great news!". And my dad has also got re-married, even after his previous experience.

Why? I mean, seriously, you guys who have sons, are you going to caution them? (How about you guys with daughters, come to that). Are you going to just tell them to go forth and multiply?

I'm not saying I would have done it if my dad had said "Run for the fucking hills". But I definitely would have listened.

Just curious.

73

UPVOTES

You can really tell who the Walk-Away Wives are on r/divorce, can't you?

fives_gw · 25 September 2023 · Archived copy · Reddit

They show up basically every thread to lecture about how the cOnTraCt Of MaRrIaGe somehow makes it fair to walk with thousands or millions of dollars they didn't earn. Just for what? Deigning to have married then walked out on some guy who had earning power? Never mind if he contributed equally in every other regard. Never mind if her reasons for leaving were laughable, or nonexistent. Never mind that this is the only "contract" in the universe where one party can unilaterally decide to toss away her commitment and then *still benefit from* the other (usually financial) elements of the bargain. Literally no other contract exists in any legal system where you can breach it and still benefit from it. But that's what divorce laws enable.

Weighing in every thread to suggest that no one needs *any reason whatsoever* to walk away from a supposedly vowed lifetime commitment, or the family and children that a partner went all-in on in reliance on that commitment. To them, it's just a *given* that it's perfectly reasonable -- the *only* reasonable thing, really -- to just decide one day that they "no longer love" the person they married, or that they're "not happy". And that's somehow meant to be a complete pass for any amount of profound harm they cause (to their partner, of course, but also to their own innocent children??) by indulging their most selfish of impulses?

They come out, and self-identify, on basically every [r/divorce](#) thread.

73

UPVOTES

Why do stbex's memory of the past differ so much from reality?

softinvest · 1 November 2023 · Archived copy · Reddit

If someone were to talk to only her, they would swear she got sperm from a bank and had a money tree to pay her bills and stuff around the house never broke. Never there for them? Really? Never supported her? My biggest problem is I was a simp, and she eventually didn't respect my time and care. When the divorce happens I wonder if they ever genuinely realize what having no one looks like. I know most would never admit it but I do really wonder.

73

UPVOTES

Oh, The Schadenfruede....

Mundane-Hamster5301 · 10 December 2023 · Archived copy · Reddit

Gents....I am 8 years post divorce. The usual story. She didn't love me anymore. Fairly clean divorce due to post-nup. (she didn't need my money. second marriage for both of us, no kids together, etc.). Still cut me to the motherfucking bone but Redpilled me to the core. I found out about her affairs 2 years after the papers were signed. That revelation just sort've irritated me. Built a second, very successful business and live very well, thank you. But that's not the reason for this post....I hadn't seen or talked to her for nearly 7 years and a photo of her recently popped up in a mutual friends social media feed. She got fat. I mean really, really fat. I still wear the same size pants I wore in basic training. I was shocked that she had let herself go like that. Like the title of that song, "Somebody I Used To Know". Y'all will not only survive, but thrive.

73

UPVOTES

Wife trying to come back after leaving me for affair partner

Par_then_Bar · 12 December 2023 · Archived copy · Reddit

Hey guys, me again. I'm struggling and thought I would come here for some guidance.

Wife started having an affair with an exbf back in June. Flipped the switch on me and wouldn't consider counseling, talking, trying to fix things. Life was good (so I thought) no constant fights, bedroom was all good, had fun when we could get out of the house.

She moved out and 3 weeks later showed up on my doorstep asking to work on things. Saying she made a mistake and she sees real change happening.

She was a SAHM no education, no job skills, not a ton of real life experience. I'm a very successful person with high income. Married 6 years 2 kids. Lawyer told me if it goes over 7 that's where the courts start to tip towards lifetime alimony payments.

I love this woman more than anything. I've been with a ton of women, she's the only one who can satisfy me in bed and the only one ive ever been able to be my true self. But she betrayed me, my girls, our marriage. Lied to me time and time again and I don't trust her.

Do I take her back and try to save the marriage?

73

UPVOTES

Went by the Ex's house yesterday and I'm honestly worried about her... and also relieved.

crzapy · 30 December 2024 · Archived copy · Reddit

Stopped by this morning to pick up the kids for my week and I was shocked.

I've always been the person who did all household chores and maintenance. She's always been messy. But after the divorce she made it a point of keeping up with the house, had the interior repainted and redecorated, and was on top of chores.

Well, hoo-boy is that phase over. There were piles of dirty dishes, clothes, and garbage. The bathroom had a giant clothes pile in the tub. Everything smells like cat pee. A lasagna was half eaten and covered in flies.

The kids were running all over and she was just lying in bed half heartedly scrolling on her phone. Her mom had been a hoarder and it seems she's becoming one herself. Also, maybe a side of depression. I don't know how to approach it as she will likely just get angry like she used to.

Anyway, I'm also relieved I no longer have to deal with that. My house is spotless and I stay on top of clutter. Being single ain't all bad.

73

UPVOTES

I found out about her emotional affair, finally I could sleep a bit

Equivalent_Exit_804 · 29 April 2025 · Archived copy · Reddit

Divorce is ongoing. Slowly but surely. But what matters more, is my wife handled me like the worst POS ever. We were together for 9 years. A year ago she admitted she had a limerence. We decided to go to counseling. Turns out I did a lot of things wrong, I hurt her, I neglected her. The next year I did my best. I showed up, I took over, I organized things, I worked on myself.

And then towards the end of last year something broke. She became cold. No more positive feedbacks about our progress, no more feedbacks about my mistakes, what to work on. Just passive-aggressive, or completely passive reactions. On couples counseling she still brought up topics, and I worked on all of them. But towards the end, she handled me like the worst POS ever. She announced divorce a month ago. I was crushed. I tried so hard, and developed so much, and she still rejected me, after 9 years together, just 2 weeks before our anniversary.

Well, a few days ago I found out why. She was having an emotional affair with her limerent object. They were going to lectures together, making music together, spending time together. When we started counseling she told me she will avoid him.

Well, now I realize why she was so cold, passive-aggressive, checked out. In mind she was already with the guy.

Suddenly my failure transformed into her utter betrayal. I failed, sure, I still made mistakes, but I did my best. She on the other hand had an emotional affair. And what is the worst, she is quiet spiritual, etc., so emotions were the most important to her. Yet she chose to spend those times with him.

Anyways, some people highlighted to me, that emotional affair is far far worse than me trying and failing. And I also had to realize. Damn. That's why she was so cold, so checked out. That's why she was gone. I could only change for myself, she didn't care anymore. She was gone.

And finally, yesterday evening, instead of the 3-4 hours of sleep, waking up to ultimate guilt of ruining 9 years... Finally I slept 6 hours. And when I woke up, I wanted to sleep more, I just had work. I will grieve the happy years, the future we imagined. But this woman is not anyone I want to spend my life with anymore. And it's giving me closure.

73

UPVOTES

Checked my messages for the first time in forever, to a very interesting butt dial.

crzapy · 3 June 2025 · Archived copy · Reddit

I never check my voicemail. Mostly it's just robocalls and scammers.

But today I noticed my inbox was full and decided to clear it out.

Imagine my surprise when I get to missed call number 27 and I hear my ex wife talking to another man from last December. There it was in a butt dial, proof of cheating. We divorced and I moved out, so what's done is done.

At first I got hot. Then I lifted weights in the garage. After that went for a walk. Now I'm laughing at the irony.

Fuck it. Right.

73

UPVOTES

Why isn't there a national support hotline for men going through divorce?

MysteryFan1000 · 5 June 2025 · Archived copy · Reddit

This is a genuine question from a man who's been going through a really devastating and tragic divorce and found very little emotional support for what I was going through.

When I hit rock bottom, I looked for something like a national helpline, a safe space to call at 2am when everything felt like too much.

But all I could find were legal services or generalized mental health lines.

And while I think it's great that there are many emotional support systems in place for women (and there should be), it left me wondering: Why isn't there something similar for men? Truly?

Not just advice like "go to therapy" or "man up" or "hit the gym." But, something that really gets the emotional shock, the isolation, the loss of identity, the financial devastation, and the shame that hits many of us. Especially when we are blindsided.

Have any of you experienced this kind of gap in support?

Have you just wanted someone you can call who is a peer?

Would a national divorce support line - have helped you at your lowest point?

Just curious what others think.

Not trying to pitch anything, just reflecting on how alone it felt and wondering if I'm the only one who noticed there truly ISN'T support for us.

73

UPVOTES

Life is cruel

Distinct_Desk1840 · 18 July 2025 · Archived copy · Reddit

Here is a bit of my story. Back in January 11, my wife told me she wanted a divorce. We'd been having issues for a while, and I accepted it, thinking maybe it was for the best. We finalized everything in May, and during that time, there were a lot of mixed emotions. She even asked me why I didn't fight for her, which left me confused because she was the one who asked for the divorce in the first place.

After the divorce, I went on a date once, and she found out, which caused some tension. Then, just a few weeks ago June 11. She came over to my house and said she wanted to try again, 2-3 weeks passed and this past Saturday July 11, I finally thought about giving it another shot, I called her and she now tells me she's seeing someone else now. So, here I am now fucking humiliated and exposed . I feel like she shoved her hand down my throat and ripped my heart out. Today I exploded on her and told her why the fuck would she play with my emotions like that. I asked her if she slept with him, she went radio silent and said she didn't want to discuss anything about us any longer. Man, I gave her sympathy during her time and she did not return the same to me. I am a fucking train wreck right now. I cannot sleep. I can't focus at work. I feel like I'm dying

73

UPVOTES

Man you guys are always right.

Always-tolkein · 24 March 2026 · Archived copy · Reddit

After a month and a half of being so depressed I lost 20+ pounds. Crying constantly. And just hoping things would change while being in absolute despair. I finally had a day of clarity, laughter, and joy. Got myself a new (to me) vehicle. Was kind enough to refinance the car she drives to lower her payments. Told her I'd refinance the house in the divorce and pay her out more than she would have been able to do for me instead of her giving me her 401k like she talked about. And now she's mad. While I was drowning she was happy and just "being free". But you know what, fuck it. Let her be mad. I'm going to take care of myself and my children. It's almost like she enjoyed seeing me down and out.

73

UPVOTES

You know what I think? I don't think these chicks really wanted marriage and kids to begin with. They just thought they did.

Motor-Hat-3061 · 14 May 2026 · Archived copy · Reddit

It's so obvious to me now in hindsight.

After they were born and family life was in full swing is when she shut down and disappeared into career and did god knows what else I was blind to back then.

Makes me wonder why these flakey, flighty ass, confused binches even bother getting married. They don't even really want an equal partner, they want a loyal subject. A puppy with a paycheck, a yes boy, a ball of putty.

They don't want compromise. They want complete control. These people have issues, man. They should never have gone past dating. Involving kids in this chaos is exactly what's wrong with this society. Not cool.

By the time I realized her last sucker ran away screaming shortly after marrying her, it was already too late and I fell into the Venus fly trap of lies.

But I do have a question. What happens when they run out of good men to ruin?

73

UPVOTES

To the daughter I am losing slowly

ToughPill · 22 May 2026 · Archived copy · Reddit

To my daughter,

I vowed that I wouldn't leave even when the marriage was clearly dead because I wanted you to grow up in a home with both your mom and dad in it. I thought that even if we didn't love each other anymore then at a minimum we could live together and raise you together. I'm sorry that your mom didn't want that.

I remember how you were when this started. You would run to me just like you would when I came home from work every day. Giving you that hug when I got home was the best part of my day.

Now it feels like a wall has started to slowly go up between us. I know that your mom talks poorly of me. You used to tell me about it before when we were closer when this was all new. Now you just don't say anything about it at all, but I can tell. I can read it in your face when I come to your sports event and you go over to your mom to ask if you can come over to me. Before you would just run over to me.

Yesterday we were at a school for orientation and you came in with your mother. I got down on my knee and tried to talk to you, but you ignored me. That hurt.

I know that you're like this mainly with your mom, and that when we have my time you're not afraid to run and jump into my arms. I'm sorry that I didn't get more time for us, I fought as hard as I could and I dug myself almost into bankruptcy to stay in your life. Your mother wanted me to get even less time.

I'm always going to be here for you kid. That's why I always tell you that I'll love you forever whenever I see you. I hope as you grow older you'll see that more, and see through some of the lies that it appears as being poured into your ear.

Love,

Dad

73

UPVOTES

In retrospect, are you ever just COMPLETELY baffled at how you ignored the red flags?

TJ_on_a_trip · 2 July 2026 · Archived copy · Reddit

I mean my goodness. Was I under a sort of trance?

Looking back, the flags weren't even red.

They were blood red from a sword being repeatedly jabbed in to me ☹️

The fact that I ultimately ended up "surprised" she was a cheating on evil person?

I must have been in denial.

There's no getting those years back, so whatever.

Just gotta make these last couple of years of my 30's and my entire 40's and beyond worth living now.

But damn.

How could I be so blind

72
UPVOTES

I'm NEVER taking another woman seriously again.

BlessedAFx777 · 4 December 2021 · Archived copy · Reddit

All women have done was waste my time and my money.

Just needed to vent this off my chest.

72

UPVOTES

After 7 years and a 2 year old, wife wants divorce.

Worried-Crew-5610 · 2 September 2022 · Archived copy · Reddit

It's my first time writing such a post, it's hard for me to open up but I'm completely broken.

Wife and I have been together for 7 years and have a 2 year old boy. I've done everything I was supposed to do. After financial difficulties and newborn during COVID, wife and I have distanced.

I managed to recover, built a house which just finished, got a new job, went back to studies to get back to what I love. I'm constantly taking care of my son, doing housework, cleaning, my wife doesn't cook so I do that as well.

After giving everything I have my wife is completely distant, disgusted when I try to touch her, tells me she feels like an object. I bring her flowers, and give her space for her job and time for her friends.

Yesterday she said she was going to a friends house at 4pm for 2 hours to have a glass of wine. She arrived at midnight home completely wasted. Ignored my texts and said she's tired of my complaining. Says she doesn't care how I feel and wants to divorce. I went through her phone (it's wrong I know) when she fell asleep and saw a text from her friend she was just at: "you can do it girl, I also divorced and I'm so happy to be out of that toxic relationship and be single now".

It's done, I get that... But what's happening to the world? I have never been a bad person, I have loved her and provided with all she needed. I was always sexually active, despite opportunities I have never nor ever wanted to cheat, I'm a good looking guy, I have been there for anything she and our son needed. How can she do this? How can I be such a garbage for her now?

I don't know what I'm doing here in Reddit. I guess I need someone to feel sorry for me. I'm so lonely and it hurts so much. I can't accept letting my son grow up with divorced parents, I can't accept being only half part of his life, if she doesn't complicate that as well.

I have put so much strength into rebuilding and now I'm too weak to start again. I'll probably have to sell the house that I just built and sweat for as half is hers, despite only my money being invested in it.

I'm lost, I'm broken.

72

UPVOTES

For those men that filed first, what was the final straw?

Aromatic_Boot3629 · 8 December 2022 · Archived copy · Reddit

Like the title says...what was the "I'm done" moment for you? I'll go first.

I generally operate on a 3 strike system when it comes to people in my life. People make mistakes...people fuck up. I'm willing to forgive most mistakes the first two times, but will walk away on a third. My ex wife was no exception.

1. My wife makes a new female friend at work. This is actually welcome news as she is kind of a difficult person to like, and she has effectively zero friends. I meet the woman and she seems nice, she's also married so I have no concerns there.

My wife starts hanging out with her after work. She always tells me where they are going and what time she will be home. One evening I get home from work and my wife isn't home. I think it's a little odd, but no big deal. My wife ends up coming home at midnight and quietly slips into bed thinking I'm asleep.

The next morning my wife and I are chatting before work like usual. I ask, "so did you go out with (friend) last night?" "Yup" was the answer I received. A little perplexed by this I followed up with asking what they ended up doing. My wife flips, and angrily says "WHATS WITH ALL THE QUESTIONS?!" I laughed, shook my head, and left for work. Strike One.

1. My wife asks me one afternoon if I wouldn't mind putting gas in her car and checking the air in the tires. I said no problem and grabbed the keys and headed out to the car. Suddenly my wife goes into a little bit of a panic and says "wait, I need something out of the car first." I followed her out to the car and watch from a distance as she quickly grabs a piece of paper from behind the sun visor and tucks it into her pocket.

Knowing that she obviously is trying to keep this secret, I don't even bother to ask her what it is and pretend that I didn't notice. I don't fucking like secrets and she knows this.

Later she leaves to meet her friend for dinner. While in the dining room I look over and notice that her laptop bag isn't fully zipped shut. On instinct I reach in and pull out the secretive sheet of paper from her car. It's a pregnancy test report from her OBGYN from a couple of days ago. Now, I know that pregnancy tests are required from some issues, but the fact that we haven't had sex in months plus the secrecy around this piece of paper causes me to immediately suspect foul play. Strike Two. At this point I interview and select an attorney.

1. Things carry on for a few months while I quietly prepare for divorce. Now the wife goes out 4 or 5 nights a week and never tells me where she is.

One afternoon we are having a talk and I tell her the lack of intimacy has become an issue for me. I tell her that my needs are not being met, and that I'm not going to live the next 40 years as a sexless monk. She "admits" to me that she has "zero sex drive" and that she hadn't even realized that it's been so long since we last had sex. Strike Three. I filed for divorce the next day.

Surprisingly my divorce went smoothly. We had some assets and some debts, but no children. I attribute this to taking time to prepare and coming at her aggressively with filing. I refused to engage in arguments with her. When she asked me "why?" when I dropped papers on her. I simply said "you know why."

When I told her I wanted a divorce I also said these very words: "We can do each other one last favor...we can keep things amicable and split everything 50/50 and each walk away with more than enough money to carry on with our lives. The second you make a move against me, my attorney and I will burn everything to the ground and we will both walk away without a cent to our names by the time I am done. I have no problem rebuilding from zero. Do you?" She chose to play nice.

72

UPVOTES

Saw that the ex was using miles we were saving up as she pleased. This was the coolest trip I could do!

hairy_russian · 22 November 2019 · Archived copy · Reddit



72

UPVOTES

Why did I ignore all the red flags? Sex.

Mysterious_Reality_ · 28 July 2023 · Archived copy · Reddit

Hindsight is 20/20. Looking back I can see all the red flags. I can feel my stomach churning from the stress of the emotional abuse. The friends and family I have lost along the way. The person that I used to be before I became this shell of myself. Why didn't I listen to anyone when they warned me. Why didn't I listen to myself when I knew this was the wrong choice.

Honestly, looking back. A lot of it was because my ex is hot, great in bed, and fucked my brains out constantly. Especially whenever we were having problems.

Don't be like me! Think with your big head and not your little head guys!

72

UPVOTES

I made up the 3% of divorce cases. I stuck to my guns and won.

WillyT_21 · 26 September 2023 · Archived copy · Reddit

Commented on another post and wanted to share.

I'll share my experience. Met in Bible College. So the expectation from the jump was me in full time ministry in a church somewhere. It was Bible College.

Married 21 years. Supported my ex wife through her RN schooling. Eventually she rose through the ranks into an executive position with a start up healthcare\homehealth.

Our fields were going to be off monetarily as I was in social work. I dabbled in IT for a bit but eventually settled in full time ministry.

Point being she always made more money than me. This was known and accepted. However, due to most cases.....they are never content and never happy.

So this comes to the divorce side of things. We got pregnant after 18 years of marriage and ran the numbers on my salary and since 2/3's of mine would go to daycare it made sense for me to be a stay at home father. I was all for it as I helped my siblings who were older than me and I was prepared for the gig.

So when crap hit the fan and she cheated things went south real fast. She was trying to get me out of the home first of all. I vowed I would never leave my son no matter what. Her and her attorney did everything in their power to remove me and failed.

We tried mediation twice. Of which I brought up alimony due to her always making more money than me. We had a male mediator and he almost laughed at me for asking. He told me that alimony is only given when the other spouse is not able to make an income and provide for themselves. Since I had a degree a judge wouldn't grant it.

bullshit

It wasn't that I wanted it. I asked about it. Her and her attorney tried to make me out to be a dead beat and a mooch as I wasn't leaving our home or my son. Stating that I needed to get employment moving forward. Well no daycare was going to raise my newborn and I wasn't comfortable until he was at an age that he could communicate.

Also, for the record, prior to me resigning my position in the church I had worked our whole marriage. It wasn't until she decided to cheat that the problems began.

My last attorney made an excellent point as my ex was going to have to pay child support but she told me "look you

don't want strings attached to her in any way.....best to have a clean break"

Like I said I didn't want alimony but I wanted to check into it.

As for the mediator.....what a cock bag with his comments. I can give you numerous instances where the wife received spousal support and had a degree.

Btw.....I stayed home with my son till he was almost 3.....we got pushed back because of covid and my evil covert cheating narcissist wife paid for it all while we waited. Eventually we reached an agreement to settle and she bought me out of our home. We could have reached a settlement sooner but she wasn't going to budge on putting our newborn in daycare and neither was I. By the time we were ready for trial the daycare thing wasn't a issue anymore and we reached an agreement. Which included 50\50 custody.

Boy was my first attorney pissed that he didn't get his beloved trial fee. LOL

My best advice to men in my situation that make up about 3% of divorces is stick to your gut and what you want. Make sure it's realistic and hang on. They tried to throw everything at me including a order of protection and they **FAILED**.

Her attorney's misstep was that she thought she was going to run me through like the other 97%. I told my ex and her attorney that you're messing with the wrong one and you wouldn't get what you wanted. And they didn't.

Ex is remarried and my son is five now. I did the research and knew that if you can get the first 3 years right with your child he'd be good. If you f that up you'd could spend the rest of his life trying to.

Final note as I've been divorced for over 2 years now. Thankfully we co parent great and my son will start school next fall. It's the one silver lining in all of this. I've heard the horror stories with co parenting with a narcissist. I'm thankful for this. Also, as you can tell I come from faith. I'll just tell you that but for my relationship in Christ and my son I'm not sure where I'd be. My son helped me keep my head on straight as I knew they were trying to push my buttons to get me away from him. It was very hard but in the end I did everything right and didn't f it up.

Hang in there fellas.....if I can beat these bastards through prayer and consistency so can you.

Please keep me in prayer I'm really struggling these days. /s

Cheers!

72

UPVOTES

I f*cked up. I just want my family back

ArrivalAfraid6504 · 27 November 2023 · Archived copy · Reddit

Using a new account as family/friends know my main.

My ex (40) and I (41) were married for 15 years. We had an amazing relationship and marriage. We never fought or argued. Even after nearly 2 decades and 2 children together, we still had wild, toe curling sex at least 5-6 times a week, sometimes 2-3 times a day. She was never jealous or possessive. We truly did have a unicorn relationship that is so rare nowadays. She was my best friend and truly the kindest and funniest person I have ever met. I never once worried about her being unfaithful even though guys would break their neck to look at her (5'10, 145 pounds, she looks exactly like Monica Bellucci but has bright blue eyes and honest to god looks better at 40 than she did at 20. She used to model and had offers to go big time but turned it down to focus on academics). I knew she was my soulmate the moment I laid eyes on her and I never thought in a million years we would ever separate.

So what went wrong? In March 2020, my parents passed away unexpectedly in a car accident. I was gutted. I turned to alcohol and before I knew it, I was drinking a fifth of whiskey a day and more. I became cold and distant. I snapped at her and the kids over every little thing. Between the drinking and depression, the sex and affection completely stopped. Anytime she initiated or brought it up, I would shut down further. When she brought up getting help, I would just snap at her. (Just want to point out I was never violent or anything, just snappy). This went on for a year and all came crashing down one night. I was beyond loaded and was holding our 4 year old daughter and fell down the stairs with her. I cracked a few ribs and she suffered a broken wrist and concussion. It was the worst night of my life. My ex gave me an ultimatum, get help for the drinking and depression or she was filing for divorce. She said she was tired of her and the kids constantly being on edge and walking on eggshells around me and she wasn't going to wait around for one of our kids to get seriously hurt because I was drunk. I would like to say this is where I realized I had a problem and changed course but instead I doubled down and insisted I didn't have a problem and the fall had nothing to do with my drinking. She filed the next week.

Our divorce was about as good as you can get. She didn't go after anything even though she could have gotten about 2mil from my retirement, another chunk from the equity from our investment properties, child support, alimony, etc. She gave me the properties and the only thing she asked for was to keep the house for the sake of the kids and that we split everything involving the kids 50/50. We didn't get lawyers or anything involved. Since then, we have coparented with no issues whatsoever the last 2 years.

After the divorce, I spiraled even further. The drinking got worse. I was having one night stands galore. I was angry at the world. I felt like she had given up on me when I needed her the most. I finally hit rock bottom when I got a DUI and it suddenly hit me that I did have a problem and needed help. I went to rehab and got sober and got therapy to help with the grief of losing my parents. I'm one year sober and I'm in such a better place. Looking back at my actions and how everything went down, it honestly feels like someone else. I feel like my old self again.

Words cannot describe how much I miss my family. I was such a fool and ruined everything. Every time I see her, it's a punch to the gut and I'm reminded what I gave up. Every time we go to an activity for one of the kids and some douche breaks his neck to look at her or cat calls her, I have to hold my tongue and remember she is not my wife anymore. Even my buddy, who is a cynic after going through an ugly divorce with an absolute witch of a woman, told me I am an absolute idiot for letting her go. I've heard from mutual friends she hasn't even gone out on a date since we split (and I know there's no way she hasn't had a million offers). I just want her and my family back but I know I fucked it all up. She's always cordial with me but is indifferent. I want to try and reconcile but I'm scared it's too late and maybe should just leave things the way they are. I just feel so lost.

72

UPVOTES

Wife asked me to move out this morning...

SorbetAcceptable5744 · 4 January 2024 · Archived copy · Reddit

My (41M) wife (46F) of 16 years asked me to move out this morning. This has been a long time brewing and not a complete surprise but I don't think anyone can truly be ready to hear that. We have 2 teenagers and she wants to stay in the house so we don't disrupt their lives too much. I mostly agree with this but it leaves me in a bad place because the house is our biggest asset.

I know I need to talk to an attorney and that's my plan when I get sometime this afternoon but is it bad to move out of the house before separation is official? Is that considered abandonment?

Anything else, other than talking to an attorney ASAP, that I should or shouldn't be doing?

Any recommendations for affordable attorneys in the NW Suburbs of Minneapolis?

72

UPVOTES

Why isn't this more well known?

BilboMontague1 · 17 February 2024 · Archived copy · Reddit

Is there some kind of secret society containing all the information about emotional abuse, toxic narcissism, and paranoid personality disorder that so many of us deal with? I know there's some books and articles out there but damn, it took me over 20 years to fully grasp what I was dealing with. Yet I get on Reddit and so many of us have dealt with the negativity, wild accusations, stalking, lack of accountability, being 100% at fault about everything etc. It's way more prevalent than I ever imagined, yet hard to find info. Maybe we just try to focus elsewhere as long as we can to find our peace, deal with the crap in order to have a partner... and be happy to occasionally have sex if we are lucky until that ride ends. Then we hit the breaking point. I think a lot more people could be enlightened if this topic was more public and maybe more of the abusers might get help. Interested in your thoughts. It baffles me.

72

UPVOTES

Just slept with another woman again and ended up crying in my bathroom

Okboomer777777 · 17 August 2024 · Archived copy · Reddit

Been divorced for 90 days officially and separated for about a year. My wife is dating and for the third time in about 6 weeks I slept with a woman tonight and ended up crying in my bathroom.

Every time I have sex I feel like I'm cheating.

I don't know if I ever want to date again. I don't know why this hurts so bad — to be intimate with a beautiful girl.

I miss my wife's stretch marks and her smell and her touch. I made about 60 percent of the mistakes in the marriage and asked for the divorce. I didn't truly regret it until it was finalized.

I'm about 1/4 drunk and I don't want to live this lifestyle. I want my wife's smell back and her hair and her skin and her voice. Sure it seemed cool earlier to touch a woman's body that was flawless.

Then reality set in. This girl is not my wife.

Am I mentally deranged? Why am I crying on my back porch with a pretty nude 24yo woman in my bed asleep.

What is wrong with me? Can anyone relate?

My head is not on right.

72

UPVOTES

Cheating - Confirmed

MissionToe3030 · 18 September 2024 · Archived copy · Reddit

Despite being separated a year and divorce about to be finalized, I still have this image of her not sleeping around before the divorce is finalized. She even bragged about she's not "easy". THEN just today, I discovered her text that she had sex with another guy. I always feel that it can't be my wife despite everyone on this board tells me when a woman leaves a marriage there's always another guy behind the scenes. My heart dropped. As if the divorce is hurtful enough but discovering this just floor me even more. It literally destroyed me to the core. Seems like the pain is never going to stop.

26 years is a long time. 26 years of thinking you know someone. 26 years of working so hard to make someone happy. None of the time matters. The only thing that I value more than anything in the world is loyalty. THERE IS NONE. IT MAKES ME SICK WHEN I SAW THE MESSAGE. THE LIES, THE BETRAYLE AND TO THE VERY LAST MINUTE, SHE TRIED TO USE ME.

And the whole time, I gave her a chance to reconcile as long the divorce was not completed. HOW STUPID CAN I BE? Whatever good I have in me has now been destroyed to last pieces. Whatever hope I have in relationships has now been destroyed. This is why there are no fucking good men out there.

Now I know why she wants to be friends after the divorce. No fucking way. So, she can continue to use me like I'm still her husband.

72

UPVOTES

My wife is begging me now to stopt the divorce process!

Glittering-Spell-446 · 14 October 2024 · Archived copy · Reddit

After i told her is official now shes gonna get served shes begging me that she loves me, we have a kid a family bla bla bla... Where were you all this years? I hope i can stay like a stoic to my decitand dont fall that trap...

72

UPVOTES

Believe everything they do not what they say

rationalvet · 21 January 2025 · Archived copy · Reddit

Reading through this subreddit I know a lot you have gone through the worst times in your life.

Begged for your life not to be torn apart.

Showed through your actions that you did not want a divorce. Felt hope through the words that they gave you. But saw through the actions that it was ending no matter what. And while you begged for reassurance that they would not tear your family apart. You knew deep down that there's nothing that you could do.

They chose to end the life that you provided them. So now you have to choose yourself, for yourself and for a lot of us we have to do it for our children, for our mental health, and for our financial stability.

The person that you loved so deeply, if they felt the same, they wouldn't have done this. Just remember that. Take all of that love, all of your actions and use them on your new life.

Hang in there.

72

UPVOTES

You know what fucking hurt

Feisty-Ad-566 · 21 February 2025 · Archived copy · Reddit

You know what fucking hurt the most? is to sit here waiting for a text message from you all day as if my life depended on it while I can get any bitch I can have, but I am the idiot who believed your lie when you said we are for life. you would be with me though thick and thin!

I am the idiot, who took you on trip over the world, bought you things you never dreamed of having. upgraded your life. made your life ten times more comfortable. I am the idiot who fixes your car, replace your tires, I am the idiot who bought you expensive bags, I am the idiot who took you to places you never and will never see in your life. I am the idiot who hugged you ever night with all the love I can offer. I am the idiot who paid your debts when you hit rock bottom then you refused to pay him back. I am the idiot who hold your hands and kiss them every day.

I am the idiot who never got a gift, not even on his birthday. I am the idiot who you put on speaker so your girlfriend can hear him beg for you!!

I am the idiot who doesn't have self respect. I am that fucking idiot.

I am an idiot... because I Belived in love. then When god put us through the test of me finding out you were a total whore before meeting me and my ego got hurt, and I asked for space... instead of comforting me, being honest about things.. making me feel secure in the relationship. you picked your self and moved on.. called me a manipulator, I am guilt tripping you because I am telling you I am hurt.

I am a narcissist. and yet I came and begged you and asked for reconsideration.... but you had to torture me. asking for space. 3 weeks keeping me waiting like the idiot I am.

FUCK YOU

72

UPVOTES

How do you get past the fact that your ex technically “has it easy” now... with her disregarding all of your effort, and shaping the entire situation as if she was a victim of the marriage.

Fuzzy-Delivery799 · 7 April 2025 · Archived copy · Reddit

Worked 2 jobs, 80 hours a week, supported 2 kids, and spouse never worked. Married for 8 years.. both early thirties.

Marriage is ending due to her lacking accountability, and being unable to listen to, or follow (when it makes sense) any of my advice/feedback/feelings. -- She's quite the listener to every other man though.

Regardless, she's got herself propped up as if she's better off... on dating apps, enjoying the attention from tons of new men. As if I was the problem, when she's technically had it easy... got time to stay with the kids for years, while I slaved my life away.

I'm bitter, and I feel it's wrong how easy she has it. Another man will eventually validate everything that she knew was wrong.

How'd you get past this feeling?

We're cohabitating until our lease is over in a year.. no sex, separate rooms, and 2 kids together.

72

UPVOTES

My wife wants a divorce and we're still living in the same house. I feel like I'm losing everything.

Moist-Eggplant-4778 · 14 April 2025 · Archived copy · Reddit

I (35M) have been married to my wife (36F) for 15 years. We've built a life together, and we have two beautiful daughters who mean everything to me. She's not just my wife. she was my high school sweetheart kinda the first and only woman I've ever been with. She took my virginity. She's been the love of my life since day one.

Right now, we're separated but still living in the same house. She told me it's over and that there's no going back. I've tried to talk, to ask if there's anything we can do to fix things, but she's emotionally done.

I never cheated on her. I never laid a hand on her. But I did hurt her emotionally and I need to own that. I wasn't there for her the way I should've been. I put her down, said cruel things in moments of stress or anger. I thought I was just venting or being being in the heat of the argument , but I realize now how deeply I chipped away at her spirit and her trust in me.

She stayed with me through all of it. through jobs, moves, kids, everything. And I took that for granted. I thought love meant just providing and staying loyal. But it's so much more than that, and I didn't get it until now.

The thing is, I don't want this divorce. I don't want to break our family apart. I love her. I still want her. I want to be a better man, not just for her, but for our daughters and myself. But I don't know if that matters anymore.

Living under the same roof, trying to pretend everything is normal for the kids, while quietly grieving the life that's slipping through my fingers, it's unbearable. My heart hurts. My soul hurts. I feel so lost.

I know I'm not the victim. I caused so much of this. But I still love her more than anything. I just... I don't know what to do now.

TL;DR: My wife and I are separated but still living in the same house. She wants a divorce after 15 years of marriage and says there's no chance of fixing things. I was emotionally neglectful and said a lot of damaging things. I never cheated or physically hurt her, but I hurt her deeply. I still love her with everything I have and don't want this to end. I feel completely lost and broken.

72

UPVOTES

The “first time” after divorce

Voiddock · 14 July 2025 · Archived copy · Reddit

Was with my ex for 8 years, separated in February, finalized in May. Hard to admit this but brought a girl back to my place for the first time this weekend and I think my body just wouldn't cooperate. We both had been drinking a bit but I just felt crushingly embarrassed. She was great about it and knew I'd been with her same person for a while, still wants to keep dating lol. Hoping I'm not the only one who encountered a bit of a hard time (pun intended) on the first go?

72

UPVOTES

Lessons Learned: Never Ignore Your Wife's Relationship with External Validation--Social Media

tonyway7293 · 21 December 2025 · Archived copy · Reddit

I have posted here several times now. I love this subreddit and I want to thank you for all your support so far through my journey.

Brief Backstory: STBXW filed for divorce this past Spring after I called her out on suspicious behavior that accelerated quickly after she started taking a GLP-1 medication at the beginning of the year. The weight came off, subtle comments about other men followed, escalating bizarre behavior and comments and here we are after 10 years together and 5 years married. I highly suspect infidelity.

Something on this Sunday that I am reflecting on that was a huge red flag was her increased social media usage and the content she was posting. I reflect on the fact that although we should not have to police our spouse's social media, you DO need to make sure your boundaries are clearly defined. I admit I was too lax, out of touch and maybe sent a mixed signal a few years ago that I am about to go into detail with...

I used to have Instagram, got rid of it a few years ago. I use Reddit, Facebook and Youtube. My wife's Instagram usage increased steadily throughout our marriage. She eventually hopped on the TikTok train and it was around that time when the GLP-1 started and the marriage ended.

Probably 2-3 years ago I remember my wife asking me if she could post some pictures from a boudoir photoshoot she did. Here is where **mistake 1** as it pertains to my role in her social media begins. "Sure honey, if it makes you happy go for it but nothing nude!". I know I said something like that and then probably proceeded to hop on my lawn mower and cut the grass. What I **should** have said to set a solid respectful boundary should have been "Honey, I love these photos but they are for my eyes only". My mindset at the time was if it makes her happy why not.... she would never betray me.....

Fast forward to this past year. She starts to take the GLP-1 medication and the weight drops rapidly. She is feeling good about herself. I am feeling better than ever because she is looking good, confident, life is good.....

Remember I said I used to have Instagram? By this point, my Instagram was long gone.

About a month before the marriage blew up, a good friend of mine called.

Friend: "Hey man, is everything good between you and your wife?"

Me: "absolutely! things are great!"

Friend: "Ok, well, your wife is posting some cryptic things with her selfies man, just seems bizarre"

Mistake 2: I ignored it. Literally ignored it. I doubt it would have changed anything by this point. I can't honestly tell you why I ignored it but I did.

I later found out after the marriage blew up, she was posting all types of duck face selfies etc. One of which said #hideyourhusbands. She was making a mockery of the marriage for all to see on social media and I had no idea until it was pretty much too late.

Fatal Mistake: believing loyalty is assumed. Trusting that your wife is on the up and up when it comes to social media. Looking back, she was on her phone 24/7 towards the end and I was completely passive and blind to it. Had I set a hard firm boundary with social media years ago, maybe this could have been fixed. Ignoring my friend's phone call maybe wasn't as big a mistake as I think because had I called out the behavior THAT late in the game, I would have been viewed as insecure. I believe she was also secretly on the dating apps without my knowledge as well in the end.

I learned my STBXW is someone that feeds off external validation HEAVILY..... there is some childhood trauma

there I won't get into that I believe is a core reason for this.

Has anyone's ex or STBXW have an increased social media presence before the end?

72

UPVOTES

How I Stayed Centered When Everything Was Falling Apart

UrAristotle · 5 February 2026 · Archived copy · Reddit

I wanted to pass along something that genuinely helped me stay centered while going through divorce. I wasn't perfect at it, and I still slip sometimes, but it gave me a framework when emotions were running hot.

Early on, I read *The Four Agreements* by Don Miguel Ruiz. The core idea is simple: these are agreements you make with yourself about how you interpret and respond to the world. You don't control what happens to you—but you do control the filter.

Whenever I felt myself getting frustrated, angry, or pulled into unproductive territory, I would mentally walk through the four agreements and ask whether I was actually living them. Here's how they showed up for me during divorce.

?

1. Be impeccable with your word

Early on, I made a firm commitment that conversations with my kids' mom would stay focused on:

• logistics involving the kids • concrete details of the divorce

Just facts. No commentary. No emotional sparring.

I would read and reread texts before sending them to make sure that was true. If she tried to pull the conversation into something else—blame, history, emotion—I simply ignored that part and returned the discussion to logistics.

It wasn't about being cold. It was about staying in control of my behavior when so much else felt out of control.

?

1. Don't make assumptions

I caught myself constantly thinking things like:

"She's doing this because..."

That's an assumption. And once I recognized it as one, it lost a lot of its power.

I realized I didn't actually know why she did most of what she did. I only knew what she did. And in the end, the reason didn't matter. I could only respond to actions, not stories I invented in my head.

That shift saved me a ton of unnecessary anger.

?

1. Don't take things personally

This was the hardest one. Divorce is, by definition, personal.

When someone tells you the kinds of things an ex-wife can say during this process, it's incredibly hard not to internalize it. What helped was reminding myself that she was building a narrative where she could be the hero and still like the person she saw in the mirror.

As brutal as some comments felt, most of them weren't actually about me. They were about her making peace with her own decisions.

That perspective didn't make the words disappear—but it kept them from defining me.

?

1. Always do your best

Some days are dark. Some days I don't want to do anything. Doom-scrolling Reddit and commiserating with this sub sounds incredibly appealing.

But I had to remind myself: doing that doesn't actually make me better.

"Your best" today may not be your absolute best. It may just be getting through the day without making things worse. And that still counts.

Do what you can today, not what you think you should be able to do on your strongest day.

?

One more thing that mattered more than I expected

Especially on the days when I didn't have my kids, I had to be intentional about not letting the empty time turn into isolation or rumination.

For me, that meant:

- Working out consistently to stay physically and mentally healthy
- Leaning into hobbies that required my hands and attention

Woodworking gave me something tangible to build when everything else felt like it was falling apart. Playing guitar helped me process emotions without having to explain them. Barbecuing gave me a simple, physical routine with a clear payoff.

I also found my way back to my religious grounding. Not in a dramatic or performative way—just reconnecting with something bigger than my own anger, fear, or grief. That perspective mattered.

None of these things fixed the divorce. But they kept me from disappearing inside it.

?

This framework didn't make the process easy or painless. But it gave me structure when emotions were threatening to run the show, and habits that kept me moving forward when I didn't feel strong.

If you're early in this—or stuck in the middle—I hope some part of this helps the way it helped me.

72

UPVOTES

Ever Get the Feeling You Were Used?

tonyway7293 · 30 May 2026 · Archived copy · Reddit

Just reminiscing a bit here. my divorce finalized in March. 10 years together, 5 married, no kids (thankfully).

She cheated on me once she started a GLP-1 after the weight loss and she started to become super obsessed with her image.

I provided a home for her (pre-marital), she was able to comfortably pay off her student loans living here etc. My family did a lot for her as well as her family is pretty absent.

She loses weight, acts shady, I bring accountability to the table, she files for divorce, blames it all on me and left. Then, I had to pay her out a hefty chunk of money thanks to family law.

She didn't add much value at all to my life looking back on it. I provided quite a bit to hers. It's really a crappy feeling isn't it?

72

UPVOTES

Someone just offed his ex wife and himself over custody and divorce

X72-9 · 31 May 2026 · Archived copy · Reddit

Honestly I don't know how to feel about this, it happened very close to where I live. A young men did it. Both him and his ex passed away. Over custody

I can't blame only the court, for keeping custody battles so long and so adversarial vs bringing families together. Pushing fathers out of the life of their kids.

I have been going through it for 7 years and it destroyed my soul so profoundly that I am a shell of a human. No one recognizes me anymore not even my own parents. I can imagine what this would do to others that aren't prepared

Today two kids lost both their parents and I am so sad for those kids and I only blame the court system. And wonder if they have the same hearing officer I have

71

UPVOTES

She's taking half of everything after spending our marriage doing nothing.

Clockapp · 28 July 2022 · Archived copy · Reddit

Relatively short marriage but we bought a house together. And by we I mean me. I did everything. I worked, I cooked, I cleaned. I treated her like a princess. I paid for everything while she never had to work. All I asked was that she try to work on going to school. She never did. Now we are getting divorced and my lawyer has basically told me I'm fucked. She's getting half of everything but the debts she racked up. I love the house and neighborhood I'm in and I am going to be forced to sell. I have no hope left.

71

UPVOTES

The five-star rating for divorced men

Snowbirdy · 2 September 2022 · Archived copy · Reddit

I (M48) was having coffee with a couple of women friends of mine in their 30s and 40s, we were talking about relationships and what we look for.

One of my friends was lamenting her toxic bachelor boyfriend who put no effort into planning dates and even bragged to her face that he loved living in the city because you don't have to work very hard for women. She had reached the point where he would text her at 10 PM and then she would go over and have sex with him and fall asleep.

I was saying having been married for a while and now divorced, I've learned a lot of things about how to make a woman happy. And I was pointing out to my friend that she really should expect a man to make more than zero effort.

This woman is great, brilliant and accomplished, incredibly beautiful, but also very supportive and nurturing of her guy, and wants to make love every night to the guy she's dating. She's not a prospect for me because she wants children and I'm done having kids, but she would be fantastic for someone else.

And my other friend said that divorced men are the best. She said how they're more likely to be thoughtful and understand what it's like to live with a woman. And they will appreciate a woman who treats them well.

It was gratifying for me to hear because for a long time I felt shame about divorce. And I would go on dates with women and they would act like I must've done something wrong in order to be divorced, and I was somehow broken. Not all women, and I found some wonderful women to date. But enough that it hurt. So it was really nice to hear today that there are women who proactively seek out divorced men because they think they (we) make better partners.

Hang in there my brothers. There are women who value us for our experience.

71

UPVOTES

Finally hate my wife.

UsefulProfile4354 · 3 October 2022 · Archived copy · Reddit

She cheated on me 4 times with 4 different men and I still loved her and wanted to make it work. She breadcrumb me to death for 5 months and I still loved her. I finally got fed up with it, hired a lawyer and filed for divorce then she retaliated against me by calling my job and attempting to get me fired and somehow that did it for me! I just hate her, regret loving her, regret wasting my feelings on her. I wake up everyday hoping I get a phone call that she died. Weird how my switch flipped over her calling my job.

71

UPVOTES

I feel like I now hate women

UN_sensored · 9 May 2023 · Archived copy · Reddit

Anyone feel the same? I don't like feeling like this, I feel horrible about it.

But I haven't got many good experience from them to think any different. Every relationship ended with being dumped. Recently I was given demands for a divorce. She didn't stop there, she took our 2 kids to Norway (from UK). I now never see them.

Even my own mother since childhood was a cow towards me and my dad.

I'm 36 now. I feel it's too late. There's no good women anymore, at least not for me. I'm going to die alone hating them and the entire species.

Thanks shitty parents. Thanks exes who dumped me. Thanks ex wife for ruining my hopes of being an active dad seeing my kids every weekend at least.

71
UPVOTES

If you think you've ever done some stupid stuff just remember this.

PreviousFuel8980 · 22 May 2023 · Archived copy · Reddit

Jeff bezos is getting married again after getting fleeced for \$35.6 billion the last time he made that mistake.

RIP

71

UPVOTES

Walkaway Wife

catter3423 · 13 June 2023 · Archived copy · Reddit

Been reading up on this term and seems to suit my situation perfectly. Recently separated and it hurts like hell. We've got two young boys and will likely have house up for sale soon and life will be forever different.

We had a final couples counselling session last night and she really let me have it. Seems like she had pent up frustration going back years. It hurts that our communication wasn't great and I clearly missed signs. Thought things were fine and then it all came crashing down.

I've been struggling with that. Just blaming myself and having a lot of self pity. I think she emotionally checked out a while ago but now I'm dealing with the emotion of a 21 year partnership going down the drain. On top of that I need to talk to lawyers, think about the kids etc. It's a lot and I'm finding it difficult to cope.

Just needed to vent. Thanks.

71

UPVOTES

I just did my "new" budget. What's the fucking point?

dog_fart_tacos · 7 October 2023 · Archived copy · Reddit

If I am super strict with my budget, then I will have a little over \$300 left to spend on life. I can no longer help my kids through college to any meaningful degree, because an adult woman is apparently incapable of learning to support themselves in the space of a decade. I was looking forward to finally start dating again, but how can I date on a budget of \$300 a month? What left to do? I can sit at home and hope for no unexpected emergencies, like my 16 year old furnace dying on me. Fuck. What is the point?

71

UPVOTES

How to let go of the bitterness? Adult daughters tried to manipulate me to leave the house to their mother

Initial_Topic_4989 · 6 November 2023 · Archived copy · Reddit

I have three daughters whom I loved and always thought the best of them, during the divorce that their mom initiated (Later on I found out she was cheating on me) my two daughters the third one is only 9 years old tried to emotionally manipulate me so I could leave the house to their mom without even taking my share... needless to say that got me even more angry and she had to pay me to move out.

Ever since that disgusting day something died on me, and I cannot stand my two adult daughters, I even blocked them, I only have a relationship with the youngest one, two days ago was her birthday but I did not go to the birthday party because the mom and her sisters were going to be there.

They have tried to reach out to me, but I don't want anything to do with them, I can't stand their voices, just listening to them makes me angry I know this is not healthy, I have gone to therapy but as harsh as it sounds I hate them...

71

UPVOTES

It can get worse.

OncomingSlayerStorm · 13 November 2023 · Archived copy · Reddit

So, I haven't posted here in a few years. That's because it does get better and you do heal and move on. Which I had done, until February 20, 2023.

I had just dropped the kids off with her mother and they were with me for the weekend. She called me and said "I have great news, the boys and I have an opportunity to live in Hawaii for a few years!" (We live in Pennsylvania). I asked where this opportunity came from and she responded, "well, I've been seeing this guy for a while and we just got married over the weekend (while the kids were with me) and he is stationed in Hawaii".

So obviously, I was completely floored and shocked. The kids had told me she wasn't seeing anyone at Christmas. They said nothing about it during the weekend. (I found out later she had instructed them not to tell me anything).

I obviously said no, you can't move the kids to the other side of the planet.

We went through mediation, while I was completely traumatized the entire time. I still am. But the mediation went nowhere, so we went to court.

Court was composed of 3 separate full days spread over 6 months. Through the process, I found out that she had met her new husband in January. And they had gotten married over zoom, because he's in Hawaii. The last day of the hearing was in September. About a week later, there was a zoom call with the judge, me and her, and our lawyers. (Yes I had a lawyer through all of this).

I lost. The judge thought that my girlfriend's testimony was not convincing and didn't feel our relationship was solid. We've been together almost 3 years. We live together and she has a fantastic relationship with the kids. She was nervous on the stand. Our relationship is fine. But the judge used this to justify allowing them to take the kids to Hawaii.

Now they are 6 hours behind me (5 now as Hawaii doesn't have DST) and I only get custody when they have 5 days or more in a row off of school. And for 2 months of the summer.

Here's the first game she's playing. The court order clearly states "the father will take custody on the day after thanksgiving" (we alternate thanksgiving and Xmas every year). But she's decided that means she just has to send them on the day after. So she booked their flight for 10pm Friday night. I will get them around 2 pm on Saturday. Just to send them back Tuesday at 7am.

She keeps trying to ask to skip this one since it's so short, but that would mean I would go from labor day weekend all the way to Christmas without them and I said absolutely not. She doesn't care about making them travel that close together. She just doesn't want to spend the the \$2500 on the flights. (judge did rule that she alone does have to pay for their travel).

I filed a contempt of court order over it, but they won't even look at it until after thanksgiving most likely. So she'll get a little slap on the wrist and still get her way.

So trust me, it can always get worse. If you live close enough to see your kids whenever you want, your life is blessed and I envy you.

I have never been more depressed. I've heavily contemplated unliving myself, but I will never let her get that easy of a victory. I tried to move to Hawaii, but it's completely unaffordable in every way.

71

UPVOTES

Life is good, men in your 40s

xosto · 12 February 2024 · Archived copy · Reddit

I just wanted to let you know that it's been so good to effortlessly be wanted and desired by women. The idea that your entire worth is defined by the relationship - the best thing I got rid of after divorce.

Yes, there is only one mother of my children. For their sake I used logic to try to keep her to stay long enough for us to work on things and for me to work on myself so she could find me attractive. But she made it very clear by the time she asked for the separation she has checked out for years.

So the process of separating and divorce was painful. Grief. Using pain to transform. Leaning on men support groups. Therapy. Exercise. Career growth. Mindset shifts and changes to prioritize myself.

Through that and learning more about relationships, I came out the tunnel and into a lot better place. I wasn't expecting much but there's an abundance of women and I find myself learning I can be incredibly selective and that doesn't stop the flow of likes, matches, and dates. I have to be selective because I have a limited amount of time between being a good dad to my kids, a good steward of my health, a good professional for my clients, and a good friend and family member to the loved ones in my life.

By focusing on what I have, investing all that energy I gave my marriage into myself, I have more coming my way.

It's definitely a light at the end of the tunnel.

That said the bitter taste will linger as a reminder of what happens when you become uncentered and lose yourself in a relationship. I don't prioritize texting back or making time for people unless they've shown a sufficient level of interest and can respect my schedule. I thought this meant I was difficult or being a jerk - to the contrary - women respect a man who has priorities and a good one won't want a man who worships her.

Also the idea of finding someone to last the rest of your life - I think if you take care of today, tomorrow takes care of itself. That saying makes a lot of sense. I do what's needed for today. And I trust I'll handle tomorrow's problems when they arrive. Tornado possibly coming tomorrow? I tested my generator today. I'm ready. No anxiety.

Trying to marry someone who will be with me forever? Not worried about it. Not my job to make a relationship happen. And whether it lasts or not isn't in my control. I just show up, help people in my life have a good time, and trust the rest takes care of itself. And if it doesn't, that's not on me. I did what I could while not compromising myself. I'll keep learning and getting better.

If you're not getting at least a few likes or matches daily, don't worry about it. It means you have an opportunity to spend more time loving yourself and improving, and it means you have an opportunity to understand women better so when you get those matches, it's going to be easier.

I do have to admit it's easier getting matches in the religious based dating apps - some women want a man of faith only, but I also have found similar success on Facebook dating and hinge and bumble so just take a break if it's not happening.

Each time I take a break from the apps, but a little bit more time into my life and come back (I don't delete profiles, just pause), without paying, I do better. I think it's easier as you get older as a guy. Sure it helps to workout and advance your career, but unless you've been dealt a very bad hand in life, it's usually possible to take a few years and transform your life even if it requires debt to do that.

Good luck guys hope the intent of this to encourage you came through. If it sounds like I was bragging not my intention and sorry for that, hope you all find happiness post divorce

71

UPVOTES

My wife has no idea how bad she is fucking up

cnarsystems · 24 February 2024 · Archived copy · Reddit

Forget about love and etc . From a financial standpoint she will not recover unless she remarries very rich. I can take care of the kids on my own and to be honest, she is so deep I live laugh love bullshit she doesn't care. Fuck it. She Fucked around and is going to find out.

71

UPVOTES

She filed for divorce, but now wants to call it off

Mister_Vandemar · 30 March 2024 · Archived copy · Reddit

Married for about 4 years, but the divorce has been going on for about 13 months of that. One child, 2 1/2 years old. No major issues with the relationship, in my opinion, but we argued regularly about money, specifically we argued because she insisted that we should buy a bigger house and I insisted that our house is fine for the time being and we weren't in a financial position to upgrade, but we would save money and plan on moving in the next few years. I was shocked when she told me she was divorcing me.

The divorce has been awful. I don't even want to think about what it will take to pay off the debt and get back to some form of financial stability. She has not been kind during this process.

We're, potentially, on the cusp of settling the divorce in April. Now she wants to stop the divorce. I have told her that I want to finalize the divorce, but it's killing me to think that I'm pulling the plug when I never wanted this divorce. Ultimately, I don't believe that she wants to be married to me, I believe that she's finally realized that she'll be far worse off than if she'd stuck with it.

I'm just feeling a lot of stress and anxiety about it. There's a part of me that wishes that we could just call it all off and get back to being a family, but I don't believe it would work out, and I'm not willing to put my daughter through this sometime down the road.

71

UPVOTES

Spent \$40K on defending in mediation back and forth. Finally went to court and her motion was dismissed in less than 1 hour.

UglyDude1987 · 7 June 2024 · Archived copy · Reddit

I spent \$40K on defending in mediation back and forth regarding custody. Finally went to court and her motion was dismissed in less than 1 hour.

Everyone is obsessed with encouraging and pushing mediation over court. Lawyers are obsessed with it too, I have a hunch that they use it as a means to become familiar with the case prior to court.

Finally went to mediation and her court motion was dismissed in less than 1 hour. Maybe less than \$5,000 in total spent for response to her motion and court.

Throughout the mediation process the mediators, including court mandated and appointed mediator, all were trying to get me to accept or modify custody to accept less than 50% and accept her changing my son's school district. They attempted to appeal to emotion asking me questions like do i think its appropriate to separate a mother from her child, question my motivations like asking if I am doing it for the money,

Lesson is: Mediation only worth it if the other parent is a rational and reasonable actor and/or if his/her initial offer is reasonable to start with. Don't expect the mediator or her attorney to give the other party realistic expectations and recommendations. Her attorney was bumbling to articulate an explanation for why they were requesting the change and why it was a change in circumstance and best interest of the child.

71

UPVOTES

I'm done!!!!!! With the spousal support!!!

Still-smoking2024 · 2 August 2024 · Archived copy · Reddit

Made my last payment to the X. Paid her over 45,000 over 3 years. Hope she enjoys not having that 1400.00 each month!!!

71

UPVOTES

Wife had an affair

Technical-Mammoth592 · 4 November 2024 · Archived copy · Reddit

FYI, I live in Texas. Well just found out my wife was having an affair. Our best friends heard about it and told me, they 100% have my back. Supposedly it just ended couple weeks ago because the wife of the married guy she was seeing caught him so he broke off the relationship. I am sure some of you guys have been through this and are currently going through this. We have 1 18 year old kid off at college. I have no idea how to handle it, not sure exactly what to do. We've been together 25 years so just hard to comes to terms with this life we built together is now over. For those of you guys that have gone through with this, any advice on how to handle this? She has a lot of girl friends that I guess knew about this, our best friends did not and found and and told me about it. She's had the support of doing this behind my back with her group of girlfriends, but I guess she told one too many friends and it got back to me. Our son knows nothing right now and I am afraid of what this will do to him. He's thriving in college, kicking ass and this is gonna add a whole new level of stress he has never experienced. I have an appointment with attorney tomorrow already just to talk it out. Just not sure what to do, kick her out immediately? Play dumb for a bit, get her to confess? Tell our son which I really don't want to do until papers are filed. Any advice would be great.

Never thought I'd be on the end of this writing a post about this on reddit, this sucks.

71

UPVOTES

"You should be over it by now"

FactLeading8378 · 20 December 2024 · Archived copy · Reddit

I'm so sick of people telling me this. I lost my best friend, my soul mate, my lover, the mother of my children. She was a part of me, and I still hurt even years after she left, but even in the beginning people were telling me I should be over it. Three months in and my family all thought I was being a baby. We were married for seven years and had been through so much together. We had just bought a house, and our son had just turned a year old. Our daughter was only a few years older. I caught her cheating and she just laughed and walked away. She never came back. Now, I have primary custody, but she still comes to our kids' schools for parties and parent-teacher conferences.

I barely held it together until I got into my car after the Christmas party today. I thought I was staring at her angrily but I guess I was actually admiring her beauty because it really got to me. I've never felt love like I have for her, and she doesn't even see me. I don't think I'll ever get over her 100%.

71

UPVOTES

What Is Behind the Trend of Women Initiating Breakups and Divorces?

Elizabeth_Wolak · 28 February 2025 · Archived copy · Reddit

I've observed that many men feel their wives or girlfriends left them without clear reasons, attributing it to women believing the grass is greener elsewhere. Statistics indicate that women initiate approximately 75% of divorces.

(asanet.org)

I'm interested in understanding divorced men's perspectives on this matter. From your experiences.

This inquiry is intended for self-reflection and to foster a better understanding between genders, aiming to improve relationships and support partners more effectively.

Thank you for sharing your insights.

71

UPVOTES

Well, well, well.

necromensa · 5 March 2025 · Archived copy · Reddit

My son has begun mentioning “mommy’s new friend” as someone who has been around some. Today after I picked him up from school and took him to soccer practice he mentioned that Mommy’s new friend was at the house last night. That prompted me to finally say something as I feel I have the right to know who is around my child in his home at night. To her credit, she told me and it’s her first love from high school. I think he’s a decent guy as far as I can tell from some light online stalking. It stings to come face to face with the inevitable introduction to my kid. This guy has kids too from two different relationships. So they are gonna be a very blended family. Turns out the timeline goes way back and explains why her narrative has been that I was an abusive, narcissistic, malignant husband when that couldn’t be further from the truth. It was all a cover to justify her cheating. That’s actually a relief for me because I was gaslit into believing it WAS all my fault. I don’t deny that I helped create the conditions that made her decisions easier, now I can see the greater picture and why the whole enchilada collapsed so quickly. Anyway, it’s amazing how the story can continue to develop months into the process of divorce. I’ll sleep a little better tonite knowing that she carries the weight of this and will forever. And I can now tell a different version that doesn’t paint me as a monster.

71

UPVOTES

Has your view of women in relationships changed?

AvacodoCartwheeler · 18 March 2025 · Archived copy · Reddit

Almost two years post divorce and I have come to realize that her having an affair, the subsequent divorce, splitting the kids every other week, and the actions I've taken to rebuild my life (gym/therapy/etc) have dramatically changed the way I see women in relationships, but I can't tell if it's better/worse, or even if it's truth gained through pain, or a barrier to prevent pain like that again.

Anyway, how has your view of women in long term relationships changed?

71

UPVOTES

Red Pill helped explain the breakup...but it had nothing for what came next

MasonBlake_ · 31 May 2025 · Archived copy · Reddit

Not sure where this sub stands on Red Pill stuff, and I'm not here to argue theory...just sharing what's actually helped me stay sane through a brutal custody fight. If that's useful...great...If not, ignore it. I'm new here, but not new to the grind...

After my split, I went deep...RP forums, Reddit threads, podcasts, the whole shebang...

And yeah...a lot of it clicked. It was the first time I had language for what just happened and what I've always had lingering thoughts about. The shift, the withdrawal, the emotional power games...ngl it felt like a cheat code for hindsight...

But once court got involved...once I was burning cash just to see my own kid...a lot of the RP I felt immediately stopped applying...

Most of what's out there tells you to walk away. Focus on your mission. Don't engage. But what if you can't walk away? What if the game is your kid's entire life and she's rewriting the rules while the judge just nods along...

Most of what I found focused on inner work...building frame, reclaiming your mental point of origin, detaching from external validation. And that stuff was crucial...it helped me stop reacting, stop chasing, and see the dynamics clearly for the first time...

But once the system got involved...once I was being judged by paperwork and optics instead of my actual parenting...none of that was enough on its own. I needed more than awareness. I needed a framework for real life...something that could hold up when every move got documented, twisted, or ignored...

I had to start tracking everything:

Every exchange

Every message ignored or twisted

Every deviation from the court order

Every time she said I was "hostile" for expecting the agreement to be followed...

She's blocked calls claiming they disrupted the routine. Accused me of being controlling for asking basic financial questions during support negotiations. I made changes to reduce conflict...got told those changes somehow made things worse. No matter what I did...it got flipped...

This is the kind of nonsense we deal with.

And in court? Character doesn't matter...but documentation does...

RP helped me understand how I got here. Specifically a reddit post "Better Beta Divorce Guide" post I came across was one of the few things that touched on what comes after and got a lot of value out of it...but even that stops at legal framing and doesn't get into the grind...the years of attrition...the mind games wrapped in legalese...

Nobody talks about when:

- Your kid starts echoing her passive-aggression. You can't run amused mastery on your own son...this isn't about frame battles...it's about keeping his head clear while she muddies the water.
- You keep getting hit for support...while chasing down your own time. You can't walk away or pull back. The court's already made you the constant...and somehow, the outsider too...
- You're told to "co-parent"...while she runs silence to control the schedule. Try fogging or staying neutral...and suddenly you're "refusing to engage."

- The therapist only matters when they back her side. You think outside validation helps...but it only counts when it fits her story...
- You hold the court order...and get called rigid. You expect consistency...she calls it controlling. Judges shrug...
- She withholds info, then uses it to make you look checked out. Stay calm, stay patient...and now you're uninvolved...
- Every compromise becomes her new starting point. Give an inch...lose a mile. There's no frame reset...only escalation...
- You assert once...and get labeled aggressive. Doesn't matter if it's calm or justified...if it doesn't serve her, it's weaponized...
- You're told to "communicate better" by people who won't read your emails. It's not a communication issue. It's that her silence makes you look guilty...and your words don't count unless she quotes them...

There's a massive blind spot for fathers. We've got endless advice on how to avoid women like this. But nothing for what to do when you already have a child with one and she's now the gatekeeper to half your life...

So I built my own system. Not because I wanted to...because I felt I had to...

Logs. Trackers. Budget Tools. Routines. A daily reset. Not to win...just to survive. Just to make sure my son sees I showed up. That I didn't fold...

If you're in it right now, build something. Doesn't have to be perfect. Just something to keep your head clear while everything else seems so bonkers.

And if you've got tools or habits that helped, share them. Most of what's out there for men stops at the breakup. Its clear we need more.

Not legal advice...just lived experience from someone still fighting the slow war...

71

UPVOTES

Post Divorce Guilt

AdmirableAir9871 · 22 July 2025 · Archived copy · Reddit

So I've been dating my girlfriend for over a year now. It's had its ups and downs but mostly it's been really good. I recently had a get together with my ex wife and she shared with me that she misses and still loves me.

Now the way things ended makes me never want to go back, but something she said got to me. She said that it wasn't fair that my girlfriend got the "improved me". The me that I became after going through the divorce and self care and healing. All the work that I was supposed to do for me and for my son.

I started to think about it and I can see where she's coming from. The little things I didn't do for her I do for my girlfriend. I'm not temperamental or sharp with my words, I am better at communicating and expressing my emotions and listening. I was a real shit head when I was married but I wasn't a complete asshole either. I expressed love in a way that she didn't understand and same with her. Over the years resentment built and it crashed out. I don't have the same issues now and I'm feeling this deep guilt.

I find myself thinking "it was really that simple and easy and I just couldn't pull it together for her" I don't want to be with her again but I'd be lying if I said that I didn't miss what we had. Our home, our little family and so on. I want her to be happy but just not with me, go do your thing and flourish but she doesn't want to. She's had 2 failed relationships since the divorce and decided that it's me or no one. Most of the days I'm fine but days like today I have a deep guilt in my chest that weighs me down. Have any of you gents ever been through something like this?

71

UPVOTES

I remember getting conditioned to look at Divorced men as “strange”

Internal-Degree-8663 · 10 September 2025 · Archived copy · Reddit

Dad worked 24-7. Tirelessly obsessively worker to give us the spoiled rich life. He grew up studying medical books on candle light in his native land bc they didn't have electricity in his village until he was an adult. All he knew was WORK and he used the fruits of said labor to shower us in wealth and security.

Now I look back at how he died. Be saved TONS for retirement so he could live his last few decades in relaxed luxury. Died one year before 65. Stroke.

I just can't help but wonder how much happier he would have been if he hadn't sacrificed so much for us.

Their marriage? Oh it was MISERABLE. She was so mean to him. So cruel and always making life insufferable for him. But he just kept PROVIDING.

Whenever he had colleagues who were divorced and they'd start lifting weights, playing sports, moving to new countries and bedding beautiful women, basically living like Free bachelors. I distinctly remember him saying men should have families. But I remember my mom, and my aunts, and my sisters. And my girl cousins. And every woman ever. Being like “uhmmmmmm THATS WEIRD WHY IS THAT MAN 45 AND MOVING TO JAPAN IS HE A PEDO!???”

Or “excuse me but why as a grown man would you buy a dirtbike and live in a tiny ass apartment. You are an Orthodontist you have all that money and you wanna drive a Camry!?”

“Did u hear about dad's friend? Omg he told his kids after college, they're on their own! Like he's not paying for their wedding. Even tho he flies first class to Australia to go snorkeling 5X a year. He's a man child.

Literallyyyyyyyyyy!!”

????

The worst part is. Until I grew up (and I mean really grew up. Not turned 18. I mean became a MAN) I bought in to this bullshit. That somehow MARRIAGE made you a Man. And that you're supposed to sign a contract with someone that ur abandoning all boyhood fun because she has a vagina and needs a worker drone.

TLDR: Divorced men, when living happily, trigger an instinctive rage in women as young as teens. They seek to use this rage to cruelly condition young men.

71

UPVOTES

Not even worth it

The_Unchained_Mind · 18 December 2025 · Archived copy · Reddit

Again snapped out of my lust for a quick meaningless lay. Could have easily hooked up with a few women since divorce in January but then I realize it's not even worth it. It's not worth the drama, the nagging, the disrespect, the narcissism, the baby daddy issues. I'm free & my peace is priceless. I have to remind myself how every woman in my life in some way, shape or form has let me down. I'm far from perfect & have my fair share of baggage but I'm dumb & loyal to the end. I've learned that I will never get married again, I will never settle for a woman for company due to loneliness, I don't want children & I don't want to be with a woman who has children. I'm in the best shape of my life, my finances are in order, I have my health, my family has their health, living alone is a godsend & I've finally realized my worth & it's a lot more than a door mat. Can anyone else relate?

71

UPVOTES

It's over, we won

Comfortable-Angle660 · 5 February 2026 · Archived copy · Reddit

Well, everyone, it is finally done as of yesterday, only the final orders need to be issued.

It was a slogfest, I feel like I was in a well armoured tank getting hit with HP rounds over and over again. There was no blitzkrieg this time, it was a city block by city block pounding.

The judge reprimanded her and her lawyer over prolonging and complicating a very simple case. Judge addressed me, and said that if I wanted to prove her wrong, it is going to cost a lot of money. Judge was fair and understood my frustration, but there were no legal avenues to address the total circus show it became ...

In short, no ongoing alimony, I get paid child support, and I maintain full custody (decision making), and she has 50% visitation with only the youngest. I walked out with more monetarily. All given, I consider it an expensive "win".

In retrospect, given the abuse me and the children suffered, if I had been thinking more clear, I would have demanded an order to sell the house at the very beginning, which would have saved me a lot of money.

If a spouse just quits their job, refuses to work, or go on disability, and expects you to pay everything back with not handling the home, you need to divorce them if you live in a "no-fault" state. You have no other option to stop the financial bleeding.

71

UPVOTES

700 pleadings, 12 years, and i won full custody with 364 overnights per year

Particular-Depth-973 · 28 February 2026 · Archived copy · Reddit

Hi all:

I've been lurking on this subreddit for a long time, and just so everyone knows, there are some very special men here.

My case was literally impossible. My ex had parents with deep pockets and all the will in the world to destroy not only me, but everyone that was close to me. Allegations of abuse. Many attempts at filing criminal complaints. Multiple restraining orders. Parental alienation. I was fired from my job. My reputation was destroyed. I went to jail for 25 days. I lost everything. My ex and her family even went after my family and managed to get my Mother and Stepfather fired from their jobs! When I got remarried, they tried to file a lifetime restraining order against my wife! I could write a book (and someday I probably will), but the bottom line is that I really believe the victory came from God- because it was impossible. That being said, all I did for 10 years of my life was fight, go to court, study case law, and talk to guys going through the same thing. In other words, I learned a thing or two along the way. I learned a lot and became an expert.

Here's the thing: I'm not trying to sell you anything. I don't want or need anything from you. Therefore, I have every incentive to tell you the truth. My judgment is, as far as I can tell, one of a kind. In a Mom State (Massachusetts); I won a custody modification that gave me 364 overnights per year. That's after basically not seeing my daughter for 11 straight years; because my ex very rarely showed up for parenting time. If you want, PM me and I'll send you a copy of my judgment. It's public record, anyway. The Judge even went out of her way to state that I am NOT an abuser. That was 4 years ago and as of today, my daughter and I have a fantastic relationship. If you have questions about my case, ask on this thread and I'll answer. The rest of this post will focus on some general things that I've learned about the system in question and answer format.

Is the system really as biased as they say against men?

The answer is yes, and the answer is no. Let me try to explain; but before I do, understand that in divorce, the answer is almost always "it depends". Consider: the elephant in the room is that when a couple splits, one party will have to leave the house and one party will have to stay. What no one tells you, but what will become apparent in time, is that the party that keeps the house has the de facto authority. For lack of a better term, 'society' meaning schools, clergy, police, neighbors et al WILL consider the party that remains in the house as the primary parent no matter what the court order says. This is where the bias comes in. I have yet to hear of a case where Mom was ordered out of the house in a temp hearing absent a very serious criminal allegation (and by allegation, I mean an arrest, a warrant, CPS report, etc). This is significant, because it creates tremendous negotiating leverage for Mom. Every divorce attorney in the country knows this.

So here is how it really works in real life: courts are extremely biased *until* Dad leaves or is ordered out, then they tend to be fair. But by that time Mom already has the status quo and all the leverage, and it's very difficult to overcome that. Of course there are rogue Judges and rogue clerks, police, etc... ymmv

Do all women go for the jugular and make false allegations in divorce?

Absolutely not, but most of them do. I'd estimate it's anywhere from 80-90%. But out of those 80-90%, probably half do it out of what I call **the runaway train** phenomenon. This is when their friends, family, co workers and eventually divorce lawyer convince them to pick up that phone and start making false allegations to get what they want in divorce. Once they get on that runaway train, it's extremely difficult to get off. Bottom line: divorce ruins good women.

What is it that the courts, Judges, actually want? Are they just after money and trying to screw the man?

No no no no no no no no no no no. That's not how the system works at all. The courts want to move the case through the system as fast as possible and coerce or pressure the parties to settle the case. They want your case off their docket, because they don't want to deal with the after effects of a contested judgment; which often means appeals, complaints, motions for reconsideration, and in general, taking of their time. They don't want this! The whole system operates on a **low hanging fruit principle**. If they see an easy mark, someone they can lean on, they will be ruthless in exploiting it. Therefore, as a man and possibly as a Dad, it's your job to never be that low hanging fruit. Half the battle (and I really mean this so please listen carefully!) is to show everyone that you are not rolling over and folding, no matter what. It's counter intuitive as most of the garbage advice you will get is to be overly nice, don't make waves, don't say anything bad about your ex. **The reason this advice is so common is that it makes it so much easier to get you to hand your case over without a fight. Don't do it!**

What are the most common mistakes that men make in divorce?

The biggest one is the simplest one: giving their case away. I've been criticized on other forums for giving simple advice. Don't give your case away! Duh- right? Yet day after day, month after month, year after year, cases are being given away by men left and right. Anywhere from 90-95% never see trial. And the vast majority of cases that are settled are terrible judgments for men. **DO NOT GIVE YOUR CASE AWAY. EVEN IF YOU HAVE A LOSING CASE YOU ARE BETTER OFF GOING TO TRIAL AND MAKING THEM RULE AGAINST YOU.**

Here is the no BS secret to beating the most evil ex in the whole world: if you just keep fighting, keep pushing, keep coming at someone, eventually they will either capitulate or they will crash out.

The second most common mistake is to give things of value away and get nothing in return. Again, very simple. Yet happening everyday. You will be told that "the court will look favorably upon you" or "the Judge likes to see..." Dirty little secret= 95% of cases never see trial, it probably doesn't matter what the Judge likes or doesn't like.

The 3rd biggest mistake is to blindly follow the advice of your attorney. Remember! Your attorney wants what the system wants- to move the case through the system. You think your attorney wants to deal with you if your case goes to trial and you lose? No way! What if you file a BAR complaint against them for their inevitable mistake? BTW, every attorney makes mistakes, these are people not gods. What if you contact their professional organizations? It's much easier to just take your money and get you to sign off on a settlement, then if you complain after- hey, you agreed to it!~

Ok, this post is long enough. Thank you for reading. I may add to it over time.

71

UPVOTES

Update

Owww_My_Ovaries · 23 May 2026 · Archived copy · Reddit

For thos who have read along. About 2.5 months ago I caught my tumor of an ex in another affair. Gave her another shot after finding out 3 years earlier about another one.

She swore she changed. Never again. I stayed for our kid. The same song and dance we hear on here every day.

Well. Since finding out we signed a separation agreement. Split everything 50 50. Let her keep her retirement and she waived alimony.

Well. Since then I did start my new job and absolutely thrilled with this role. I get to start traveling again and with a college age kid, its the perfect timing for this.

Also got a nice perk with my job. Company lease. Got a brand new BMW.

House has sold and closed. Got my equity

A old car accident lawsuit closed and get another nice chunk of change

Moved half way accross the country with my son

My son is setup for college next year. Full ride.

Now when it comes to my cheating ex. In about 11 weeks I went from crying to... Im free.... I'M F'n FREE of that disgusting tumor of a woman.

She still will randomly text me and its so amazing hiw dumb she is.

She got mad that I didnt tell her that I moved already. Saying its "hard to trust you"

Wait? You want to talk about trust? You also dont get to know anything about me anymore

She said I should have told her since my son came and I explained that since hes almost 19... thats between him and her.

Then she goes on to tell me about her grades in school and her plans next year.

Seems like miss... cant keep her legs shut... has no one to talk to.

Guess she is finding out work friends. Are not real friends. And having no family will make for a lonely life.

Id love to rub my 90k free car in her face. My new job that pays double. My amazing free bennefits for work. Me getting to travel all over the world. Heck, even the 4 women i F'd since our seperation... but i wont.

I won't base my happiness on her jealousy or hatred.

Its tempting but the best way forward was what I did yesterday.

I changed my number. Zero reason ever to talk to her again. Its done

She can have a great life. A bad life. A short life. A long life.

I dont care anymore. The opposite of love isn't hate. Its indifference.

70

UPVOTES

Bad Bill of Goods

soph_a_loaf_ · 12 May 2021 · Archived copy · Reddit

Not sure about now but 20-25 years ago and beyond.....

I was sold a bad bill of goods. When I courted I was told to treat her like a princess\queen. And so I did and I unknowingly became an indentured servant on the plantation. Maybe even a slave.

She became more and more entitled and spoiled with little reciprocation. Little support and always second guessing and questioning me. It was like taking crazy pills.

As she became more and more ungrateful she begin to resent everything. Things were never good enough. This led her to cheat and an eventual divorce.

For 15 years it was always my fault never hers. No accountability. No humility. Never taking responsibility. Never happy. Never content.

Maybe heard "I'm sorry" once or twice over the whole marriage.

Once an affair partner came in the equation it was game over.

If you are fortunate enough like me you will have a chance to escape the plantation. It will cost you everything. Should you be successful and get to leave you never look back. After that pain you NEVER go back.

Honestly, can't see myself marrying anyone ever again.

With that said I don't hate her. I nothing her. At one point she had all of me. Then she blew it. Now I'm the prize. I'm truly happy and the best version of myself. The strongest.

If I can make it fellas so can you. Hang in there. Keep moving forward.

Cheers

70

UPVOTES

“Verbally and emotionally abusive.”

WartimeDad · 23 February 2021 · Archived copy · Reddit

I could go without hearing that for the rest of my life. I used to be sympathetic to women who would say this, but now I have no idea if it's true or not. After being falsely accused, and those accusations having such a damaging impact on my life, and after reflecting deeply on it, I find it really sad that “abuse” is so loosely used in our society.

I know some women (and men) are in terribly abusive relationships and they need help, but I'm certain that FAR more commonly women are using “abuse” as a way to vindictively ruin their ex, or to justify their own actions/divorce without reflecting on themselves, and without consideration of the things they did to contribute to a toxic relationship.

It's a damn shame if you ask me. Just get divorced and move on with your lives. Reflect. Heal. Be better. Always strive to be a better person.

Just another rant from this horrible monster of a man lol.

70

UPVOTES

This is about how I feel!

underdog1568 · 27 July 2020 · Archived copy · Reddit



70

UPVOTES

I won the lottery

qwerty_captian · 25 December 2022 · Archived copy · Reddit

For anyone thinking that the guys always get screwed. I just got my final decree in the mail this past week.

Filed: Sept 2022

Finalized: Dec 2022

Cost: I paid \$1,000, she paid court costs \$175

I kept 100% of my retirement, pension, investments, cash savings, house and majority of contents. I do not pay alimony. No kids involved. She is now in a different state so no risk of bumping in to her at the grocery store. Several people have told me that I have basically won the lottery with this so I thought I would share and say it is possible?

70

UPVOTES

Holy shit

funrunner1977 · 31 March 2023 · Archived copy · Reddit

So, based on the recommendations from this sub, I purchased the book “No More Mr. Nice Guy”. I’m literally 30 seconds into the book and everything the author has said is me, to a tee. This is the part that made me write this post :

“Along the way I began to notice that a number of the men who came to me for therapy were saying many of the things I had thought or said: “Why is she angry all the time?” “It’s never enough.” “All I want is to be appreciated.” “Why doesn’t she want to have sex anymore?” “When is it going to be my turn?” “

I kinda thought I was alone and that my wife was an anomaly in being a total fucking bitch ALL THE TIME, regardless of what I do. I can be a nice guy or an absolute dick, it’s the same result with her.

I think I’m gonna like this book. Thanks for the recommendations!

70

UPVOTES

Recently divorced and royally screwed my wife when I left her after 11 months of abuse

lovemonero · 4 April 2023 · Archived copy · Reddit

Hey guys! I thought you'd want to hear a cheerful story.

So my wedding day was the happiest day of my life. My wife had always been loving and gentle.

Turns out she had been hiding she was a BPD monster. I knew I had made a huge mistake 2 weeks in.

She turned out to be hugely physically/emotionally/verbally abusive. I was afraid of her. We had sex 3 times in 11 months of marriage. I kept warning her things needed to change. They never did.

So I walked out the door knowing I had an iron clad prenup.

She still made the divorce hell. But in the end I walked away clean.

Now I live in a beautiful Penthouse with my dog and already am dating a gorgeous, brilliant woman who is 10 years younger and fucks my brains out. (This is 4 months after I walked out)

My wife had to get 2 more jobs (3 total), a roommate, is desperately trying to get out of her overpriced car lease that I had paid for, all to just tread water.

And she still says I had a "mental episode" when I left her. Takes zero responsibility.

Oh, and all of the photos of the black eyes she gave me were entered into court record and are public. So she's 40, single, and anyone who Google's her will immediately see what she did to her ex-husband.

Have a nice life hun.

70

UPVOTES

Early Christmas Present

Aromatic_Boot3629 · 25 December 2022 · Archived copy · Reddit

Good evening gents.

Many of you, like me, are spending Christmas by ourselves for the first time. It's rough, I'm not going to lie. However I got a bit of a present tonight that was unexpected. I thought I would share it here...if nothing else to maybe lift the spirits of some of my fellow dudes.

My ex called me out of blue this evening. You see, earlier this year I discovered she was having an ongoing 10 month affair. Our divorce was finalized a few weeks ago. The man she was seeing is divorced with three young children. My ex and I had no kids.

Why did my ex call? To see if I wanted to hang out with her tonight on Christmas eve. Why? Well it turns out that her affair partner decided he needed to spend the evening and tomorrow with his ex and his children as a family. Turns out the new girlfriend, my ex, was not invited to the festivities.

When she called she was in tears, and at moments crying hysterically. She kept telling me how sorry she was, and how she can't believe she doesn't have me in her life anymore.

I have dreamt of this moment. After I calmed her, I told her that I was invited to several dinners this evening (true) and that I had already made plans for tonight and tomorrow. Then I launched into a speech that I had prepared mentally for this moment:

"I understand you are sorry....and you should be. But you are not sorry for the right reasons. You are not sorry for what you did...for pissing away 15 years. You are sorry because nobody wants you on Christmas Eve. Your boyfriend knows where his priorities are. None of your friends want you around for Christmas. But don't cry. After your boyfriend is done with his family shit, I'm sure everything will be about you again just like you like it. So save your sorrys...I do not want to hear them. Remember, you chose this."

It was glorious. She began crying again and I ended our call. Her narcissistic manipulation tactics no longer have power over me. And that, my friends, is the greatest gift of all.

Tomorrow will be a better day. Breakfast with a coworker and his family. Drinks at noon with a cute single girl from the office next door. Dinner at friend's house with his family. Full schedule and all that....

Merry Christmas all of you.

Strength, gentlemen.

70

UPVOTES

Cheating Wife's lawyer reached out it's divorce time

Truth_SpeakerUSA · 20 April 2023 · Archived copy · Reddit

After 20 years of a nearly perfect marriage my wife started cheating with her loser ex. He use to abuse her she claims and he is still married to the person he cheated on her with. She now is divorcing me to pursue a relationship with this loser. He is a complete downgrade in every possible metric. It makes no sense. We have 4 kids and had an extremely close and wonderful family. The loser has always been obsessed with jealousy of our successes while he still lived with his mom at 41. She wants to give him my life. None of it makes sense. Heck the guy even said he wanted her because "bro look at her". Solely based on looks. Every aspect of his character is loserville. My life went from perfect marriage to marriage over almost instantly and our kids are left suffering. I'm walking through life constantly feeling so sick I could pass out or throw up.

70

UPVOTES

The NET costs of Divorce

Least_Attorney9006 · 15 May 2023 · Archived copy · Reddit

If all goes according to plan, I will have my divorce finalized on Thursday.

I'm trying to do the final math to figure out how much I will NET in my divorce.

I was married 15 years. I brought about \$100,000 in assets into the marriage. My STBX/NEX brought maybe \$200,000 into the marriage.

Over the course of the 15 year marriage, we accumulated approximately \$982,000 in marital assets. That DOES NOT INCLUDE what we brought into the marriage and doesn't include property we bought together (of which, I received next to none).

After everything is said and done, I will **NET** about \$116,000.

Meaning, after paying all of my debt incurred fighting off my STBX/NEX, I will have about \$216,000 to my name (but that includes the \$100,000 I brought into the marriage).

In all, my net worth grew approximately \$7,733.00 per year, for the last 15 years. Of course, this is back of the envelope math and may not be exact, but that's about what I'm figuring.

My net economic position improved about \$7,733.00 for each year that I was married.

I spent about \$250,000 fighting for my children and lost that battle. I'm basically an every other weekend day now, with two dinners a week. So I spent all of my money just trying to be equally involved in my children's lives and completely got financially obliterated trying to do so.

The Divorce system is criminal.

70

UPVOTES

Spent Memorial Day alone....

Plenty-Entertainer71 · 30 May 2023 · Archived copy · Reddit

And I felt fine, went to the gym, spent half the day cleaning and detailing the car. Made some hamburgers and hot dogs. Threw it on the grill and just sat in my backyard with a beer alongside with my dog eating in bliss and peacefulness. It's the first time where I can I say I don't miss my ex or the memories that came with it.

70

UPVOTES

Anyone else cry and do a bunch of embarrassing shit when their wife asked for a divorce?

1sAnd0z · 25 June 2023 · Archived copy · Reddit

Sitting here a few beers deep just cringing at my behavior from a few years ago. Ew. Crying. Begging. Pretty sure I got on my knees at one point. Ughh. Like that's what a woman wants to see from a guy - teary eyed grovel begging. Has that ever worked? Gross. When's that memory eraser from Men In Black gonna be in stores? Gonna use it on both of us, ha.

I see a lot of guys in here responding to divorce like, don't let the door hit you on the way out - which is the correct response btw. But anyone else fuck up and start melting down emotionally in front of their ex? I know I'm not the only guy to do this, but my monkey brain just needs to know I'm not alone

70

UPVOTES

Let her go!!

broakie212 · 3 July 2023 · Archived copy · Reddit

Is easier said then done. The moment a woman brings up divorce is usually over, they've been thinking about it for months if not years. She grieved the split long ago at that point she's checked out. When a woman says she loves you but not in love with you is over.

Stop holding onto the woman you fell for, she's a complete different woman that could careless for your well been. Begging and trying to make changes would do nothing at this point. Best course of action is to come with terms that chapter is over and is time to start fresh.

It hurts because you spend so much time with someone trying to build a life for them to turn around and victimize them selves and take no responsibility for their part on the failed marriage.

Remember woman chose who they want to be with but guys chose who they marry.

Most woman want to be marry but not be a wife. There's billions of them, what's so special about this one particularly? If she's not willing to do her part what's the point of salvaging something only one person is willing to work for.

People get divorce everyday you too would be ok. As long as you keep your dignity and let her go, the next one would come in due time.

Find your self and who you use to be, that's who she fell for and that's what the next one would fall for. We got this, reach out for help and don't rely on alcohol during this times.

70

UPVOTES

The best part about being divorced.

WillyT_21 · 27 September 2023 · Archived copy · Reddit

She can no longer hurt me anymore. She's remarried now. I feel sorry for the poor boy. Yes....boy. She wanted someone she could bully and make her child. Also someone that won't stand up to her and lead like a man.

I do wish him well. If he thinks he can make her happy and content.....good luck with that evil vile covert narcissist.

Anyway.....the best part about being divorced outside all the MANY perks.....is that she no longer gets to hurt me.

Hang in there fellas.....take your time and heal. Betrayal is a son of a gun. But if healing is done right.....you'll be stronger than ever.

Cheers!

70

UPVOTES

Anyone ever feel like never wanting a relationship again?

Apprehensive-Cost496 · 29 November 2023 · Archived copy · Reddit

Hey everyone, have some advice to reach out about. Short story, exw of mine blew up our 9 year marriage for a turd of an AP, I divorced her and I have now been officially divorced for a year. Overall, things are going well for me and I took all the good advice (gym, health, career, wait a while to date) so I feel like I'm in a great place despite all that has happened. As per some advice I asked months ago, I decided to fire up the apps, had the usual crap show experiences and some good times. In the end, I met someone pretty cool, been enjoying the experience but I have no rose colored glasses like I've seen posted before (met the most amazing woman, OMG!). I have zero intention of cohabitating, marriage, anything in the short or even medium term (2-5 years).

Anyways, a couple months in and even though so far it's been good, I've just got the feeling that I want my free time more than anything after trying to balance this all out. I have 50/50 split with my kids, so when I'm not with them, I feel like the new lady is taking up a good bit of my normal free time. She does not have kids so her time management is a little bit more lax than me. I'm more of the "every minute is precious" mindset and I can tell it's starting to frustrate her. Not only that, I'm starting to see dates out/food is becoming less 50/50 on spending and have already had to call that out. I already have 2 kids and just don't want to support another person.

I know the responses are going to be "she needs to understand, etc". I get that. Where my question lies is why do I feel guilty, why do I feel like I don't ever want to deal with this anymore. It just seems not right but maybe it's just detoxing from being in a marriage for so long....rant over gents thanks as always for the great advice over the past year, it's been a huge help!

70

UPVOTES

I Feel Robbed

SummerRound · 1 December 2023 · Archived copy · Reddit

It's been over two months since she asked for divorce. 20 years together. 12 married. 2 young kids. Just moved to dream home in her hometown a year ago.

I've run through all the gamut of emotions over the last two months.

Today is the first day I felt like I've been robbed. Robbed of the promise we made to build a life together. Robbed of the family we created. Robbed of the kind of parenthood we were partnering in. Robbed of the house we invested so much in. Robbed of the value of the 20 years of shared experiences and friendships.

Just all taken away from me without my consent.

I wasn't a perfect husband and she wasn't a perfect wife but we were solid. I still don't quite know how someone could be so selfish.

70

UPVOTES

Good night

rhett342 · 18 December 2023 · Archived copy · Reddit

My wife left last August after I found out she had been cheating on me. Our divorce was final this August. This whole journey has been the worst thing I've ever had to endure.

I'm trying to rebuild. Tonight, I went to a restaurant with a group of people. The hour or so I was there I sat across from a wonderful woman and talked to her all night long. When I got home I sent her a text saying I had fun talking to her all night. I got one back saying "Same."

It's not love. I don't even know if I'll get another chance to do it again. Still, for one evening, I got to have a great time with a new woman who wasn't my ex wife. It seems like she enjoyed being with me, too.

It's good to have little glimmers of hope like this. It makes me think I just might be OK one day.

Thanks for reading, guys. I felt like I needed to tell someone about this and thought it might encourage and give hope for some of my brothers who are going through the worst of it right now. I hope you all can have a night like mine.

70

UPVOTES

Wife shifts the Blame for Consequences of her Decision to File for Divorce

HusbandGettingBetter · 5 February 2024 · Archived copy · Reddit

Fellows,

Let this be a lesson to you that your wife will shift the blame to you for the ramifications of her decisions rather than taking the mental effort to understand that she is at least equally responsible for the consequences of the divorce.

Put another way:

It is always easier to blame the person closest to you than yourself.

Like so many others, I am in the middle of a painful divorce. I love my wife and my family, but my wife filed for divorce because she has reached an "intolerable level of permanent unhappiness" (i.e., I am unhappy. If my husband is gone, then I will not be unhappy).

Regardless of the glaring flaws in her reasoning, we have arrived at the chapter where the consequences of her decision to file for divorce are becoming more painful.

I moved out of our home in December (she asked, I agreed). We agreed to a parenting schedule where the kids would sleep in their beds every night (she insisted, I agreed). So, I have the kids two weekdays from after school to 7:30 pm and every other Friday to Sunday from 8:00 am to 7:30 pm each day. Basically, I am with my kids for half the time (not counting mornings and school).

I gave her everything she asked for. I agreed to her plans. She thought that once I was out of the house, the chaos would go down, allowing her to be an amazing single mom without me screwing everything up.

SPOILER ALERT: As most of you know, when you give your wife exactly what she asks for, she is rarely happy.

As predictable as the sun rising in the East, my wife's life got much harder than before I moved out. The kids are in distress (the older two are writing heartbreaking letters to me asking me to move back home). My wife is overwhelmed with the responsibilities of juggling her job, the house, and the kids. This obvious and likely scenario was not in my wife's divorce plan.

Needless to say, my wife is now shifting the blame to me for all her problems.

- She doesn't have time to do her job or "be a person, not a mom" because I am not with the kids enough.
- The kids are acting up because they need more time with me.
- She can't do her job because she needs to be a mom and a maid all the time.
- If I got a 2BR apartment, not a 1BR apartment, the kids could have overnights with me (ignoring that was specifically not what she asked for).
- She has no time to manage the house because she is working or caring for the kids.

Her list of complaints goes on. Don't get me wrong, being a single parent is hard work, but this was entirely predictable.

However, instead of taking a moment to realize that these are the obvious consequences of her decision to file for divorce, asking me to move out of the house, and jointly creating an agreed-upon parenting schedule, she blames me. I am the reason for all the problems in her life. Everything is my fault, not hers.

So, be on the lookout for your wife (or soon-to-be ex-wife) to blame you when the difficult consequences of the divorce arrive.

70

UPVOTES

I "make" \$11.05 per hour".

Emotional_Lettuce251 · 4 June 2024 · Archived copy · Reddit

Don't get me wrong ... I have a 4 year degree from a Big Ten university. I have a job in my field of study, of which I've been in for 25 years.

However, after getting ass-raped by my wife each month, what I'm left with, annually, equates to making \$11.05 per hour ... my 15-year-old makes more than that.

Fuck me.

This concludes my TedTalk.

70

UPVOTES

Some great advise I found for those of us that feel completely alone

bthejett · 16 June 2024 · Archived copy · Reddit

Alright, listen up. If you're sitting there feeling sorry for yourself because your marriage went up in flames and now you're acting like the lone wolf who lost its pack, you've come to the right place. It's time for some real talk, the kind that'll light a fire under you. Because wallowing in self-pity isn't going to get you anywhere. Trust me. I know what it's like to feel like the world's deserted you. But you're not out of the game until you say you are. Now let's turn that pity into pure power.

First off, let's get one thing straight: you don't need anyone. Family, friends—if they've evaporated into thin air the moment you hit rock bottom, they were dead weight anyway. Good riddance. The only person you need to rely on right now is staring right back at you in the mirror. Own that. Embrace it. There's incredible strength in learning to stand alone.

So what's next? You rebuild. Stone by stone, you create your empire. And it starts with you. Claw your way out of this emotional wasteland and start investing in yourself. Fitness is not negotiable. Get that blood pumping, those endorphins firing, and sculpt a body that screams resilience. A powerful body creates a powerful mind, and right now you need both.

Financial independence is your next play. Get your grind on—hustle like there's no tomorrow. Find a side gig. Develop a skill that makes you indispensable. Stack that cash. A man with financial independence and a vision can't be broken.

You're also going to need a mental reboot. Feed your mind as voraciously as you're training your body. Read. Learn. Engage with content that propels you forward. There's no space in your life for negativity or doubt. Your mindset will become your fortress, impenetrable and unshakable.

The social aspect? Trust me, once you transform yourself into this unstoppable force, people will gravitate towards you. The right people. Those who see your value and want to be a part of your journey. Quality over quantity, always.

Now let's be blunt: Use the pain. Pain is the best teacher you'll ever have. Every time you feel that loneliness creeping in, let it drive you further. Transform it into energy, into resolve. The greatest success stories are birthed from the deepest depths of hardship.

Lastly, remember this: You are the hero of this story. No one else. The journey of restoration and greatness lies solely on your shoulders. Not only can you rebuild, but you can also emerge from this situation more powerful, more enlightened, and more indomitable than ever before.

You're not completely alone. You've got yourself. And you, my friend, are the most formidable ally you could ever hope for. This is the beginning, not the end. Grab life by the throat and show it who's boss.

70

UPVOTES

My wife left me and I'm struggling with understanding why.

Sea_Employment4100 · 26 September 2024 · Archived copy · Reddit

My wife left me. There was no infidelity, no abuse—just an abrupt departure, without a real conversation or fight about why. Now I'm left missing her, missing the family we were building, and grieving the future we were supposed to have together.

Since having our child 5 months ago, I don't recognize the woman she's become. It's like all the love, warmth, and consideration she once had for me vanished overnight. She's not just divorcing me but accusing me of horrible things and actively driving a wedge between me and my child. That hurts more than anything, especially since she's claiming I'm a bad parent and a danger to her and our child. The evidence? I walk a lot, drank coffee one day and not the next, started wearing a larger shoe size. The reasons are absurd, and you can see them in other posts of mine.

What makes it even harder is the influence of her parents. Her mother is incredibly manipulative, and her father enables her every move. My wife never stood up for me when her mother was abusive towards me, and when I finally set a boundary, my MIL got upset. I ended up apologizing even though I didn't need to because I wanted to mend fences and move forward. That apology was met with a cold "Don't text me," followed by months of silent treatment.

I've since wanted an apology from her parents—not just for that, but also for abandoning us after the birth of our daughter. My wife once said that if it ever came down to a choice between her parents and me, I "wouldn't like it." And now, it feels like that choice was made, and I was left behind. It gets worse because my in-laws are now doing all of the responsibilities I was fulfilling and always wanted to as a loyal husband and dedicated father.

How do people cope with this kind of loss? How do you accept that someone you loved can treat you with such disdain and cruelty? How can you justify reasons like that to our daughter?

Our daughter will now have two homes, split holidays, and a future that is far, FAR from what I wanted when my wife and I said our vows and decided to start a family of our own.

I'm doing therapy, but the shock of the situation is wearing off, and the depression stage is hitting hard.

70

UPVOTES

How to move on from feeling taken advantage of?

Borntadoodishes · 16 November 2024 · Archived copy · Reddit

Most of us got the raw deal.

Much like many of you, I feel cheated. Betrayed. Taken advantage of financially. In my 40s with less than when I met her. A lot of my vitality left, my hair is gone. You get the picture. Time in a bad marriage has taken its toll.

I've just got to let go of this bitterness though. It's not serving me. I just don't know how.

It's been a little over a year. I'm mid life and just don't want to be stuck in the past, randomly angry or triggered.

I want to feel good about myself again. I'm trying hard to be grateful for what I've got. There are a lot out there with less or who have had a harder struggle.

I sympathize with all my divorced brothers who got a raw deal. For those that have, how did you pick yourself up?

70

UPVOTES

I told her I wanted a divorce. It did not go how I expected

ooohaname · 28 March 2025 · Archived copy · Reddit

I did it. I had the talk and I had a well written prepared statement after reading tons of advice and talking to my therapist about it.

I don't even know what to think right now. She is usually so hostile and will fight at anything. She actually listened and was calm and we had a nearly two hour conversation.

She does not want a divorce and talked about how she has grown to appreciate me over the years and how she has seen so much growth in me.

I told her that if I stay it's not for her - it's for the kids. I hate the idea of not being around for them every day. I also told her that I just can't do the fighting anymore. That I'm just tired.

I agreed that I would stay and be in and she gave me a big long hug. We agreed to keep talking about things and trying to have calm respectful conversations like we did last night.

This morning she was pretty cold with me and last night she had a hard time sleeping and said she was just processing.

I still just don't know. In our conversation I was glad that she felt that way and I did feel like maybe this could work. But this morning I'm almost regretting that I didn't stand my ground more.

I am afraid of leaving. I am afraid that it could be the wrong choice. But I just don't know.

There has been so much bad. So much contempt and stonewalling and just so much hurt. No sex. No connection. I feel like now that I've said I would be in I need to commit to that for a while at least. But I just don't know.

70

UPVOTES

20 month post seperation

Acceptable_Meat3824 · 14 November 2025 · Archived copy · Reddit

Hi guys, just want to share my experience. 20 month post seperation, mostly over the divore and everything. Life is good, working hard, paying of debt, gym is going great. The main problem is I'm not interested in intimacy at all, I've gotten cold, the only company I honestly enjoy is my dogs. My ex-wife wants to meet up for coffer every 2-3 months, when I meet her I don't really care, it does not affect my mood, to be honest I even feel kind sorry for her in some ways, I think she still may have some feelings left. The whole thing left me with a few conclusions, don't trust anyone, the whole support circle is bulshit, you can only depend on your self (don't have kids, so proably if I had them, they would most likely overwrite what I said so far) and yeah life's good, the calm is great.

70

UPVOTES

Unbelievable interaction with the ex yesterday

ninjaxams4 · 15 April 2026 · Archived copy · Reddit

So the divorce hit my son hard, he just turned 14 and that age is already difficult enough without all the major changes that come with a divorce in the background. Hes been battling depression and is currently medicated for that and adhd. Poor kid has had a rough year, his grades have been in the shitter, his behavior has been absolutely awful, he has been getting drug tested at school because he was able to get his hands on weed for a couple months (this was kept secret from me until he stopped, his mom decided it was best to keep dad in the dark because her judgment is absolute shit) , he's been struggling but is now on the upswing thank god.

Last month his mom decided not to get him anything for his birthday. Now I can see if money was an issue but it wasn't because two days prior she spent a few hundred dollars on a tattoo. She prioritized that over doing anything for him. She claimed to not have any money. He told me about this a week after his bday and its been eating at me ever since. Kids gone through hell and deserves to feel celebrated on his bday of all days. I didn't say much to him about it because I don't want him feel some sort of way especially with everything going on with him but he told me its ok gifts aren't important and its ok. I was so proud to hear that level of maturity from him.

Yesterday at his soccer game her and I had some words and I finally let her have it. I told her you spent money on a stupid ass tattoo over your son who had been going through it for the last year. It was his fucking bday. Her response? Well I never do anything for myself so that why.

I couldn't believe that was what she had to say about it. I did my part, spent a few hundred dollars I didn't have, and did my best to make him feel special and this cunt comes up with that.

Just fucking sad and speaks volumes about who she is. Disgusting

I could write a book about this bitch and her shitty choices, her affair, all the things, but this particular interaction was just bonkers to me. Does every 40yo woman loose their mind at that age?

69

UPVOTES

If Hell exists, it has absolutely nothing on the horrific nightmare of being married to and subsequently divorcing someone with NPD. This is the 1st time I've ever truly witnessed..., EVIL.

Going_Blissfully · 26 June 2021 · Archived copy · Reddit

This is going to be long but won't even touch on the horrors of being with this person. My friends and family all say I should write a book about the experience. It's that vile, evil, and crazy to think human beings like her exist on this planet.

I will say that narcissistic abuse is the equivalent of a frog in a pot of water that slowly goes from being cold (to the burner turned on) and because the frog is so used to the slowly building up abuse, the frog dies eventually without even realizing the danger. Meanwhile a frog thrown into a pot of boiling water will immediately jump out.

Sooo..., just like in everything I've read about people that suffer from NPD (having read more books, blogs, podcasts, websites forums, you name it at this point trying to get some closure on exactly what I went through for over a year, than I can count), and the relationship patterns with such people, my marriage (very short / less than a year) was as textbook of a case of narcissistic abuse as possible.

In the beginning, in every single way, she claimed to like everything I liked, matched my morals on traditional family values (marriage is forever and kids growing up in broken homes is a terrible thing), lying is bad, a teammate for life, you name it..., I had met my soul mate, the person who gets me like no other, that shares all the same values, and claims day in / day out for months on end to be my soul mate.

It was a whirlwind relationship, her moving in to my house within only a few weeks, it was only about 3/4 of a year before we got married, and only about 8 months after that, she brutally discarded me without saying a word, no idea where she was, all while pregnant with my 1st and only child (1st and only marriage btw). But not to get ahead of myself to the ending, lets just say, in true NPD fashion, she gave me, and my entire family the silent treatment, while she was on instagram scrolling social media posts (was still friends with her on there at the time), she was ignoring her husband and his entire family (apparently ghosting / silent treatments are pretty much the status quo with narcissists) with me worried sick not even knowing where she was.

So back to the marriage..., and to give you a little idea of what I sacrificed and gave for this woman. Not only did I pay for EVERYTHING in the marriage, the wedding, the rings (mine too), buy her clothes, gifts, wrote her checks for school, took her on vacations, drove her all over, did all the cooking, maintained the house, the vehicles (I have my own shop, car hoist, more tools than god etc.), I was also working 70 hours a week, plus working on a business..., all busting my ass every single day as an investment to wanting to give this woman (who I thought was my soulmate) every single thing I could because that's how much I loved her. I even got her a credit card that she spent thousands on every month that I paid off every month.

Literally she worked 30 hours a week, came home every day around 2:30PM and sat in my jacuzzi, streaming movies, playing with her phone, while I worked, sometimes past midnight, and almost always past 7PM. This was the 1st real moments I noticed that her words of love etc., didn't at all match her actions. Imagine knowing your spouse is busting their ass 90+ hours a week, and while you are in the bath tub or on your ass watching movies, not ONE SINGLE TIME, did she even offer to cook me dinner, or anything. There was simply no care.

Combine this with the fact she started crazy making arguments all the time..., and it was as if she got off on them, like a pattern. How people can't just be normal and happy with what they have (let alone her with absolutely no worries at all about money, food, a roof over her head, insurance, taxes, vehicle repairs, or ANYTHING most adults worry about because she didn't have to pay for any of that).

Now the worst part about these arguments was the fact that (and I've found this to be a common theme with those with NPD) is she would constantly and without a single care in the world, interrupt me when I'm talking (that's one

of the most disrespectful things you can do to a person) and she did this at will. So in true NPD fashion an argument would turn into her crazy making behavior, me getting upset at the fact that I couldn't get a single word in edge-wise before she interrupted me, which caused me to raise my voice, which then allowed her to blame me for yelling at her. And when I had finally raised my voice so much that she had to stfu, and told her exactly the bad shit she was doing, the lying, the gaslighting, the crazy making, that's when she would simply walk away like a petulant child and stop the conversation, completely invalidating ANYTHING I said at all!! It was the craziest shit ever. And it started happening every single week.

I'm the happiest go lucky guy ever, and you can't possibly imagine the confusion of not being able to just be happy to be alive, have your health, have a roof over your head, have food on the table, let alone being married to your supposed "soulmate". But it just seemed (upon reflection) that she just totally got off on trying to bring me down and ruin my happiness. It's literally the most confusing and anxiety inducing situation ever.

Now at this point, because of all I had spent on her, between the wedding, constant gifts, clothes, food, beauty products, (like fancy ass \$300 hair brush and professional air brush for models etc), and the fact that she kept spending more and more on the credit card that I was paying off every month, I'm now going into the red. I can't keep up with bills. I have to pull out some retirement to try to get back on track.

Just imagine that someone won't help with the bills, or even offer..., imagine knowing your spouse is working all those hours, paying \$8000+ to the household every single month just to make ends meet, and imagine a wife that won't help out at all.

And this is how crazy it got. I finally broke down and suggested that she help pay for the credit card I got her and paid off every single month as a way to help out the marital home / finances. What happens next has got to be the craziest shit ever...., not only does she not respond to me at all..., once I asked her to help out with just ONE SINGLE BILL, she completely drained a joint checking account without saying a word. Could anyone really imagine doing this to your soulmate?? I mean what in the flying f*** is going on here??

It wasn't too long after that, that she knew that I knew that everything she had ever told me about herself was all a lie, that our entire relationship / marriage was all an orchestrated illusion, that she brutally discarded me. It makes sense why she wanted to get pregnant so fast after the marriage..., she, just like the marriage and in true NPD fashion, only cared about what she could take / use from me (my money) and never cared about me (or even capable of doing so, obviously, as someone with NPD) and now gets to hammer me with 18 years of child support and constantly abuse me through the legal system (something she greatly gets off doing to other people).

But before I get into the horrific discard, the not knowing where my unborn child / wife is, not knowing about the birth, being ghosted to end a marriage, and completely blindsided with divorce..., I want to touch on something else that happened to me which, sadly, upon research is super common with victims of narcissistic abuse.

Remember the frog thing earlier?? So during the early part of the marriage, I started to develop an issue where I had bouts of not being able to swallow food. And what I mean by that..., food would get lodged in my esophagus and I would take a drink of water to try and wash it down..., but instead of being washed down, my esophagus would fill up with water instead. Obviously at this point, since when something is in your esophagus, you can't breathe (wind pipe closed off), I'm left to try to puke and hope it comes out, or die. I, having a position where I traveled around, took customers out to eat etc., started ordering just salads, trying to chew it up into as small of pieces as possible as the last thing I wanted was an episode and rushing to the bathroom to throw up in front of my clients.

It finally got to the point where it was happening many times a week. So I finally broke down and scheduled surgery to have my esophagus checked. It was upon the post OP evaluation where the surgeon noticed immediately what was going on, and the signs were all from my blood work. Because of the frog thing earlier, and because the abuse was so slow and built up over time with all the gaslighting, silent treatments, lying, and crazy making arguments, my cortisol levels (stress hormone) were literally the highest he'd ever seen. Think about this for a second, I know there's a problem because I wasn't sleeping at night (imagine constant arguing right before bedtime and your NPD

wife could fall asleep in 2 minutes afterwards, while you, the person with empathy, is completely hurt, full of anxiety, and of course nervous as hell all night long and can't). So the surgeon told me he was surprised I hadn't had a heart attack yet because he couldn't believe how high the levels were. In a nutshell, they were so high, that my own body was literally eating itself alive!! No joke. Imagine a person doing that to you? Imagine a person that does that to you, causes you so much anxiety, stress, anger, fear, sadness, and confusion that your own body, out of its own fight/flight response is left to do nothing but churn your own organs from the inside??

But this doesn't even get into the most vile and evil shit that she put me through. The divorce, child alienation, and financial abuse is the true icing on the cake. Imagine being married for less than 8 months with no shared marital assets. Should be the most easiest divorce on the planet, \$300 and sign a document. But oh no, in true NPD fashion, an 8 month marriage turns into a full on 2+ year divorce process of her trying to abuse me at every turn.

She left me, ghosted me and my family, blindsided me with divorce without saying a single word (to this day not a single word about her ending the marriage at all.. mind you..., not a single shred of remorse, guilt, shame, care, or anything at all about it).. just left me a broken mess with a shattered soul. Could you imagine any human being doing that to someone that claimed you were their soulmate for months on end? Could you imagine anyone doing that in a marriage period??

But that's just the start of evil monster that showed true self through this process. If you remember,.. I was soo very adamant about how I couldn't wait to witness and be part of the birth, child growing, dr visits..., etc... Every single show that had an ER always had me almost in tears thinking about when that day happens and I get to witness my own child being brought into this world.

She took it all away from me without even saying a word. I didn't even know of the birth the day it happened. And when the ex wife finally did reach out to say our daughter had been born, she gave no stats, no information, no pictures, nothing. Just as if to make her look like super mom to the court.

So I immediately asked her (as this was the next day) if I could come and see my daughter. And if you remember, considering this was the first time I had heard a single word from her in months..., obviously me and my entire family had long stopped trying for her to respond to phone calls, text messages, emails etc., because she just ghosted / gave the silent treatment to everyone. Again, I didn't even know where she was staying.. No idea of anything at all.

She actually agreed to let me come see my daughter, but wait..., do you think someone with NPD actually was going to do what they said or do you think this was just another way to cause me more pain and abuse? Well you guessed it! The second she responded back with what hospital she was at, I immediately responded back with "I'm on the way". So I took off work, assembled a nice big care package (diapers, wipes, shampoo etc., and even got the ex wife a chapstick as trying to have some sort of peace treaty with her as regardless that she shattered my life, my daughter needs both parents). I just wanted this to be normal and amicable. I accepted her decision to divorce me (not like you can do anything about it in a no fault state and responded to their attorney requests in as little time as possible just wanting it over with).

So what happens when I get to the hospital?? I go to the labor and delivery desk, and I'm immediately told by security that I'm on the "no entry" list. I told them there must be some sort of mistake, showing security the emails etc., telling me I could come. Security then phones the room my ex wife (still legally married at the time) is in and asks her - and she tells them NOT to let me in. Imagine the pain? Imagine driving 45 minutes to the hospital already shattered because the birth process and everything leading up to it was taken away from me without so much as saying a single word about it? And now THIS!??

I immediately text the ex, phone the ex, and email the ex asking her to let me in security. And SURPRISE SURPRISE..., here I am ghosted again. So I wait around the hospital, sitting there for another 3 hours..., and asked security to call again to see..., sure enough, denied again. All the while not a single response back from text, email, or phone call I had left earlier. At that point I left the hospital, even somehow a more broken person than I already

was. I called the hospital every single hour after getting home just to see if I was ever off this “no entry list” and sure enough I never was. And finally upon the last time I called, the ex was no longer at the hospital at all (so she and baby had left) and still not a single response back from the 3 forms of communication I asked to let me in on (phone, text, email). You can’t possibly imagine how evil of a person you have to be to do this to a person. And THIS IS JUST THE BEGINNING of the VILE, NASTY, EVIL person and what she is just starting to put me through.

I can’t tell you how many times I asked to see my daughter, for an ongoing visitation schedule, for updates, you name it..., all to get denied. And because of the absolute horror of what I’m being put through, I was barely a functioning adult, let alone the 6 figure breadwinner tackling a very stressful workday..., and ended up losing my job. Imagine you are 7 minutes from daycare where your daughter is at, you are unemployed, it’s COVID time, and begging to take care and see your daughter at home instead of spending all this money in daycare..., imagine how terrible a person has to be to refuse their own father access to even care for their daughter over strangers in day care?? Yep, my attorneys asked twice.. Just absolute pure fucking EVIL!

But oh boy does it continue to get more vile and evil all the time. Part of the divorce is the discovery process (where you show all financial documents, retirement accounts, paystubs, checking, savings, credit card statements etc.,etc.,etc..) Even in an 8 month marriage..., whatever, I provided them all as fast as possible. To get hers though, I had to pay and subpoena her records. They think they are above everyone else and the rules don’t apply to them.

One thing that is also true about those with NPD in divorce is they constantly fire their attorneys (especially one’s with ethics). They narc doesn’t care about right or wrong..., doesn’t even fundamentally understand the concept..., all they know is they themselves are a terrible person and therefore their only way to feel anything at all is to take a good person and try and destroy them with any means possible. So after her first attorney told her you can’t expect much with this being an 8 month marriage with no marital assets, (lets face it, she has never owned a single thing in her own life that wasn’t paid for by someone else), she switches and finds the most narcissistic nastiest lawyer ever. This woman (lawyer) made claims that I was abusive, suicidal, a terrible person, you name it..., it was downright disgusting coming from me, the person that would have died / taken a bullet for my ex wife. I did love her (or should I say) the person I thought she was. Her true self / how she actually is, I wouldn’t even want to be on the same continent as her.

So I spent the next year and a 1/2 constantly being bombarded with false allegations, parental alienation, legal abuse like you wouldn’t believe, and being asked..., wait for it, EIGHT DIFFERENT TIMES FOR DISCOVERY. My attorney basically told me, since my ex was not the one paying for her legal fees (her retired grampa was..., who uses his money as a way for the spoiled grand children to come visit him)..., she filed claim after claim with the courts that had absolutely no legal standing. Of course a real attorney with ethics would stop this from even happening as there is nothing to win / gain from something that will get thrown out of court immediately because of it’s absurdity.

But the point was not to win. The point was to take a man that has literally spent all his savings, drained his retirement accounts, and unemployed now, to completely destroy him so badly that he’s literally filing bankruptcy and left with nothing at all. And they can do exactly that. There’s nothing to stop someone from wasting \$10K+ every single month in legal fees for absurdity. The stopping factor, of course, is the fact that you yourself (the person filing said absurdity is usually the person paying for it - so they are wasting money too!) But in this case, like the entitled princess, victim she claims to be, instead she just happily wasted her families money..., and I can only imagine her saying that somehow I was the one trying to drag this out (the guy about to lose everything).

So imagine what should have been a \$300 divorce has now cost me about the same price as a super exotic Italian super car. And of course, before this monster was ever in my life, I owned a house, built my own shop, tons of savings, tons of retirements, and I, stupidly (thinking of investing into my marriage / who does that really right??!!) bought everything in that marriage...

But back to discovery..., imagine the HORROR of the surprise when I finally get access to the birth certificate and

see that my child isn't even named what we agreed upon and announced to the world. Not only is her middle name changed, but her last name isn't mine either (even though we were legally married at the time). Imagine just how sick and evil someone could be to, once again, do that to someone all without saying a single fucking word about it?? And I had a family member that spent around 300 hours making this hand weaved afghan with my daughters name on it, a very cute graphic, and her date of birth.. Imagine me telling that family member that it was all for naught and what my ex did? And this is the nicest person in the world. This family member was in tears because she couldn't understand how a human being could be possibly so cruel and such a monster.

But it gets better, 2 years since the divorce.., do you think the ex has changed her name back to her maiden name?? Of course not. It's, as everything they say about NPD, done on purpose because my daughter's name and her name both cause the most amount of pain.

So lets not forget about child custody, where her first offer was me not even being in my child's life at all, and how I sat through 5 months of living hell (just the child custody part of this 2 year divorce). just to try to get some access to my daughter. And at this point, I have no money left, retirement is all drained, \$40+ in credit card debt, don't know how I'm going to make my next attorney bill (\$10K a month) or my house payment. So I end up doing the only thing I know how to do in that situation, and that's make more money. I am currently deployed in the middle east. It was literally the only thing I could do not to lose absolutely everything I've worked my entire life to have..., all because of this MONSTER of a human being I married.

And in true fashion, as we use WhatsApp to communicate internationally (wifi only) and I have asked my ex repeatedly to ad me on WhatsApp to have access to my daughter / updates etc., and she never does. What I'm left with is being completely no contact for a year, maybe 2, while trying to pay off my debt, all the while, missing out, once again, on every single first I've waited to experience with my children, all the while the ex without a care in the world, gets to take me to the cleaners every month once again.

I will close by saying there is no such thing a worse pain than narcissistic abuse.. Nothing on the planet comes close. As someone that grew up on a farm, working my butt off as a child, doing trades, cutting myself, being deployed, shot at, blown up, living in tents, surviving on MREs in some of the most remote locations on the planet.., there is NOTHING, and I mean NOTHING harder to go through than being with a true sufferer of NPD. Physical torture would be a welcomed relief in comparison.

I honestly don't know if I will ever heal from this and I honestly did not realize there were this level of evil in the world. And of all the people, this is the person I chose to marry. I don't have a single ex I can't talk to like a normal person and I chose this monster as my wife. You have no idea the amount of pain I have. It is debilitating almost everyday..., and it's been over 2 years now.

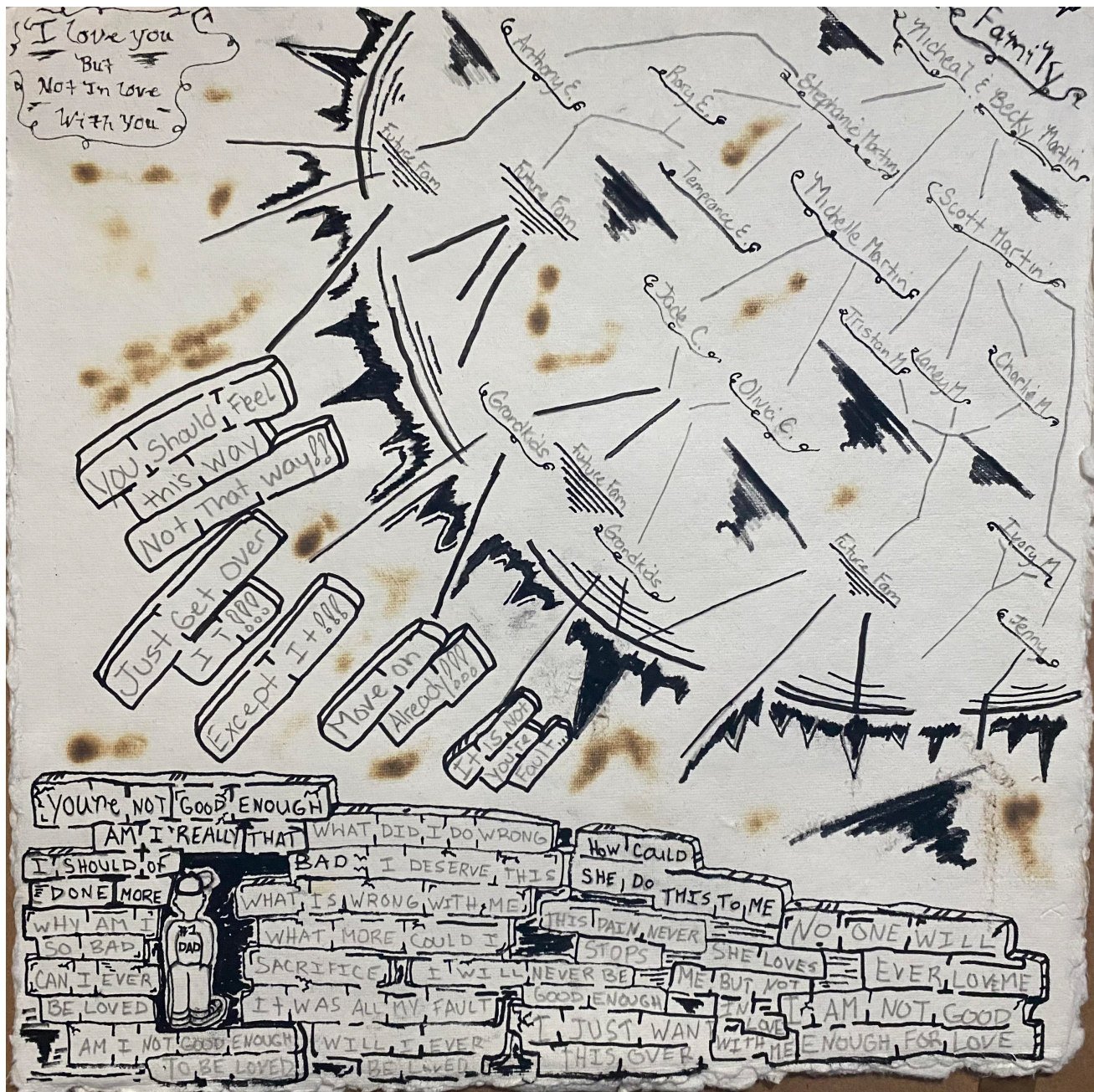
This is my story. I hope it never happens to you..., with every fiber of my being, I hope no one has to go through the hurt, devastation, and paid I did and still do. Thank you for reading.

69

UPVOTES

"I love you, But, I'm not in love with you" Not sure if this belongs here. But. My representation of how a husband & father feels going through divorce. Most people will never understand. Maybe some of you can relate.

AAh-__DuuuWhot337 · 18 June 2021 · Archived copy · Reddit



69

UPVOTES

Don't end up like me

wirescraper · 4 December 2019 · Archived copy · Reddit

I was overly ambitious. Thought I was Superman. Got 50/50 custody, got into a \$2000/mo mortgage, add to that a \$1500/mo alimony... thought I'd keep earning extra dough doing side jobs (I'm an electrician.) Dated and fell in love again. Broke off the relationship due to stress....buuuuut.... it didn't alleviate anything. Started smoking, got sick, work got even more stressful. Finances got sketchy, couldn't sleep.... ended up in major depressive episode. Play it safe guys. Take care of your mental health, live safely within your means. I'm battling minute to minute now. It's hard to do simple tasks when your mind gets hijacked. Take it easy fellas, hopefully you have good support around you. Unless you are Superman... in which case... go nuts. I'm filled with a lot of regret these days and a fear of losing everything... crazy... I had the world by the bulls until a month ago.

69

UPVOTES

I'm Moving On Gentleman

Least_Winter9632 · 21 August 2021 · Archived copy · Reddit

I posted yesterday about my wife of 16 years having an affair with my neighbor. Since I found out 2 days ago, I've been crushed and terrified...until today.

I bought myself a vehicle today, paid cash. Was one of the last major action items I needed to complete before filing.

As I was driving home, I had a wave of clarity. This person, is sleeping with two men. What an evil, twisted, selfish person. Why the fuck would I want to be tied to that the rest of my life?

I'm only 37, have my dream job I worked my ass off for; 6 yrs college, 7 years working my way up. I'm kind, considerate, hard working and loyal. I've got a lot to offer down the road. I should be great full she showed me her true colors now, and not in 20 yrs. I have plenty of time to rebuild.

I know it's gonna get rough, but fuck her. I don't want to attach my life to someone like that. Cheers gentlemen! I'll post when I officially file; guessing 2 or 3 weeks!

69

UPVOTES

Divorce saved my life.

divorceddudes · 7 September 2021 · Archived copy · Reddit

My wife left me 3 years ago this week. From the time she mentioned she wanted a divorce (4+ years ago) I was for arguments sake a failed business owner and barely employed handyman. Today I own my house and am in line to be named CEO of the software company that I have worked at for the last 3+ years.

For all those that are struggling with divorce just know that if you take care of yourself, your career and your kid life will be SO MUCH better, but YOU have to do it, nobody else will.

Divorce truly saved my life.

Thanks for reading!

69

UPVOTES

And that's a wrap, folks

Even-Drawing-4208 · 1 May 2022 · Archived copy · Reddit

After she filed recklessly I spent \$22k on a better lawyer than hers and got the divorce finalized last week after eight long months. She's buying me out of the house and I have a great custody schedule where I get to see my kids so often that she's probably questioning everything. She's paying me to have the kids every summer (I'm a teacher) until 2028. We are living together for two more weeks until my apartment becomes available. Yesterday she tried to take the kids out of the house and I had to pull out the parenting schedule to put a stop to it. I took the kids to the Saturday market and then out to lunch and had a great time without dealing with any of her bullshit. I thought I might feel somewhat sad, but after the hell she's put me through it was nothing but happiness. They say no one wins in divorce and, while that may be true, I sure feel like the victor! I don't know that I'll hang around this forum any longer so good luck, fellas. There is happiness to be found on the other side of whatever she's dragging you through!

69

UPVOTES

Last Alimony Payment

Slow_Star_3335 · 20 August 2022 · Archived copy · Reddit

Next month I am officially done with alimony. After 7 years, and remarrying, and adopting 2 kids, i will have paid the ex just under 1 million dollars. Payments started at 12k/month and decreased over time to 9k. Last 9k check goes out in 3 weeks. Ideas? should i just let it go classy-like or reach for some johnny depp worthy memes and make a statement. This has been a huge and exhausting journey. Im torn. The legalized extortion of 1 million dollars of my future earnings has always felt wrong. Maybe i should celebrate and let it go.

69

UPVOTES

I think today was the day.

Longjumping-Zone2126 · 26 February 2023 · Archived copy · Reddit

I (mid 30s male) have been married to my wife (mid 30s F) for well over a decade. We got married young.

We have 2 beautiful children.

I think today is the day I call it.

First words out of my wife's mouth today was her Comparing me to other men.

Saying other men can do things better. Better dad. Better husband, better helper, better repair, better money.

I gave her everything I have. She doesn't work. I work 12 hour days. And when I am off. I give her and the kids my fullest attention

69

UPVOTES

Dad committed Suicide after parents divorce of 18 years.

20Jdawg00 · 26 July 2023 · Archived copy · Reddit

I grew up in a pretty average, happy, comfortable household my whole life. My dad was my best friend, we would do so much together. Hunting, fishing, biking, hiking, sports. He would take us all (brother, sister, mom) out on family trips and vacations. My dad would always come home from work and have a couple beers, and my mom would insist on him having a problem with alcohol and needing rehab. I personally only remember ever seeing my dad drunk once. But my dad listened to her and went to rehab and quit drinking. He had PTSD from the serving in Desert Storm, and depression from childhood traumas, so the doctors prescribed him Prozac. He was sober for 3 years. My dad was my best friend don't get me wrong, but I was also a mammas boy. I remember about 9-10 months into his recovery, my mom and him were arguing on the couch. I (12yr old at the time) don't exactly remember what they were arguing about, but my mom brought up divorce. My dad responded, Depressed in the face, that If she divorces him, that he will kill himself, then walked away. With my dads only family being us, and being in his first year of sobriety, I know how hard emotionally that must of hit him. But he should have never threatened my mom like that. And my mom should have never turned to me and asked me my opinion. Asked me if I thought he was bluffing, or if he was being serious. Me 12(M) taking my moms side, as I would most of their arguments, young and so trustworthy of my mom, she could do no wrong. I agreed that she should divorce him. Thinking back to this day I don't see much my dad did wrong in their marriage, it was a lot of my mom. And my dad would always tell me after their arguments, knowing i didn't get it yet, he would look at me and say "I know you're young and don't understand a lot of this sht, *but I know you see it, and when you get older you're gonna look back and be like "holy sht dad you were right."*". And I do so often seeing my mom now that I've matured. So my parents ended up legally getting a divorce, dad moving out to a new apartment right next to my Highschool. I was 13 now getting ready to start my freshman year. Things happened so quick, I adjusted to it so fast. I remember going over to my dads apartment after school to find weed on the kitchen counter and beer in the fridge, he had started his relapse and it did not raise a single concern to me. He had stopped taking the medication prescribed for his mental health too. Leading side affect was depression/suicide. He met this girl about an hour away, And they moved very quickly. This lady was not his type (bigger/thicker, redneck, just a scary looking face) not to be rude, but just not his type. He moved in with her after a few weeks, and then they brought up getting married, but said it was being planned 8 months out. Next weekend they were married.. he told me she almost forced him to the court house after work one day, still in work clothes, they got legally married. In the next month they'd buy a house. I remember the first trip to the house, my dad seemed weird, he was extremely excited to have me down there visiting, wanted to make it a weekend for the books. We went zip lining, went to the beach had a bonfire, rode ATVs, and one thing I'll never forget is he took us shooting. More so never forgetting him handing me the 357. Revolver, The same one he would be using 3 days later to take his life. Just about as vividly as i remember him handing me that gun, I can see the image of him using it on himself, Not just one way, 100s of different ways, things he was saying, things he was thinking, crying or not crying, what part of the head he pressed the gun against. 14yrs old until now at 22yrs old it's still something that crosses my mind.

(I can share my story on how this affected my life tomorrow)

69

UPVOTES

The road to divorce some lessons learned. Still early days

Weary-Specific5218 · 30 August 2023 · Archived copy · Reddit

Just thought I would share this as I thought my life was going pretty well until recently.

Yes, I knew my marriage wasn't perfect and it almost turned into a companionship like situation after 25 years, but I had decided with my wife that we would move state, buy the house we always wanted on acreage and start a fresh.

4 months into owning the house she cheats on me and wants a divorce. She says she has never been happy and doesn't want to settle for a relationship where there is no intimacy and romance. As a side note : I tried date nights, taking her to shows, organized a helicopter to take us to a dinner date. It was never acknowledged and I pretty much gave up extravagant gestures. I continued with holidays and some date nights but there was never any intimacy returned. I tried on many occasions but just got rejected.

Lesson 1 : If you can't make her happy with even the most extravagant gestures down to the simplest, your sex life dried up long ago and she generally gets frustrated and irritated with you. Start gearing up for the possibility your relationship isn't going to end well. This is especially important around milestone birthdays. 40's and 50's especially when you need to be on vigilant.

Lesson 2 : All those old friendships you have neglected. Start working on them. Contact old friends and rekindle those relationships. You are going to need their support. We as men tend to throw ourselves completely into our family both emotionally and financially. My wife has a big circle of friends and she was the instigator for BBQ's and social get together's. I became friends with her friends husbands. Some I have known for 10 years. Once divorce kicks off they evaporate. Not because they are bad guys, but because they see what's happening to me and they don't want to rock the boat. Besides their actions, if they decide to support me are in conflict with their wives. Who, are calling my wife many times a day to offer emotional support, sending motivational messages, "YOLO", "you got this girl", "It's time to be free and live your truth". And all that fucking bullshit. Really they didn't have the balls to leave their own marriage because it didn't match up to the romance novels they read every-night in the bath. So they live vicariously through my wife. So have a group of good buddies that are yours only and have no connection with your wife. I am working on this. I left it too late so I accept this will be a bit of a struggle especially in a new state.

Lesson 3: I let my fitness and health slide. Start working on that. It helps with depression and stress. Plus puts you in good shape for the next relationship. Which by the way I won't be rushing into for at least a year. I don't want to make the same fuck ups again.

Lesson 4 : She made the decision to leave me months ago. I am now catching up. I tried to fix it. This was pointless, her mind was made up. I am not going to try and guilt her into staying either. I need to keep my dignity.

For now that's my 2 cents worth, maybe it helps those lurking reddit feeling that uneasiness in their relationship knowing something is not quite right.

69

UPVOTES

Wife gave me an insight into her angle to get more money during divorce.

Spanky_WaffleSnapper · 1 January 2024 · Archived copy · Reddit

My wife today went on a monologue about how woman help men achieve success in their career by being main child carer. How divorce settlements are higher due to this fact. And how courts have given more to enable women to 'maintain their life style'. She then turned to me and said how she has helped me achieve my success. She really hasn't! As my best mate puts it, 'I've achieved it in spite of her'.

The fact is I would have achieved greater success if I could mentally focus more and not have the stress of her always bringing me down.

Has anyone experienced this attitude from their wife during divorce. Anyone know of uk law recognise this?

She also made several comments about how she don't need you work. And advised my friend to find someone that can support her not working.

69

UPVOTES

Lost Trust in Women

Borntadoodishes · 16 June 2024 · Archived copy · Reddit

I have an extremely cautious attitude toward women now. 11 months out of divorce and have no interest in dating. A ten year marriage where I was emotionally abused, used, and I made all the money and did all the housework. Was resented the whole time with a major attitude. She brought nothing but chaos, needless drama and also put us into bankruptcy. Then she left me for another man immediately after requesting separation. Obviously it all hurt.

If I didn't have kids with her I wouldn't have stayed. Now I have deep regrets but am so happy its over and I have peace. I do get lonely but don't want to risk getting in a similar situation of any kind. I've looked online for advice but only find red pill, gender war stuff. I just find it kind of juvenile, the equivalent of extreme feminism. Divide and conquer. But here I am, still cynical.

Now its gotten to the point that I just lack interest. I enjoy being solo and the thought of the chase exhausts me. The thought of being emotionally invested in another woman exhausts me. I maybe incorrectly assume many women could be transactional users like my ex and the thought turns me off. I have my guard way up. Do any women actually appreciate men at all? I know men have to do the courting, make the effort to win her over, and I have no motivation after I did it all once and got nothing out of it but a major setback to my mental, physical and financial health.

I'm on the right path with other things in my life, I'm exercising, seeing a therapist, feeling better in general. I wish I wasn't so closed off but I just have little faith out there to even try to date. And I know I'm not in the right mind set at all.

I'm sure many of you went through this. Did you get over it? I'm not looking to marry again. But I'd love to know if there are women that actually appreciate men and don't disparage them or are looking for a bailout after their own divorce.

69

UPVOTES

How is it fair that your wife's financial irresponsibility becomes your burden, but your financial responsibility becomes her entitlement?

zolo912 · 7 September 2024 · Archived copy · Reddit

I completely understand where this angle is coming from. This something that comes out of situations where the husband is the bread winner and goes to work, while the wife is the stay at home mom who raises the children. In those situations, I genuinely understand why it favors the woman. Child raising is a full time job within itself (not even counting keeping up with home chores), it's extremely exhausting, and it's completely unpaid. I genuinely consider it to be an extremely important job.

But that's not the situation I'm referring to. I'm referring to situations similar to my own. In our home, I was always fiscally responsible. I put money into savings, put money into investments, put money into retirement, and I was always very deliberate in discretionary spending. I picked up side hobbies that pulled in an extra few thousand a year so that essentially my hobbies were free. I was the only financial security and stability for the family. If there is a sudden large expense, like our AC completely dying in the middle of the summer, I cover it.

While my wife makes her own income. I make a bit more, but she is making good money. The difference is that she has expensive hobbies and interests, and has no problem dropping big money on something just because she wants it. Those careless spending habits result in having zero savings, having racked up credit card debt, having an insignificant amount in retirement.

We always split the core expenses (mortgage and bills) relatively evenly. She had her own job and made her own money so throughout our relationship, prior to even being married, I didn't mess with her spending. Since being married, I always told her when I thought something was a dumb idea and would try to talk her out of it, but since I fully expected us to work out, I just figured it's money, she does her part with bills, I don't care how she spends the other part of her money. We rarely made mutual big purchases - her car was her expense, my car was my expense, her hobbies were her expense, my hobbies were my expense. We always kept our money separate - she has her checking account that existed prior to marriage without my name on it, I have my checking and savings accounts that existed prior to marriage without her name on it. Everything has always been very separate for the sake of simplicity.

In what fucking world is it fair that all of my good decisions become her entitlement, and all of her bad decisions become my burden? I just don't understand how the legal system allows for this to happen. Isn't the spirit of this law to be fair to both parties, especially in those situations where the wife may have been a stay home mom. In our situation, our core responsibilities (mortgage, bills) were taken care of relatively evenly by each side. I would have been better off just recklessly spending like her.

I don't want to sound like a bitch by crying "this isn't fair", but it is sure making marriage seem like a complete scam in many cases.

69

UPVOTES

It's over

Throwaway_858493 · 29 October 2024 · Archived copy · Reddit

Well fellas it's been awhile since I've posted here. Hope you all are hanging in there. I posted here quite often back in the day and figure I'd give the update no one asked or cares for. Mostly for me to get some thoughts out, maybe offer a little advice for those starting the process.

My divorce started over 3 years ago. Ex wife drug it out for 2 years. Been officially divorced a year ago. I did a lot of self reflection and worked on myself these last couple of years. Started working out, which has fallen off a bit self admittedly, started doing MMA (recently got back into it and god I missed it), did therapy, started my bachelor's, started dating an amazing woman, and most importantly focused on my relationship with my son. Seriously guys, work on yourselves before doing anything else. You will feel better.

My ex wife did the same story you see on here over and over. She had an affair with another man. A ton has come out recently and it's honestly amazing what she has put herself through all for I don't even know what, to prove a point?

I never thought my ex wife would be the kind to cheat, and when I found out it destroyed me. Sleepless nights, stomach aches, throwing up, begging, pleading the whole nine. Never let yourself be torn up by a cheater, they're not with it.

Well, it turns out about 2 months after our divorce, she married this dude. She went to another county and got married to hide the records from her parents and I assume me, which I don't even care. She has caused such a mess in her own life it's unbelievable. She kept the house, refinanced it at an over 8% rate. It was a double wide. She's now moving it to a dump town to live with this guy. Which my ex mother in law said the damage on the move is going to be about \$70K. All in all I figure this mobile home is going to cost her about \$450K once it's all said and done.

She stole about \$30K from her own mother under false pretenses using my name to do so. Which her mother now knows.

And the kicker of it all? Her own mother told me that my ex wife had a stipulation to move in with this guy. That stipulation was he had to go to rehab. This is the guy she chose to have our son around half the time. The guy she hid her marriage from her own parents. This guy still won't show his face around me. I see him parked outside my kids sports events. He cracks his window and looks at me and waits until I leave to come up to her. He sits in her car like a bitch until I leave to do anything.

From what I hear is his own ex wife won't even let their kids be around him. Yet she again, chooses her own wants and needs over everyone else's. Including what's best for the kid.

As for me, my life from the outside looking in sucks. But you know what I have? Freedom. A great relationship with my son. A great girlfriend who supports me and enjoys me for who I am, and not the money I bring home. Or what I can buy her, because honestly, I don't. I look out for me, my kid, and our interests now. I have peace of mind knowing I am coming home to not get bitched at, but watch the game in peace. Or have a beer with dinner if I want. I can have my framed posters of attended concerts on the wall that I had to keep hidden in a corner of a room no one went into.

For those of you starting this journey. It sucks. There will be hard moments. You'll cry. You'll have moments of rage. You'll hurt. Then one day, it'll hurt a little less. Then you will wake up the next day and it will hurt again, for weeks, months, maybe more for some. Then one day, you'll smile. You'll feel a little joy. It starts to hurt less. You can get up and do things again. Do I still have work to do on myself? Hell yeah I do. The difference is now I have a second chance to do it. A second chance to be who I need to be, for my son, and for myself. Not for someone who shit all over anything I did and treated me like a walking ATM.

This may be my last post here. The chapter is finally ending. Her life is a mess. But my life, it's just beginning. Hang in there guys. Be strong. Be the man you and your family need. I may pop in from time to time to lend advice when I can. And if any of you need a person to vent to, I'm a message away. Take care and good luck to all of you.

Edit: Her parents also know about the affair now and what all transpired. I kept it from them but they figured it out and had asked me if I had ever noticed anything. I couldn't lie to them.

69

UPVOTES

This Has Been Absolute Hell, But I Secured 50/50 Custody

Sea_Employment4100 · 6 February 2025 · Archived copy · Reddit

I'm not even sure where to start. The past year has been absolute hell. You can read my other posts to get a sense of the sheer amount of abuse I've endured—it's pure insanity. I didn't do anything wrong, but for some reason, my ex has been hell-bent on destroying my life. She left without warning, filed for divorce without any real conversation, and then tried to paint me as neglectful, mentally unstable, and even hinted at things I can't believe I'm being accused of. She did everything in her power to take my daughter away from me.

But despite all of that, I fought the good fight. After a year of battling lies, manipulations, and draining legal fights, I finally secured a 50/50 custody arrangement, set to begin by May. That's the one thing keeping me grounded right now.

But it's not all good news. I'm stuck in the most expensive city in the US, paying through the teeth for lawyers, and now I've lost my very high-paying job due to performance issues from all the stress this has caused. I had over \$1M in stock on the line, and now that's gone too. Between trying to be a present father, defending myself against constant attacks, and navigating this mess, my work performance tanked, and they let me go.

I'm exhausted. I feel like I've given everything I had to this fight, and now I'm standing here wondering what's left. Each win is followed by a huge loss. I have the most beautiful, healthy daughter -> kidnapping/divorce. I get custody -> I lose my job.

I know I'm not the only one who's faced this kind of nightmare, but right now, it's hard to see the light at the end of the tunnel. Has anyone else been through something similar? How do you start picking up the pieces when it feels like there's nothing left in the tank?

69

UPVOTES

I think I'm finally 'getting over the hump'.

dfb54749014 · 5 April 2025 · Archived copy · Reddit

I've been slowly realizing it and today confirmed it...

I'm no longer attracted to my Ex.

She came to my house to pick up my daughter this evening after dinner. My son had stayed with her due to school activities even though it was my week with them... anyways....

We stood outside discussing how future arrangements were going to go due to my son's new activities. And as we talked I was almost subconsciously (or not) looking her up and down, as if assessing her. Then I just focused in on her, her face, her appearance. I looked her directly in the eyes when I spoke....

And I felt nothing. She was just a person, like anyone I would meet on the street. Nothing. No feelings were there suddenly. I didn't miss her, I had no attraction, regrets, yearning, just nothing.

I feel good, like I may have just crossed that boarder into feeling 'indifference'.

69

UPVOTES

Those of you who had wives who “changed” after marriage or children.

LuvDonkeeButts · 26 April 2025 · Archived copy · Reddit

What do you attribute the change to your wife’s behavior after having kids or marriage? Once my first kid was born, it’s like she morphed into a different person, self-centered, critical, demanding, mean.

I never caught a glimpse of this before kids, or if I did it was so much less severe. What do you think happens? It seems like a common theme.

I thought it was just post partum depression. Boy I think it goes so much deeper than that.

69

UPVOTES

Stock market Loss, she filed for Divorce

DowntownLife_ · 19 May 2025 · Archived copy · Reddit

Last year I lost my life savings on the stock market. I invested in what seemed like a quality startup backed by huge companies that seemed solid at the time but it didn't happen for them.

I say my life savings because I solely built this up through employment share options, gifts from my parents and severance. My wife who never saves and is feckless with money never contributed anything.

After the loss my wife went crazy and accused me of gambling our families security although she was aware of the investment.

I was broken at the loss and she only loaded up the pain. I said I was sorry and it was all my fault and I would make it back over time. Despite me saying this she said I had no accountability.

Anyway due to this loss she recently filed for divorce. It's a case of money going out the door and love flying out the window.

Anyway since then, the stock I lost our savings on has rebounded hugely and all my losses have returned and more. I've now sold out and am sitting on a \$1M in my brokerage account alone. I'll be sticking to ETFs from now on. I haven't told her.

If I tell her the stock has recovered she might want to give the marriage a second chance, I'm now feeling that since she has shown her colours and I should cut her loose.

Thoughts?

69

UPVOTES

To those whose marriages ended because of an affair,

BackpackJack_ · 14 July 2025 · Archived copy · Reddit

I read a [Medium article](#) about a man whose wife cheated on her. She left him for a coworker because she wanted something “different.” Not better, but different. While the infidelity, of course, saddened him, he simply packed his bags and left her. He didn’t beg, struggle, or retaliate. Instead, he let karma do its work and watched them suffer the consequences of their actions.

Eventually, his wife came crawling back to him and attempted to apologize. But he simply handed her the signed divorce papers and showed her the door.

At the end of his story, he said this, *“Revenge was not a burning and fury. It was a quiet, slow storm, that storm out there on the horizon. And then, when it went off, it took everything except truth.”*

So, this is just a reminder, perhaps even an encouragement, to those whose marriages ended because of cheating, to be patient and continue to move forward. In due time, they’ll reap what they sow. Meanwhile, you? You’ll be better.

69

UPVOTES

Marriage is love. Divorce is business.

DivorceCoachGio · 23 September 2025 · Archived copy · Reddit

As a twice divorced man, I must say, that in the MAJORITY of cases, the reason why men feel that the court system is against them is because they are simply not as prepared as women.

Not all of them. But the majority.

Too often, they ignore the signs of unhappiness from their wives and continue to believe that everything is ok.

When a woman says that she is unhappy, she starts envisioning life without her husband.

Men don't read too much into this since the woman is still at home and doesn't believe she will leave.

Then the crap continues.

Men stay blind.

Women plan.

Then, when the woman has had enough, she drops the bomb.

The man, still thinking everything was kinda ok, feels blindsided and is then behind the 8 ball and needs to catch up.

Women, if you are unhappy, good on you for doing your research and evaluating your options.

Men, if your wife talks about being unhappy, take it seriously. Either fix or start planning yourself.

The law doesn't take pity out for the unprepared.

69

UPVOTES

Ex Wife new boyfriend left her

Consistent-Cry-9452 · 20 October 2025 · Archived copy · Reddit

2 years into divorce.

Oldest son messaged me that the boyfriend my ex had during/right after the marriage broke up with her, it was kind of satisfying to hear.

I am happy in my new relationship, my life starts to turn around for the better, just picked up a old hobby that i stopped just before the divorce.

Life is good.

Side note is it not funny how their new partners are completely not what they said the wanted?

I was not a real man but she ended up with a small chubby nerdy guy with purple dyed hair, the only difference was that that he drove a fancy mercedes car and probably had more money then me.....

69

UPVOTES

What I Wish I'd Figured Out Sooner About This Divorced-Dad Thing (It's Definitely Not the Big Stuff)

reclaimDad · 2 April 2026 · Archived copy · Reddit

[Names/dates changed to protect the innocent & to not defame the guilty? ;D]

It's been eight years since the divorce and I still catch myself thinking about all the dumb little ways I screwed up. Not the screaming matches with my ex or the lawyer bills that could've bought a small car—those were obvious disasters. I'm talking about the quiet stuff that just... eroded. The everyday crap that used to hold us together.

Right after everything blew up, the schedule fights and the awkward handoffs at the gas station felt like the main event. Once that settled into this weird new normal, I realized the real gut-punch was how all our old routines had just vanished. No more Saturday pancakes that I always burned on one side while the kids laughed at me. No more sitting at the kitchen counter pretending I remembered how to do long division while dinner was cooking. My son—Jake's fourteen now—used to hit me with the dumbest knock-knock jokes right before bed, every single night. My daughter, Ellie (eleven going on thirty), would monologue about her entire day the second she climbed into the car after soccer. Those weren't big-deal moments. They were just... life. When they disappeared, it left this hollow spot none of us knew how to talk about.

For way too long I tried to fix it with the big-gesture weekends. Six Flags, lake trips, new sneakers, you name it. I figured if I crammed enough fun into my forty-eight hours, it would make up for the fact that their world had cracked in half. Took me a couple years of watching their faces on Sunday nights to realize it wasn't working the way I wanted. They'd come back all hopped up on sugar and adrenaline, then crash back into their mom's house and just... exhale. Like they could finally relax. One time Jake actually looked at me and said, half-joking but not really, "Dad, can we maybe just stay home and play Fortnite sometime? No offense." Oof. That one landed like a brick. I was turning into Fun Dad™ and she was the one doing the actual parenting. Not exactly the legacy I was going for.

The court crap taught me the hard way too. Early on I was that guy—documenting every text, every late pickup, every little slight. I thought the judge would see how "right" I was. Turns out the evaluators and the guardian ad litem cared way more about who was actually keeping the plates spinning. Who remembered to call Grandma on her birthday. Who made sure the dentist appointments happened and the shot records were up to date. Who kept the Thanksgiving-at-Grandpa's tradition alive even when it felt awkward as hell. It wasn't about who wrote the longest email. It was about who showed up steady when nobody was watching.

Biggest thing I finally forced myself to do was bring the normal, boring life back into my time with them. Homework at my kitchen table—even if it meant arguing over fractions I haven't thought about since 1997. Chores. Same bedtime routine as much as possible. Quiet dinners where we just talked about nothing. At first it felt stupid, like I was wasting our limited weekends. But that's when they started to unclench a little. Turns out kids need to know Dad's house isn't just an amusement park. It's also safe and predictable and kinda lame sometimes.

I still mess up the oversharing thing, by the way. I used to sit them down and try to explain my "big vision" for their future or why I made the choices I did or vent about how hard co-parenting still is. Usually ended with them looking uncomfortable and me feeling like an idiot. These days I mostly keep that crap to myself. I just pay the support on time, show up when I say I will, bite my tongue about their mom even when she drives me nuts, and try to keep my own life from falling apart. Actions over speeches. Still working on it.

Look, at the end of the day the marriage didn't survive, but being their dad didn't end either. The legacy stuff still happens—it's just slower and quieter and way less Instagram-friendly. It's in the repeated, ordinary crap you do when you're tired and nobody's clapping. The kids absorb the pattern of how you show up, and somehow that pattern becomes part of who they think they are and what they're allowed to hope for.

I learned all this the long, expensive, exhausting way. If you're right in the middle of it right now... man, I don't

know. Maybe this saves you a couple wrong turns. Or maybe you'll have to make them anyway. Either way, hang in there. It gets less chaotic. Not perfect, but less chaotic.

69

UPVOTES

Just found out my wife has been recording me since she met with a lawyer

Michigan_is_too_cold · 19 April 2026 · Archived copy · Reddit

My wife and I are working towards divorce. She got a consultation last week and when I picked up her phone yesterday, I noticed it was recording. I checked and she has multiple voice recordings of our conversations from the past few days.

I thought her behavior was super weird the night before when we were talking and after she said she was going to take half my 401k, she'd go after the money I put towards my retirement as well. I got frustrated and said "I don't even know why I'm trying." She has this weird shit eating grin on her face and I just walked away.

I don't know what it all means, but I just can't believe this. Last night I took a bottle of scotch up to my office to mourn the loss of my wife. I knew we were getting divorced, but we have young kids. I didn't think that this is what I'd be dealing with. Just disgusted and creeped out.

FWIW I'm 37M and my STBXW is 47F in Missouri. Single consent is legal. Fucking bullshit to be recording in your own house, but I'm confident I didn't say anything crazy. I offered her ~\$20,000 as part of spousal support which I'm sure she recorded, but nothings in writing so guessing it's not worth much. After finding all of this, there's no more offering of any support. I'm gladly pay my child support every month, but unless I'm ordered otherwise that's it.

69

UPVOTES

1 year ago she left me with only the man in the mirror. Today, I thank her.

blinktwice_pewff · 9 May 2019 · Archived copy · Reddit

[removed]

68

UPVOTES

What I've learned from this sub so far

oli_21_ · 31 May 2021 · Archived copy · Reddit

It's really helped me understand that I'm not alone. So much so that it appears that my situation isn't uncommon. It's pretty normal. Ex cheated. Didn't take responsibility. Played the victim. Dragged me through hell for 20 months till we were final. All while smiling and pretending everything is fine.

So many people have told me "are you me?".

I'm very thankful for this sub.....hang in there guys....this is just a season. It will come to an end and better days are ahead!

68

UPVOTES

She finally called the police

BlowOut1995 · 23 October 2019 · Archived copy · Reddit

My narcissistic wife has finally crossed the Rubicon. Last night, after two nights of sleeping at my parent's I decided I'm staying home. She told me it's her house and I have to go. I said no. She threatened to call the police, I said go for it and she called my bluff and did it. Three officers came into the house and asked what was going on. I explained my side and she hers. They left and said try to stay out of one another's way. I visited my lawyer this morning, signed the agreement and paid the 8000 dollar retainer. Let's roll.

68

UPVOTES

Don't put her name on the house title if you can get away with it.

AtmosphereOk6378 · 26 April 2022 · Archived copy · Reddit

I purchased my house in a very rapidly appreciating market prior to marriage. Although my ex asked, hinted and outright demanded to be put on the title since what was "mine was ours", I put it off, saying she would have to be on the mortgage too and her credit was terrible. Of course, that isn't true but she isn't the sharpest tool in the shed. This was the same woman who regularly asked me how much my life insurance was worth (and if I should increase it for "protection"), and if she was the only one on the policy, and not my children. I assured her that in the event of death, which she seemed to be at least hoping for and at times planning on, she would receive the house to live in. Lo and behold, in a couple years time, she serves me with divorce papers claiming "emotional abuse" and demanding that I sell "our" house, which she did not in anyway pay for, and give her half. Surprise! I would have given anything to be in her attorney's office after I emailed over the title with only my name on it. She dragged out the divorce longer than the marriage with every "settlement offer" consisting of me selling the house, which has nearly doubled in value in a couple years, and giving her half. She got nothing. The judge, a conservative woman, denied her alimony, tossed her a few bucks for what amounted to be 1.1% ownership of the house, no part of my IRA, and gave me virtually all furnishings I purchased (other than the tasteless crap my ex "decorated" the house with). I doubt it even covered her lawyer's fees. Sometimes you win. But you have to keep her name off everything!

68

UPVOTES

Thank you to the attention seeking, entitled, obnoxious women posters in this sub!!!

rich_before_30 · 24 May 2022 · Archived copy · Reddit

Without your posts, I could never imagine the depth to which women are so entitled and self-centered.

On a subreddit called divorced_men, in a thread about how men are judged by mainstream culture to be the one responsible for keeping a marriage together (e.g. happy wife, happy life):

Not only do the women posters not sympathize with this unfairness that is faced by literally all men; considering the sub and the topic at hand, not a high expectation on a poster.

Not only do the women posters then not offer a balanced/nuanced view of what different difficulties are faced by men/women; a reasonable expectation for reddit in general.

What we get is posts about "what about me?" "there are bad husbands too" "women get hurt too"

Now, when confronted that this thread is about difficulties faced by men, and not every thread need to be about bad husbands or the fact that women get hurt too. We get:

"oh, women don't get to vent?" "oh, women are always bad?" "this sub is all bitter men"

On further questioning, I am astounded that the women posters have the audacity to claim they're not getting the understanding, the respect, the caring, the sympathy, the attention that they, as woman, deserve, on this sub. They're offended that the men here don't drop everything and listen to their points and their complaints.

The shamelessness, the audacity, the entitlement, the chutzpah is absolutely astounding. To come into a discussion amongst men and demand that all attention gets turned to you. As if this sub and that thread must owe you something. As if you're always welcome to make demands for attention and understanding. Absolutely astounding.

Thank you for opening my eyes.

68

UPVOTES

She just does not know how to be happy

FineTransition96 · 24 December 2022 · Archived copy · Reddit

My ex wife has no capacity to be happy or even be content and I did not see it and realized it just recently when she told me "I am just not happy anymore".

Well, she never was and seems to be in perpetual search for things to make her happy. These things were: a loving boyfriend (happy until she needed to get married to be happy again). Then a husband (happy until she wasn't and needed children to be fulfilled). Two beautiful children (until she wasn't and we needed a house in the suburbs to be happy again). Now that we had it all (because I retardedly worked my ass off, let her be a stay at home mom, had my last vacation 10 years ago) she - surprise!! - is not happy anymore. She needs more excitement and our (finally achieved) stability feels boring to her. She needs change - and what better way than to blow up our family and all I have built into a thousand pieces?

I am financially and emotionally ruined, she runs around with a blissful smile on her face because she is happy again and there are soooo many possibilities with her newfound freedom - with child support and half the assets I built, it will be a nice life. Probably only until she finds out that that also did not make her sustainably happy and now she is 35, single mom, slowly hitting the wall and has destroyed everything she had - including me. FML I guess 🤔♂ and merry christmas fellas!

68

UPVOTES

Forgive the rant but I need to air all this out.

modern_asshat · 14 June 2023 · Archived copy · Reddit

Warning that this is a long read.

This is my stop.

We've only been married for a year.

She hid her behavior MASTERFULLY while we were dating.

Also of note, we waited till marriage because of religious reasons on her side. Always with promises of getting to do whatever we want after we got married.

I'm just going to list everything I can think of that's happened in the past year.

No sex on the honeymoon, none. We tried a few times and she would back out.

No sex for the first 6 months we were married.

When we finally did have sex it only lasted for 2 weeks. She got a UTI and we never had sex again after that.

She basically locked me in the basement when we got a puppy from the time I got home to the time I went to work. I wasn't allowed to do anything else because it was "too stressful for her."

I didn't see any of my friends for the first six months until I put my foot down and told her she needed to deal with it.

She got upset I went to visit my dad, who I see about once or twice a year without her because I was "abandoning" her. She was sick and also didn't have vacation time to go.

I told her while we were dating that I was not ok with being a single income household. She said she was okay with that. Then, after we got married it's been constant complaints of having to work because she wants to be a stay at home wife.

She lost her job because she would take 2-3 days off a week for mental health days.

She doesn't clean or do any housework when she's out of a job.

She got mad that I bought my best friend a Christmas present that she thought was too expensive.

She demanded I spend x amount of money on her birthday and then when my birthday came around wouldn't reciprocate the amount.

We moved to a new place and she picked a fight with the next door neighbors the first week because they were smoking in their own backyard and the smoke drifted over the fence into our yard.

She ghosted a friend of hers that was going through a breakup because it was "too stressful" for her to be there for a friend.

We got in a fight at Costco because I put pepper Jack cheese in the cart without asking if she liked it first.

She chastises me for showing any interest in hobbies.

When we get in arguments, I go out for a drive to get some space and she will constantly call and text and cry that I'm abandoning her.

I've paid for 99% of everything for dates and trips.

She didn't let me have any day with the money we got as gifts from our wedding.

She berates me if we go get fast food and I don't order off the dollar menu.

She says I “hurt her” if I’m not feeling up to going to her moms on the weekend for dinner.

I’ve never had any of my friends over because there’s always an excuse. Her friends are over frequently.

There’s more I’m sure I’m forgetting but I’ll leave it here for now.

I’m fucking done. Turned off. Checked out.

I asked for a divorce on Sunday and now she’s begging me to stay. That things will get better. That’s she’s changed. That she’ll start having sex with me this week to prove it.

Too little too late.

68

UPVOTES

Happy story from the other side

Refl0g1791 · 17 July 2023 · Archived copy · Reddit

Hey guys, I want to share a post divorce success story. When my wife cheated on me and my daughter was under 2 years old, I thought life was over. I couldn't get over it and I couldn't focus on work. I got in good shape and hit the dating apps. It was exciting but still couldn't shake the empty feeling. Along with the gym and counseling, I tried guitar, went to church, went on dates, but it seemed like it would never get better.

I went up to the sporting goods store and bought a starter set of golf clubs for \$100. I spent \$250 on some intro golf lessons. I met lots of golf buddies and some very good friends.

I ended up buying a house on the golf course from a golf buddy and his wife. They took my list price offer over a few better offers. The home is so lovely and peaceful it's unbelievable.

Anyway, at that first golf lesson the coach asked me my goals. I said I wanted to play decently in family golf outings.

This past week I played with friends and family at an amazing golf tournament. I've been extremely committed to the game because I love everything about it, mostly the social aspect.

The golf tournament was the most special week of my entire life. I was so grateful and happy to be out there playing well.

Before divorce, I barely talked to family. My sole hobby was commuting to work. Now I play with my dad about twice a month.

The key that I learned in counseling is that I needed to live "life by design". We talked a lot about what kind of life I was designing. I'm so excited to share that it worked.

Thanks everyone in the forum for amazing advice to move on and let her go. It worked beyond my wildest dreams.

68

UPVOTES

Dying alone... We shouldn't be scared of that.

Initial_Topic_4989 · 29 December 2023 · Archived copy · Reddit

There is not guarantee you are going to die around your loved ones, specially how the world is set up now, you could have be the most loving and useful man your wife and kids have ever known and yet no only you could die alone, you could be ABUSED by them when you are too old to defend yourself.

One of my uncles used to say... "The moment I am unable to walk by myself will be the moment I am going to (...) myself" and I always wondered why, now that I am divorced I am reflecting on the way I have been treated and also on the way an uncle of mine who has alzhaimer is been treated by his kids and grand-kids, and the poor guy is not doing well, to say the least, now I understand why my first uncle that I mentioned said what he said and did what he did.

My point with this guys, sometimes you see yourself in a situation where your wife is making you miserable, and your kids are only causing distress and you keep pleasing them and working until you cannot walk anymore for them and let it be known that you might get discarded and mistreated like a piece of garbage.

I've seen threads here on reddit where the husband is terminally ill or very sick, and OP is cheating on him, or treating the sick husband like trash. That's the reward the husband gets for all his sacrifices. Don't work so hard for others, it is not worth it.

68

UPVOTES

What do young women care about these days? I guess having a baby together wasn't enough. Being a father to her son wasn't enough. Moving across the country for her wasn't enough. Buying her gifts wasn't enough. Getting married wasn't enough. Buying a family home wasn't enough.

PuzzleheadedRise9074 · 2 February 2024 · Archived copy · Reddit

Is it just boredom? She says she wasn't happy? Like how are you not happy? She just didn't want to be a wife or mom anymore. Wanted to have no responsibilities and party.

68

UPVOTES

If your wife has a “work husband” assume they will eventually hook up

cnarsystems · 26 April 2024 · Archived copy · Reddit

Ask me how I know..

68

UPVOTES

Why does everyone call their ex a narcissist?

Rower375 · 28 May 2024 · Archived copy · Reddit

I feel like almost every time a marriage fails there is a split in the blame, be it 50/50, 30/70 or 10/90. I doubt it is ever 100% one person's fault. When I see someone call their Stbx a "narcissist" I see someone trying to not take responsibility and just label their Stbx with some mental health condition. In my view, an important step towards healing is not to be the victim but take responsibility for your part on the failure of your marriage. Own it and grow from it. If you just blame someone else you will likely repeat your mistakes. My two cents.

*I should have titled this "Why do so many people call their ex a narcissist I?"

68

UPVOTES

It WILL get better gentleman. I was where you are now...

FlyingSaucer51 · 4 June 2024 · Archived copy · Reddit

Ours was hormonal. She had an ovary removed and it was like she had her period 24/7 for four years! I'm glad she left me! It was awful!

I THOUGHT we had a good marriage for 15 years and, when she left me and took EVERYTHING...I considered leaving this earth 3 times in as many years.

She lied about me and had to defend against domestic violence and sex abuse charges. She wanted sex about once every two weeks and I NEVER complained. However, she accused me of rape in the marriage.

I lost my paid-off house, 2 acres of land, all of my belongings, all my stocks, all my friends, and was literally living in my car!

HOWEVER, I just met my dream girl and we are perfect in every way! It's healthy. It's happy. It's balanced. We can communicate. We have all the same "kinks."

I suffered as many of you are suffering now and lost all hope. I was afraid EVERY woman wanted a man with a huge paycheck! It seems that way!

Gentleman, I'm here to give you hope! They ARE out there and it WILL get better!!! I promise! I really, really, really, promise you! That pain WILL go away and you WILL love again!

Don't start hating "all" women. They are all unique, beautiful creatures with different personalities. Don't fall for the "hate" trap! That will only stop you from healing and it will take that much longer to find love again!

Just know you WERE the RIGHT person for the WRONG lady! Yea, that's so horrifically painful. I know. I'm sorry. I am. You are NOT alone in this and death is NOT the answer! I can testify to this!

Oh, and she doesn't care that I'm broke! Imagine that! Someone who doesn't care about your wallet!?

They DO exist and there IS hope! Fight on mates!

Take care gentleman.

Castle

68

UPVOTES

She said, "You could just pick up the dog poop without me asking. You see it just like I do."

HusbandGettingBetter · 31 August 2024 · Archived copy · Reddit

One year ago, my *wife* (we are legally married for about a month or so more) filed for divorce because she was *unhappy*. For some reason, she latched onto the idea that divorcing me was the only solution to her unhappiness.

I agreed to move out of our house in January. I consented to her buying me out of the house on an extremely reasonable timeline.

Last weekend, during a conversation about the kids and our schedules, she told me she was overwhelmed (to be fair, this is true). She did not have time to do many of the household chores and tasks, particularly the ones I once did. I listened, responding with a meaningless "Okay" rather than a pointed "Not my problem anymore".

She then specifically complained about the dog poop littering the entire front yard of the house.

Backstory - When we got the dog, I agreed that that dog was my responsibility, from walking to booking a kennel during vacations to visiting the veterinarian. Accordingly, every day at about 7:00 am, I took a leisurely stroll around the yard and picked up the one or two new piles of dog poop that appeared during the previous 24 hours. The yard was poop-free; everyone was happy concerning this isolated issue (remember, she was so unhappy elsewhere that divorce was her "only option").

However, since I moved out of the house into a situation where the dog could not live with me, I no longer strolled around the house where I no longer lived, picking up the one or two new piles of dog poop each morning. Since January, the dog poop has not been regularly picked up. Now, the yard is a literal minefield with piles of poop pockmarking the once uniformly green grass with yellow blotches. Plus, the kids and their friends have stepped in the poop; not an ideal situation.

Returning to last weekend, she laments, "You could just pick up the dog poop without me asking. You see it just like I do." After all, she thought, we agreed that the dog was my responsibility. But, she conveniently did not recognize that this agreement was three years before she filed for divorce.

I stood there flabbergasted while she moved on to other aspects of her life that were not to her liking related to the house, the kids, etc.

She expected me to pick up the dog poop after she filed for divorce, blew up our family, destroyed me, pressured me to move out of the house, angrily demanded that I never set foot into the house again, bought me out of the house, and refers to the house as "my house" not "the house" with the clear purpose of noting that we no longer jointly own the house.

Through feats of mental gymnastics, cognitive dissonance, and confirmation bias, she had pieced together strings of faulty logic supporting her position while ignoring how we arrived in this situation to conclude that I remained responsible for picking up the piles of dog poop around the yard. *Amazing*.

So, for all those wondering, does she expect me to continue doing the chores and errands you did give that *she is my wife and I am her husband* before she filed for divorce: yes, she does. And she will be upset and confused about why you are not.

68

UPVOTES

No love for Divorced Men

Too_old_3456 · 15 September 2024 · Archived copy · Reddit

I finally got myself an apartment, one that I'm not embarrassed to have my son come and stay with me. It's been three weeks of looking while staying in hotels and in my car and it's been incredibly frustrating (I posted a week ago asking you guys where I should sleep).

So I was excited to finally have my place. It took some sweet-talking with the manager to finally accept my application. She had reservations about me being divorced, as if I wouldn't be able to pay rent every month. I gave her the quickest rundown of my situation because it's not her business anyway. She eventually said yes.

So anyway, I was finally moving stuff in on Friday. I'm inside my apartment and I can hear someone outside on the walkway ask the manager, "who's that new guy?". Manager replies, "oh that's too_old_3456. His wife kicked him out."

Or, you know, she's been cheating on me the last 10 years, probably longer, and I've had enough of being isolated and gaslit by her and her entire family. But who cares about any of that, right? He's just a divorced guy, who cares if we talk about him. We know his story.

I'm probably being over sensitive but come on...mind your business and keep your mouth shut.

Despite my best efforts to be my genuine self and be friendly with the other people in the building, no one seems to want to talk to me. Well, fuck 'em and fuck the manager and everyone else who makes a snap judgement by looking at me or based on gossip they hear. I've stopped caring about so much since leaving my wife. Add this to the pile. Anyone got anything else to add before I set it on fire?

68

UPVOTES

It never ends

Interesting-Drop3599 · 17 September 2024 · Archived copy · Reddit

I've been divorced for a decade now. Got a new GF and the ex wife calls me crying saying how terrible a person I am and she still hopes we can get back together. It's very manipulative and she wants me to be as miserable as her alone. TEN YEARS later and I still have to deal with these tantrums. Every single time I get a new person (which isn't many) she always throws a fit.

68

UPVOTES

Wife admitted to not loving me

PostmanWiggy · 17 September 2024 · Archived copy · Reddit

I loved my life, my wife, my stepdaughter. Sure, we've had issues just like anything else, but the other day, my wife admitted to not loving me. We were in the living room, and I was trying to fool around with her. She had absolutely no interest whatsoever, which just been a common theme lately. I love being with her, but she never had a high sex drive and in the five years we were together, she never wants came on to me. I could live with it, because I thought she was perfect for me. Cut to the other night when I wanted to fool around, I asked her while we're in bed what was going on. She said she's not interested in me intimately, which led me to getting her to admit that she doesn't love me anymore. She said it with such a calm, cold demeanor. No tears, no hesitation. I slept on the couch and took my dog to my dad's. First thing she asked for in the morning is all the sign in info for the bills I pay. Not how I was doing or anything. I took in her dad, her niece three times, and as she stated many times, I was a great dad to her daughter. I took great care of the house, the yard, and I did the majority of the chores. But I guess that wasn't enough. It really seems like she was thinking about this for a while and had everything planned out, because she wasted no time cutting me out of her life. Thankfully, the house is in her name and she's going to be the one to have to take on the almost \$2,000 in bills that I paid a month and all of the yard work and household chores that I happily did. So there is some silver lining in that I'll be saving a lot of money but man, what a fucking roller coaster of a couple days.

68

UPVOTES

You are enough. You were ALWAYS enough.

FlyingSaucer51 · 2 November 2024 · Archived copy · Reddit

Never forget that you were a complete person prior to meeting them.

You were desirable, attractive, and charming to them. Your fantastic qualities were why they wanted to be around you in the first place.

You were their best friend. You were their confident. You were their comfort from the everyday stresses of life. You were once the answer to their prayers and their wishes.

After they leave you, suddenly, a major part of you feels like it's gone. The person you loved with everything you were, has destroyed your timeline.

You feel as if your entire future has been stolen. Your destiny has been forever altered, most likely without your input or consent.

You are shattered.

How did the person you loved and trusted with the deepest and most personal facts of your life simply disconnect?! What sort of pain did it take, suffering in silence, to sever what was once such a joyous bond?!

As you felt them slipping away you constantly asked why they felt cold, distant; and frustrated. Sadly, there was rarely, if ever, an honest answer. No conversation. No way to resolve an issue. In fact, you were unaware you even needed to.

The person you loved and trusted with your life had changed over time. This broke you down in desperation as you tried and tried to save your relationship.

Eventually, you were informed your words were too little - too late! Wow! All that blame put squarely on you!

How?

You were never informed that any change was even desired!?

You were never told that there were any causes for concern!?

How could you truly know what they needed at that moment if they couldn't be honest with themselves and, in turn, with you?

You couldn't.

You did what you could.

You are still the person they found worthy of love the day that you first met.

They have lost that love and you have gained a new start to your life. Perhaps you never wanted a new beginning; yet here you are.

Just keep being you. Don't forget that you're enough. You were enough then. You're enough now.

Take care.

Someone else DOES understand how you feel right now.

You're not alone.

68

UPVOTES

Butt kicked in court

disgustinbrother · 12 November 2024 · Archived copy · Reddit

I know alot of you had worse but this was my first appearance in court. We did it voice conference. I think that was the problem. She wanted alimony and sole use of the house, and I wanted quick sell of the house seeing how my mortgage is over two months late. I can't afford both places due to her throwing me out of my house. She accused me of sexual abuse even though there is none.

I asked several times to address the court but the judge ignored me and my lawer. He ruled the house is a trial issue and she gets sole use. Alimony was a horror show. The back and forth between the Judge, the clerk, her lawyer was ridiculous. Judge kept asking others about what my pay stub meant. Now I have a stub that the DOD called a Leave and Ernings Statement it can be hard to read. I tried to shed light on it seeing how no one in the courtroom knew how to read it. I was ignored about five times then he heard me say that " My Non taxable income was what I spend on healthcare" Which is true. He told me "No it isn't" and then asked her lawyer about the stub but he didn't know. How insulting, Ive been reading those pay stubs for over 20yrs. It made my numbers high. He admitted he didn't like to do math. He came up with 5,400 dollars a month. My gross for a month is 6k. My Lawer quickly objected she got yelled at and the Judge became more defensive and threatened both of us. Her lawer didn't have to do anything, the Judge did it for him. The only thing I got was to be able to file taxes as married separate. She cashed in a retirement fund and didn't pay the taxes or penalties.

A day later they dropped it to 2240 dollars a month I still only net 3k a month. I won't have enough to pay rent or bills. They backed payments starting on Oct 1st. I'm starting in a hole of debt. I have to wait until Dec 18 for another hearing about alimony.

It's a great time to have a Penis!

Thanks for letting me rant

68

UPVOTES

Funny Story

Helpful-Paramedic463 · 1 March 2025 · Archived copy · Reddit

Had to show my STBXW where the batting cages were today and how to run them so when she has my son she knows how to do it.

On the drive there I put on my 90s country Pandora playlist. I didn't make the playlist, it's just a default one on Pandora.

Every song that came on was about a woman cheating. I was laughing on the inside because I knew she was hearing every word. It was like God made the playlist specifically for today and this drive.

68

UPVOTES

You win

BatKeith · 2 April 2025 · Archived copy · Reddit

I sent the following message to my (51m) STBXW last night. After almost 30 years together and she didn't reply. Silence can be its own reply.

I have thought for many years you have been trying to see what my limit is. I used to think I had no upper limit. I truly believed you could never hurt me enough to make me stop loving and fighting for you, us, and our family.

I was wrong.

I think you wanted me to fail; to be the first to buckle so it would give you permission to feel however you wanted and move on.

You were my best friend and I know I will never stop loving you. That is a heartache I'll carry the rest of my life. I will mourn the memories of the good times we shared and I will cherish the better things we brought into this world. But I will cut off my own arm before I ever reach for you again.

You win. You broke me. Congratulations.

68

UPVOTES

Called my kids to pass along the news.

Sam_N_Emma · 25 June 2025 · Archived copy · Reddit

Partially a rant and some gloating included.

Got the word this morning my ex's affair partner was arrested. Haven't gotten the whole story but it was violent and had to do with my ex and him in a custody battle over their shared child.

The reason I called my kids was to let them know we were all correct in predicting he'd end up in jail. It's taken a few more years than we thought but we were right.

That prediction among other things was what made their mother cut off contact with my kids. She was so pissed at them for not accepting a convicted violent felon into their lives. He's harmless, he prefers to beat old women instead.

My kids were mixed with how they felt. Happy to be right but sad that this is what she abandoned them for. Also thankful that I fought to protect them from this dude so long ago.

We're taking this as a win and all happy that we have good lives away from the drama that is their mother.

68

UPVOTES

Update on Divorce

lifeisallihave · 27 August 2025 · Archived copy · Reddit

A few of you may remember my story.

Life is good.

I sorted out my life, reconnected with friends and family, my friends are the best thing that could have happened to me after my kids.

When she started telling everyone about the divorce, people were sympathetic to her, even though she wanted out after meeting a married man at work. Found out later.

It hurt and I was broken, she even told me I was strong and was going to be ok, yeah they are heartless.

I started to work on myself, take care of my kids, after she moved out. I got the house, did renovations, threw out all the stuff she left behind. More than a year has passed, I'm happy and in a good place, I still have my off days and sleepless nights and I guess this could go on for a few more years. Financially things are getting better too. I enjoyed a three week vacation with my kids, it was fantastic. We did whatever we wanted and had lots of fun.

They were emotional when I dropped them off at my ex.

Fast forward, ex has been trying to get back into my life, I suspect to control me or her relationship failed. She recently emailed asking we meet. I told her I have no desire to meet with her. That felt good. And anything can be communicated through email.

Haven't heard from her again, though I suspect this won't be the last time.

She sees me walking around happy at my kids Events that she also shows up at, I usually say hello and will get on with my business.

Women have also discovered me again, it's funny how they come out of the woodwork when you are minding your own business, though I'm not interested currently, having too much fun with my new wardrobe, watches, videogames and going to places solo, with the kids or friends.

Just wanted to share.

The relationship may have ended but it's not the end of your life.

My advice to any man going through this.

Be patient, get you affairs sorted out, workout, or any other sports, as long as you do something and remember never to take them back years down the road. Most regret what they had and will try to come back, keep them in front of the door and never let them inside. And why would you want someone back who has been run through after she left?

Enjoy your life and peace.

68

UPVOTES

Cunning Cunners.

Boglehead101 · 4 September 2025 · Archived copy · Reddit

Just surfing over on [r/divorcewomen](#). A woman thinking about leaving her Narcissist husband (aren't we all?) in 4 years time as kids are in college, was asking for advice. Here's one of the responses that stood out.

How much more disingenuous can one be, live a lie for 4 years, no less. Waste 4 years of your husbands life.

"4 years is a good amount of time to plan. Start small. Open a PO BOX. Then a safety deposit box and a new account at a different bank. Start saving. Have your mail concerning the split sent to the PO BOX. Consult a lawyer, get a quote and start strategizong now. Go to therapy. I went from this stage you are in 3 years ago to separated now" ...

68

UPVOTES

Rebuilding seems impossible

Fluffy_Afternoon652 · 10 September 2025 · Archived copy · Reddit

I lost my dream home. Lost half my retirement. Live in a shitty apartment and hate my job. I'm a financial slave due to child support and alimony. At 48 years old it just seems impossible to rebuild my life. From a young age all I wanted was to own my home. Having lost that, I don't see how I'll ever be able to own a home again. My self esteem and confidence have been crushed making me feel worthless. I can see why men that go through this commit suicide. Only thing that's keeping me here are my kids. Last 4 years have been absolute hell. I see no light at the end of the tunnel and feel like the financial blow will cause me to be homeless some day. I hit the gym 4 times a week, therapy once a week. I've tried every antidepressant there is and ketamine therapy. I have not been able to pull myself out of a dark depression. If anyone has advice on how to get through this to live a good life again I'd appreciate the advice. I feel paralyzed.

68

UPVOTES

Officially divorced today!

Gira_Mondo · 13 October 2025 · Archived copy · Reddit

I (39M) officially ended my 5 years old wedding with my now ex wife (38F), and this will be my last message on this group trying to cheer up and motivate decent men who were in my situation meaning discovering infidelity from the woman they loved and made kids with (we have a 4 years old boy).

I feel both liberated and sad, my downfall started 2 and a half years ago when she all of a sudden changed and started hanging out with colleagues etc..

Long story short, I discovered she had an affair with her older 58 years old MARRIED boss while gaslighting me and feeding me all kind of lies and non sense bs!!

My advice to everyone is LEAVE if you smell something is not alright, if you notice a change of behavior towards you and your kid all of a sudden, if she changes habits/lingerie and you didn't give her any SERIOUS reason to act like this (violence/cheating), so if you were a decent husband/father and sure you made some mistakes but had an intuition something is off....well, believe your gut feeling and leave!!!

You will only save yourself and your kids time and stress, going back in time I should have left start 2023 when I noticed all of a sudden she became more social and gym and distant towards me, only months before she was very jealous and loving to do family stuff!!

Do not believe to any gaslighting, do not let her blame you for your faults, and in my opinion do not waste time on therapy, best therapy is love and communication!

I feel both sad (11 years together) and both liberated because she was initially the love of my life, I adored this woman and gave up everything to be with her only ending backstabbed and cheated on!!

Life goes on!!

68

UPVOTES

I just realized recently that in 10 years of marriage, she never made me a cup of coffee. Not once.

jaglio69 · 20 October 2025 · Archived copy · Reddit

She never made me lunch or a sandwich or a meal. Don't get me wrong she prepared meals but that was only for all of us, the kids too

68

UPVOTES

I Hate that She Put me Here: Dating in 2026 is Horrendous

tonyway7293 · 15 May 2026 · Archived copy · Reddit

If this sounds like a self-pity post it is.

Almost a year ago my (37m) life changed forever after my then wife (35f) started to change and hint heavily at infidelity and shady behavior once she started taking a GLP-1 and losing weight quickly. We were together for 10 years, 5 married, no kids.

She filed immediately after I confronted her on a series of shady behavior in June and moved out in July to a 2nd floor rental. She took the dogs with her (one of which later died in her care). She had zero remorse, no empathy, admitted to nothing, blamed me for everything and flaunted it on Instagram. She is not with someone exclusive which is a bit surprising. She is on all the dating apps.

I have been in therapy since. I have been hitting the gym, socializing with friends, doing well at work, being with family. I got to keep my home and not refinance (big win), albeit I do have to pay her out a good chunk of money. Took out a HELOC to do it.

When she moved out in July, I immediately hopped onto the dating apps. Had a bit of fun, sex with a few women but I realized it was a cesspool. I deleted the apps for a while and committed myself to not being on them until after divorce was final.

My therapist even suggested I hop back on the apps. It is completely depressing. Match > conversation > plan a date > commit > ghost. Or, match > no response. Or, go on the actual date and it leads to nothing. Almost every single woman I have gone on a date with tells me their exes were all narcissists. I never bad mouth my ex on dates (even though there is a WHOLE lot to say). It's exhausting and demoralizing. Endless swiping and a lot of wasted time/energy. I feel like when you do have a connection that can maybe lead into something meaningful, some new person slips into their matches and they instantly lose all interest and.... ghost. Women have endless options.

I even cold-approached a girl a few weeks ago. Felt great! Got her number, we texted, I pitched a date idea which she agreed to. Ghost.

I know what most of you will say, focus on yourself, I am acting co-dependent etc. Yes, but man, I miss that connection we had before she started the GLP-1. I thoroughly enjoyed our relationship and marriage before that crap happened (we even went on a date night the night before it all blew up). It's still such a shock to me going from what I thought was a steady rock to..... this.

To summarize my rant, I am completely discouraged by all the dating apps, discouraged by even approaching women organically, I am pissed I am in this cesspool not by choice. I guess I truly do need to get comfortable being alone. This sucks.

How have the rest of you managed with the dating scene post-divorce? It all seems so damn hopeless.

68

UPVOTES

Wow, I really DID let myself go during my marriage...

LaCathedrale · 28 May 2026 · Archived copy · Reddit

About a month ago I sent my ex all the pictures I had of her in my shared albums in case there was anything she wanted before I deleted 99% of it - keeping only a few dozen photos of special occasions or moments that I can share with the kids in future.

Yesterday, she sent her equivalent set of pictures to me. Forgetting the implicit act of her doing her own purging, one of the most striking things was seeing how much I had let myself go. COVID, early years of parenting two under two, the stress of injuries, moving house, the collapse of the relationship - all contributed for it to be way down my priority list.

Looking at those photos - dozens of photos - I was unshaven, I wore unflattering clothes, my spare tyre was pushed out over my belt, my double chin evident everywhere. There are lots of justifications, but the plain fact is that I looked like a slob.

All of this was just a bit of a surprise, as I'd cultivated my own set of photographs down to those which showed me in a flattering light, and to see so many from 'her perspective' where I looked quite different was a little shocking.

It's not all bad news though, over the last year I've gotten down to 83.5kg (lowest adult BW) while running, cycling, playing racquet sports, lifting and eating well - all of which are far easier as a divorced dad than they were as part of a nuclear family where any free moment must be negotiated.

When people say that hitting the gym, self-care, etc. are important during/after a split, they are absolutely right. FWIW I have now lost 22.5kg total through a) skipping breakfast, b) subbing bread/rice/pasta for vegetables and c) hitting a gym twice a week, running once or twice a week

67

UPVOTES

Divorce Myths that Destroy Men

pegleg_legal · 14 July 2021 · Archived copy · Reddit

1. She will come to her senses and this will resolve itself.
2. The system will protect me.
3. I can remain passive and just defend until this is over.
4. Taking the high road means not fighting back.
5. She cares about the kids enough not to ruin them in the divorce.
6. I can handle this myself and don't need to see anyone.
7. She will appreciate my generosity and reasonableness and respond in kind.
8. I'll just let my lawyer handle everything.

There must be more.

67

UPVOTES

A California Father: "Child Support interest has created a Slave race with no end of ever being free. I'm 66..have been paying interest for over 40 years..as much as \$1,000 a month..I sit around waiting to die..I have given up hope"

Funny_Wolverine_9 · 17 January 2022 · Archived copy · Reddit

TLDR: Stay away from Single Mom's, and having kids in this day and age is high risk.

A California Father writes in a private Facebook group:

In California Child Support interest has created a Slave race with no end of ever being free. I'm 66 and even though the divorce decree stated I only had to pay until their 19th birthday, the amount was so high that I became homeless four times. And once a person is homeless it is very hard to climb back up again. Instead of lowering support payments to match my lack of income, they punished me by adding interest I could not pay. Saying something about I had Equity whatever that means. Now I'm 66 years old and have been paying interest for over 40 years even though my children are all adults and have been brainwashed into thinking I'm a bad person and will have nothing to do with me. The interest can climb up to as much as \$1,000 a month. They are taking \$100 a month right now out of my disability and have passed laws allowing them to take up to 60%. I've tried everything and depression has destroyed me and destroyed my life leaving me with no hope. I sit around waiting to die. This is their way of dealing with child support. She was a welfare mom when I met her with two kids of her own. I was trying to get over my divorce from my first wife when she committed adultery and left me. Instead of getting help I have been persecuted and the government has destroyed my human rights as stated in the Constitution and they get away with it everyday. I have given up hope of anyone helping me because the criminals in charge are the ones that make the rules.

67

UPVOTES

4 years post divorce check-in

someoneelseiknow · 16 February 2022 · Archived copy · Reddit

I am 4 years post divorce and I have to say it has been a ride. It was an emotional roller coaster that I was not at all prepared for. I feel that I was lucky to get 50/50 custody and there was no child support or alimony.

It took me awhile but I now have a steady girlfriend who loves and supports me in many ways, she is truly incredible. I have been able to work my normal 9-5 job and pickup extra side jobs while my kids are with my ex wife. Not having someone leaching off of me and working extra has allowed me to move up from sleeping on the floor to finally being able to pay off all of my debt (aside from my house).

The kids are well adjusted at this point and they are even OK with the new people in their lives. It can be hard to see my kids wanting to do things with another man that I as a father would have done with them, but I suppose it is better than him being an arse to them.

I think back to the first few days, weeks and months. They were hard, incredibly hard; there were times I would want to lay down on the floor of my office and just give up.

But one day turned into two, so on and so forth and eventually I was able to turn my life completely around.

Based on my experience I can offer a few very important tips

- 1) do not turn to alcohol to numb the pain, it only drags out the healing process
- 2) If you are still in love or did not want the divorce stop talking to your ex. She will continue to leach off of you and lead you on.
- 3) Focus all of your time, love and attention on your kids. They need it

Good luck to all of you. I am happy to finally say that there is life and there is hope for all of us

67

UPVOTES

When the grass wasn't greener!

TheBoyBand · 29 March 2022 · Archived copy · Reddit

She wanted to come back and “fix” things after the devastation and turmoil she left behind.

I said...Fuckkkk youuu! Your biggest mistake was allowing me to find out how much better I am without you all around as a father and a person... Your affair fog lifted, oh well to bad!

67

UPVOTES

I hate her..

Tyler-87 · 5 May 2022 · Archived copy · Reddit

She took the kids, she is somehow getting maintenance for 2 years after spreading her legs to another, and I'm stuck paying childcare for 3.. while she works some 20hr fuck job... today she says "I don't want you to hate me forever..."

Too late.. I'll play nice for now but once sock day hits I will not talk to her outside of the confines of our children, which should be a shock for her.

She's taking my kids and me financially across the grinder leaving me with Jack shit to show for it. Fuck her... I'm dangerously angry, needed to vent. It becomes official in 30 days.

67

UPVOTES

Now she wants to work on it, lol.

IncreaseCommercial71 · 11 October 2022 · Archived copy · Reddit

This is great, she's had multiple affairs, substance abuse problems, wanted to see if she still had "it" and told me she wanted a divorce. Ok, I make the divorce happen, get the kids, house and child support.

Now she wants to work on our relationship. Anyone else get the joy of a remorseful ex?

67

UPVOTES

I have a chair!

welder_1 · 19 November 2022 · Archived copy · Reddit

Moved out today and the only furniture I have is a folding chair and air mattress. I'm free.

67

UPVOTES

Female Nature: Never take responsibility

644pacf · 6 January 2023 · Archived copy · Reddit

My ex-wife never took any responsibility for the marriage breaking down. It was all my fault. And so many other things, all my fault.

Anyone else?

67

UPVOTES

Why did she cry?

Ciguapalmera1995 · 30 May 2023 · Archived copy · Reddit

At the moment of signing up those damn papers why did she cry if she was the one who asked for that saying that she was no longer in love? Why did she try to hug me? And why did she ask me to grow up when I din't want her to touch me?

Why did she have to do all this? And I have to coparent amicably with such an irresponsible person? I never wanted to divorce

67

UPVOTES

Anyone here feel like they're just never gonna date again?

1sAnd0z · 25 June 2023 · Archived copy · Reddit

I have ten more years until both kids turn 18 so idk what I'll do at that point, but holy shit I just cannot imagine bringing a woman and her kid/children into my life right now.

I know I'm the weird one because most people seem to want that after divorce but sheesh, that just sounds less than optimal ha. How do you even have time for that? I'm jaded from divorce, but I just can't imagine a woman being so interesting that I give up my free time, regularly for her and her kid(s).

Like I said I know I'm the outlier, I'm just wondering if anyone else can relate

67

UPVOTES

The r/ask post about "why so many dads abandon their kids" is outright nonsense

donkeykong64123 · 16 September 2023 · Archived copy · Reddit

Through my separation and divorce ordeal, I met a number of dads going through it all. I've gone to divorce fathers meet up groups. I can say from experience, there are a fair number of GOOD dads who struggle to keep their kids in their lives, and sadly some fail. The family court system is far from perfect.

The generalization that a father who lost custody and parenting time because he didn't care is far from the truth.

Mothers have an easier time establishing their own status quo with parenting and decision making, and the family court system enables this under the assumption that in the best interest of the child. If you have an unreasonable mom, it is truly an uphill battle to change an unfair status quo. You endure:

- The cost of lawyers
- the gaslighting
- The parental alienation
- visitations and little parenting time while the family court take their sweet time.
- the dismissiveness of bias judges who upon reading a page of two decide whether you are a deadbeat dad who deserved one or two days a week with your child(s) or less.

..All while being told you need to pay up full child support and alimony in some cases for the kids you are barely allowed to see.

All while being told not to get frustrated or mad because if you show an ounce of emotion, it will be used against you in the family court and it will be your fault.

People out there truly don't know how much it takes to stay in your child's life when you have a spiteful, immature, narcissist, abusive mother who weaponizes the kids. And it's not as uncommon as you'd think.

Hell, if you are a dad in a 3rd world country, dads literally have no rights period.

I'm a dad who endured 4 years of separation, 60k+ in lawyer expenses,, went through 3 judges to finally get 50/50 custody and parenting time. Many fathers have gone through the same if not more and not succeeded.

Nowadays, there are good fathers who want to be parents. Fuck redditors and their generalizations.

67

UPVOTES

I've decided to abandon my children and feel indifferent about the whole thing.

jjjjjackson87 · 27 September 2023 · Archived copy · Reddit

It's been years and years of my ex wife's alienation of my children and I've discovered today that I stopped caring. I don't care if they don't want to see me, or talk to me or whatever.

I feel nothing inside for these children, or her, or really anything associated with this life and am just...going to move on. Probably just pack up and leave and they can figure it out while I'm gone.

For the past decade I've done the therapy, the court, heard the bullshit, reframed all the hurts into something else. I've taken the drugs and worked out and poured myself into healing myself. I feel like my heart has been hardened by it all and now I've just stopped giving a shit. I feel like my heart and head is finally at peace. Is this what healing feels like?

I've read the past posts about this and can't think of anything that would want to make me hang around to *maybe* have a chance at a meaningful relationships with these kids. Anything I try will inevitably be ruined by the their mother so instead of waiting around for that ball of pain, I can just move on, making everyone over there happy. I get blamed for fighting for my rights, fighting for time, and fighting for people to stop looking at me like I'm a walking ATM machine.

I don't have to tell anyone in here about the massive indifference of people, judges, professionals, etc, and I'm actually a little shocked it took me this long get here. I thought all that optimism had been beaten out of me long ago.

I was abandoned by my parents when I ten and instead of feeling anymore anger towards that, I feel a sense of pride that I turned out the way I did. I know what it's like to wander life looking for parents who won't show up and now that I'm trying to provide that to my children, the irony of them not wanting it, is perhaps, a little too on the nose for my tastes.

I've built a good life and have the resources to bounce to another country tomorrow and be absolutely fine.

I don't know if I'm looking for advice. Maybe some perspective I haven't been seeing? I don't know.

67

UPVOTES

Getting back put there sucks

throwaway41422 · 8 January 2024 · Archived copy · Reddit

A week or 2 ago I hit on a woman for the first time since Bill Clinton was president. She's smart, funny, has some shared interests, thinks my oddball hobbies are actually interesting and not boring,, has great taste, and is creative. She's certainly not too hard on the eyes either. Unfortunately, she shot me down. Hard. Maybe it's because I've never been in this position as an adult but I totally misread stuff with her.

A few days later I was talking to a woman in my city on here and I tried again. We're going to get drinks next weekend. The more I talk to her, the less excited I get. At this point, I'm looking at dating as a skill that I'm super out of practice on. I think it'll be good for me to get back out there.

It's been a year and a half since my wife and I split up. This just sucks. I'm 45 and both our kids are grown up now. This was supposed to be the time my wife and I were going to be able to go travel and do fun stuff with just the two of us. For years I looked forward to the kids spreading their wings and flying and having a chance to just be a couple (she got pregnant a month or two after we got married) without having to worry about the kids.

The worst part is that, not only was she my wife, she was also my best friend. I want to go to her to help deal with the hurt that I'm going through now like I used to with other problems. Unfortunately, all these problems are here because she's a lying cheater.

Sorry for the long rant. I saw the woman who shot me down earlier today and I've been feeling down since then. Sometimes it's good to just vent to other men who might be able to relate. I also like thinking that, by talking about the problems I'm having, some other men who are going through similar things don't feel so alone, that there are others like them and can understand their pain.

67

UPVOTES

Has anyone's Ex-wife ever apologized for putting them through hell?

Bluerednaz · 10 February 2024 · Archived copy · Reddit

Try not to laugh guys. It's a serious question. I used to think my ex wife was special in the sense that she had a heart and was better than all the coldness and lack of emotion she had towards this whole, shitty, process. Even though it has very negativity affected our child. Like, I doubt he will ever be able to heal kind of damage.

But I am genuinely wondering, have any men on here ever got even a half assed apology from their ex wife?

I know what the kind of answers to expect but I'm just hoping there is some hope left for women.

67

UPVOTES

Don't give up on being happy

Flapique · 27 February 2024 · Archived copy · Reddit

When my wife tried to burn me the ground and tossed me in the dumpster. I thought that was it for me. I thought no one would ever love me again because I had chronic health conditions and could barely function...

Here it is... A year later and I finally feel like I'm starting to hit my stride. I got a full roster on Bumble and I started going out on dates and these women really like me and want to do stuff for me. Met a lady who was smoking hot sitting by herself at a bar. Said nobody ever comes to talk to her and she sits there all the time by herself. Well she's not alone anymore.

I have intercostal neuralgia t6 through t10 on the left side of my body. I have a paralyzed left diaphragm PTSD, depression, anxiety and tons of referred pain from my intercostal neuralgia.

I still need special accommodations but you know what I'm figuring it out! At least I always get a front row parking spot because my handicap pass lol.

This has not been easy. I've cried a lot... And then I cried some more! And then after that... Oh yeah I think I cried a little bit more.

If a thrashed door knob like me can do it so can you. You're only as good as your last game so keep up your defense and offense. Keep your body & mind strong. That's all I got to say. I love you all and wish everyone here the best.

67

UPVOTES

Why do we seem so rare?

OneMinute · 14 April 2024 · Archived copy · Reddit

50% of all marriage fail right? I'm at a kids birthday party and all i see is happy married ppl. I know I'm new and maybe missing the signs due to being sad myself but fuck i hate being surrounded by happy couples with kids. Its such a trigger knowing the ex has moved on and I'm stuck in a cycle.

67

UPVOTES

Is this the best forum for men?

Simple-Captain3421 · 19 May 2024 · Archived copy · Reddit

Honestly, since I joined this sub, I have nothing but praise. I feel supported, and support others when I can. Sadly, I was not part of this sub when I was going through hell (I am not a social media guy) but the few month's I have been here now, I feel proud of the camaraderie that is reflected here.

Its just sad that men have to group due to a tragedy (divorce).

You spend a few seconds per day replying to someone's post but realize that your reply elevates someones mood or helps them navigate a situation. Keep sharing those insights.

67

UPVOTES

Am I the only one that finds it hard to trust women with my feelings ever again?

buckbolt93 · 2 August 2024 · Archived copy · Reddit

Is it just me or is this something y'all are feeling too?

67

UPVOTES

My Ex Wife has no shame

CarpenterNo3430 · 4 November 2024 · Archived copy · Reddit

I was granted the divorce Tuesday, within a week she has been asking me for money to pay her debts save her account from overdraft fees or try to gaslight me because I just didnt give her the house. This woman wanted the divorce I gave it to her but didnt workout in her favor.

67

UPVOTES

A man alone

Majestic-Comment4285 · 13 December 2024 · Archived copy · Reddit

No one will ever know that you love her, long after she's moved on and replaced you with another man.

No one will be there to see your tears and your sorrow and the longing you feel in your bones.

For a few weeks and maybe even months, if you're lucky, someone will listen. You will feel heard.

Eventually, though. You'll hear it: that sound of annoyance in the voice of another. So you'll stop talking.

You'll no longer express outwardly that your world is broken and all you ever wished to feel, touch, smell... see... taste. It's gone. Those senses belong to another — someone who put in no work but enjoys the fruit.

You'll hate them both. You might date. You might move forward. You might smile once in a long while at a joke or at a movie.

But she's still there.

She lives deep in your heart permanently. She always will.

Your children will have long ago adapted to a new normal. You'll smile at them and you'll make them dinner and watch Pixar.

You'll love them.

They won't see you hurt. They won't see the 8 beers you drank in your closet on a Thursday evening while you silently suffer years after you lost the woman who gave birth to them.

It's your struggle now. Yours only.

And you'll be glad they don't know. You'll feel blessed this is your cross to bear.

You'll just wear a mask and you'll wonder if your trespasses were so egregious that it was deserving of a life sentence of solitude, grating pain and wanting it all to end.

But your daughter will smile and say, "I love you, Daddy."

For a moment you'll smile at the innocence and the levity.

But you'll realize you saw her in your daughter. You saw her features, her attitude. You saw her essence in your little girl.

And so you'll weep years later on a closet floor because you stopped being fun in this modern world with your mindset of abundance and loyalty.

You'll know the woman you would have died for was dying to experience something other than familiarity.

You will hope you might wake up tomorrow and have accepted it. That it wasn't a dream.

You will force a smile and head out for the world with a hope that something future is equal to the past.

What was will never be topped.

You will cry for that, too.

If you didn't, I did.

67

UPVOTES

Found out my ex cheated on me multiple times

alifeofpeace · 6 March 2025 · Archived copy · Reddit

I filed almost 2 years ago. Our case started very difficult. Relations improved recently as did coparenting somewhat.

I made lots of concessions to get some deals done.

I learned of infidelity before I filed. And then I learned of more infidelity that occurred a year before I filed. It doesn't surprise me. Does it bother me? A little. But not so much. If anything it's more confirmation for me that I left a person that didn't value me and wasn't good for me. Goodbye and good riddance.

I'm actually smiling because the future is bright and I'm going to live a good life not next to a cheater.

67

UPVOTES

Marriage is Dead

midlife-madness · 12 March 2025 · Archived copy · Reddit

This one is tough. My wife no longer feels romantic feelings for me and said she hasn't since we had kids. So the better part of 14 years. That all of it was an act because she was just following a societal script. I mean, that leaves me with a pretty shitty feeling. Our marriage hasn't been perfect or maybe it has been in its imperfection. But I was committed to her, to the relationship, to bettering myself, to bettering us. She's questioning whether she wants to be committed to me, whether I'm the only one that she wants to be with, etc.

It actually explains A LOT. How when I got really anxious when last year she started meeting new people (for work) that something woke up inside her. I could feel her pulling away and she accused me of not supporting her. That I needed to get my anxiety under control. It was hard for me to support her when I felt her pulling away, which is totally understandable in light of today's revelations. The anxiety that I've been feeling for the last year was entirely normal. There was nothing wrong with me. Any guy would feel this way.

I've tried all of the things to rekindle feelings (trips, dates, touches, surprises, flowers, chocolate, comments, etc) and I'm happy to continue, but I'm just crushed that she's been faking romantic feelings for so long. I mean that's a pretty awful way to live for her. She says she loves me, but not romantically. She doesn't desire me. I'm at a loss for how to proceed. She says she wants to separate. The internet says that 90% or so of all separations lead to divorce. My mom's parents divorced and she's still affected by it and she's in her 80s. My parents divorced and I'm affected by it and I'm almost 50. I don't want to divorce, but I also don't want to hold this woman that I love dearly in captivity. The kids know what's up and are already wanting to choose where to live.

I have people in my ear telling me to be patient. I have people in my ear telling me it's just perimenopause. I have people in my ear telling me to lawyer up and file first. I have people in my ear telling me that she's going to destroy me. I have her telling me that she won't. She was THE person I turned to for everything, but I cannot turn to her for this. How can I trust her when she lied to me for most of our relationship about her romantic feelings for me? I was really sad for a while, but my sadness is turning to waves of numbness. I just want this to end, so I can focus on my kids and our collective healing and growing. And she can do what she needs to.

67

UPVOTES

My wife has gone insane.

Pukeolicious · 10 August 2025 · Archived copy · Reddit

I'm 53. Next month I will have been married for 34 years.

In February, my wife decided that I have had multiple affairs. At least 8, including sex parties with slaves, a S. Korean prostitute, and various casual hookups while I worked overseas in Afghanistan, Iraq, and here at home. All of this is based on tarot cards, "visions", and ChatGPT sessions.

I've never once considered cheating on her, certainly not in the disgusting manners she claims.

She has also, for the last several months, predicted that a forest fire would claim our home. She keeps providing dates and when that date passes she provides another. She has built an entire mythos about how it happens, how we save our neighbors animals because the neighbors aren't home, how we save other people just in time from the flames, and how we use the insurance and other support to end up in a better home and more financially secure.

She won't listen to me and laughs at me in a condescending manner when I try to convince her she is wrong about me and the fires. She is demanding a divorce and we've been as separated as possible but still living on the same property (I have an office in my workshop that I've been sleeping in).

All of my kids are adults, two still live with me. Two of my kids support me and as a result, she has pushed them out of her life, which means she has cut herself off from our grandchildren. The third is trying to walk the line between us and I'm encouraging her to be there for her mother.

My wife hasn't worked outside of the home for over 30 years except for a brief period of house cleaning. She cannot support herself, and I'm barely able to support our current home. This divorce will destroy me financially as I'll be forced to short sell my home and possibly move back in with my 73 year old mother in Kansas where houses aren't so ridiculously over priced (I'm currently in Montana). I'll most likely be forced to declare bankruptcy in order to begin recovering - as I'm barely holding on as it is - and I'm sure I'll have to pay alimony in order to help her survive.

Oh, and she thanks she will have a new husband named Nathan by December. No, she doesn't know anybody named Nathan and it isn't possible for to be currently having an affair. She spends all of her time having visions, reading tarot, and grilling chatGPT.

While I'm innocent of things she is accusing me of, I still feel guilty for even considering allowing the divorce to happen. I made a vow, through sickness and health. I feel that she is sick - physically or mentally. But how many of these verbal attacks should I take? I'm afraid that I'll snap and hurt her. That's the last thing I want or need. That's why I'm sleeping out here where I work instead of in the house. I'm afraid that this narrative she has built is going to come crashing down on her and she won't be able to handle knowing what she has done to our family.

Sorry, this turned into a bit of a rant. My life is falling apart and now I'm forced to contemplate things like divorce and bankruptcy. Any advice?

67

UPVOTES

She is done, I can't fix this, here is my story.

RemarkableDonut2676 · 18 October 2025 · Archived copy · Reddit

I am 40, got married 15 years ago to a beautiful woman I had dated for 4 years. Married life was great, 4 years into marriage we decided to have a kid, soon our son was born. She instantly changed she stopped being wife, looking back out was probably postpartum depression but being young and clueless that never crossed my mind at the time.

For the next 5 years I lived a sexless miserable marriage, I was completely alone with her right next to me, no matter how many talks we had nothing changed. I then accepted a job in a city over an hour away and we decided to move. There was one month period where we owned a house in both cities and I stayed at the new one setting it while she stayed at the old one cleaning and prepping for sale, and keeping it secure since we lived in a terrible area. During this period I realized how happy I could be without her and how much she was hurting my life.

I then asked for a divorce and said she keeps the first house and I keep the new one. She panicked promised me the world to stay told me change would happen. I caved and said ok, but she did change this time and I ended up getting the best sex life and best relationship ever with my wife. She then got on ADHD meds and things got even better. We decided to have a second kid and right about then is when the next issue started, I was having majority anxiety issues and my doctor put me on Lexapro.

It worked, it took away my anxiety, but it also made me an emotionless zombie with zero sex drive. I slowly turned into a male version of how she was after our first pregnancy. She tried to talk to me and I just didn't see it, I "felt" good. I remembered having a sex drive what did she mean I don't have one? After 5 years of this, I caught her having an emotional affair on Facebook, she asked for a divorce but then changed her mind a couple days later and wanted to fix it did the kids.

I got off the meds and 4 months of individual therapy and couples therapy and she keeps telling me things are going well and we are improving. Until last night, she hits me with therapy isn't working, she is faking it and she is ready to leave.

I think the comment she made that hit the hardest was, that even if this didn't happen and we had a healthy relationship odds are she would still ask for the divorce, she realized she had only had 2 real relationships her whole 40 year life, one being me, and she wants to experience more before it's too late, that there is more to life than just being with only 2 people.

Crazy thing is, I currently know 3 other couples, 1 friend, 2 co-workers currently getting divorced because the women wanted to experience more sexually. They crave the thrill of lustful dating rather than a mundane marriage.

67

UPVOTES

Divorce is a (financial) set back, not ruin

Objective-Fan-5464 · 2 November 2025 · Archived copy · Reddit

I see a lot of posts here saying divorce wipes out half your net worth. Yes, it hurts. You lose money, time, and stability. You question everything.

But here's the truth from someone who's been tracking his net worth since 2009: it's doubled roughly every 4 years. After my divorce, that growth curve dipped, but only temporarily. When I looked at the numbers, divorce didn't end my progress... it just set me back about four years.

That's all. Four years.

You will recover from that.

You will rebuild smarter, faster, stronger because now you know what matters and what doesn't.

Divorce isn't the end of your story. It's a recalibration. You might be bleeding now, but time + discipline = recovery. Keep your head up, stay focused, and play the long game.

Obviously, YMMV but four to seven years from now, you'll thank yourself for not giving up.

67

UPVOTES

Unwinding 34yrs Together

lovinglifeagain52 · 28 November 2025 · Archived copy · Reddit

I (55M) am not exactly sure why I am sharing, maybe it's to say the words out loud somewhere. I've been married 32yrs and with my wife for 34yrs. We have two children, one graduated college but still living at home, the other still in high school.

I discovered over a decade ago that she had multiple affairs, at the time I was faced with the impossible decision, myself and my self respect or leaving and getting to co-parent my children part time. I chose to stay because I wanted to be able to see my kids grow up and give them the most stable environment. For those who leave and co-parent/split time I have great respect for you, it was just not something I could do for me.

My wife and I found some peaceful ground, we didn't argue, we were friends, but all intimacy died. We were roommates who would often do things together but marriage love was gone at least for me.

Over that time I lost more and more respect for myself, couldn't look myself in the mirror, and even though I was able to see my kids grow up, I never felt more lonely surrounded by people than I have the last decade plus. So, I have made the decision to leave in February, 2026. I want to get through the holidays, a couple of birthdays in January, and then break the news.

The house is paid off, I have a significant retirement built up, savings, stocks. My wife has dabbled at personal passion projects but had never made any significant income to bring into the marriage. She'd never be able to buy me out of the house, I don't look forward splitting the retirement funds and everything else but from what I can tell there is nothing I can do about that. I guess it's the actual price I have to pay for self respect and a chance maybe, just maybe, of finding love, intimacy, and happiness.

I am marking time until February, filled with stress, self doubt, questioning every decision, but somehow still resolute in my decision that the only way I can live is to leave...

67

UPVOTES

The Good Person Trap: Why "Taking the High Road" Is the Single Worst Strategy in High-Conflict Divorce

Odd-Zone-2635 · 30 November 2025 · Archived copy · Reddit

Gents, I see this advice constantly in this sub, and I need to push back on it from a strategic perspective:

"Just take the high road."

"Don't lower yourself to their level."

"Be the bigger person."

Look, emotionally, that advice is great. But legally and strategically, it is poison.

In a high-conflict divorce (especially with a partner who uses manipulation, gaslighting, or parental alienation), your personal kindness and authentic emotional response are the absolute worst weapons you can use.

The Problem: Your Ex is Playing a Different Game

When your ex sends you a text that is a mix of legitimate logistics ("Pick up the kid at 5") and emotional bait ("I hope you're happy, you broke our family"), they are setting a trap.

When you respond with your authentic, human feelings:

You Justify the Bait: You prove the emotional warfare works.

You Create Evidence: Your long, angry, or defensive text becomes exhibit A in court, proving you are the "unstable, reactive" parent.

You Get Exhausted: You spend hours writing a response, handing your ex all your mental energy for free.

The Solution: The Communication Firewall

You need to stop being a "good person" in your communication and become a Robotic Scribe.

This means eliminating 100% of your internal emotional response from your external messages. Every message you send should only contain one of two things:

A Factual Question: "Where is the physical location for the 5 PM exchange?"

A Factual Confirmation: "I will pick up [Child] at 5 PM as scheduled."

You are creating a court-safe paper trail where you look like a CEO and your ex looks like an erratic, emotional antagonist.

Example: The Bait

Ex's Text: "I need the payment by Tuesday, and honestly, you're the reason I'm struggling so much. You never cared about my finances."

The Wrong (High Road) Response:

"That is completely unfair! I gave up everything, I got you that job, and I've been paying 100% of the bills since D-Day. You need to take responsibility for yourself." (—> Evidence of Defensiveness and Anger)

The Strategic (Robotic) Response:

"The payment for the agreed-upon amount will be transferred by 9 AM Tuesday, as stipulated in the temporary order." (—> Evidence of Compliance and Stability)

Stop taking the high road if the high road involves giving away your emotional energy and creating ammunition for your ex's lawyer. Start creating a firewall where only facts, dates, and logistics can pass through.

What's the hardest baiting text you've ever had to deal with? Drop it below and let's script the response.

67

UPVOTES

Beware of all DVPO consequences

LastProperty5646 · 25 January 2026 · Archived copy · Reddit

She called cops because yelled at her in the car with kids in the car. Cop saw I didn't do anything and said go somewhere else for night. Wrong, of course, but I'm certain she baited me and planned because the next day she got a 6 month DVPO, saying I was verbally abusive. I should have fought, because it said the only communication can be about kids. I needed my work computer and texted her asking if I can come get with the sheriff, as I have to have for work. When I arrived arrived at house, a she already told him I violated the orders by texting her.

I was arrested on the spot for violating the DVPO. I was just trying to be nice and give a heads up I was meeting the sheriff. Spent 48 in jail because I texted just asking a logistics question to get my work computer.

Be aware women that use the route DVPO with exaggerated allegations, have probably planned for a while.

Way too easy to get based on just a couple of lies. Until the dust settles, the man gets screwed at every turn.

I now know she has gone Nuclear and she will do anything to destroy me.

67

UPVOTES

Dating was awesome, Wedding was unbelievably fun. But being married was brutally awful. I'm often sad by how it ended. But I don't *miss* it. Ever.

TJ_on_a_trip · 21 June 2026 · Archived copy · Reddit

Discovering her brutally cruel affair was ultimately the best thing that ever could have happened to me in the long-term.

I won't get too in detail for my sake and your own, but the quick notes?

My dad (my best friend on the planet and mentor) dies.

I become a more emotional human being for a year or so. I put on weight. Become gentler, softer more empathetic person.

Apparently this makes her feel like "I've changed" and so rather than addressing that with me, she begins sleeping with random men and laughing with them at my expense at how oblivious I am.

Now, DID I become so depressed that year that I was pushing away from sex sometimes?

Absolutely.

Did I deserve to have the one person I ever trusted cheat on me for that?

Nah. Probably not.

But dude. It woke me tf up.

It hurt so much but. It was remarkable, I mean I marvel at how fast I realized being AWAY from her made me happier.

And healthier. And less stressed.

I dropped so much fat. I gained so much muscle.

My confidence came back.

I was able to asses who I had become.

And I will never, ever regret being emotional over the death of my father.

But I do regret what a little simp pussy I was being in regards to her.

Letting her boss me around just bc "it's her period" or "this is her special vacation she's always wanted" so she can just treat me poorly etc.

When I truly realized I was better off without her was around the 6 month mark when her constant begging and apologizing and pleading no longer validated me or felt good to me.

I genuinely felt bad for her.

I was no longer the loser.

I was the prize she had given up, all for sex with sleezebags that laugh at the idea of a depressed husband working his ass off while she gives her body to them.

Best part is. Community property state.

My house. Kept it. My money? All mine.

No kids.

Hope those random hookups are open to paying all her bills like I was.

Heard she's filling out job applications now and living at her moms.

Life is rough.

But what a gift this heartbreak was.

I found myself again. And I had sure bloody fkn missed him.

66

UPVOTES

Got remarried after 2 months finalized....she's loud and requires A LOT of attention but worth it!

oli_21_ · 24 June 2021 · Archived copy · Reddit



66

UPVOTES

When your baby mama comes to beat you up but gets busted with drugs

jakeup58874 · 20 May 2020 · Archived copy · Reddit



62 likes

1200sidesavage When ya baby mother bring her family to beat you up but they get pulled over out front and the police find drugs in the car 😂😂😂🙌
Look at God working 😂😂

66

UPVOTES

A little karma paid back

walkingdisaster4046 · 30 December 2021 · Archived copy · Reddit

My STBXW dropped kids off earlier than holiday court order on Christmas Day. This was a pleasant surprise that I'll gladly take given I thought I wasn't going to see them. She gave me some excuse of not knowing. The calendar and court order has been set for nearly 10 months.

Turns out she did so to take an international trip to French Polynesia with her f*boy or boyfriend (doesn't matter).

She texts me informing me where she is and that she's stuck there bc she and "friend" tested positive for COVID, and were denied flight home. She has no idea when she'll be home and how long to quarantine.

Poor judgement and a little bit of karma served.

66

UPVOTES

It's Finally Done!

Address_Icy · 20 January 2023 · Archived copy · Reddit

I just wanted to celebrate a bit. It's all done. I feel like a weight has been lifted off my shoulders. I heard today that I'm officially single and everything in our amicable divorce was approved (50/50, I get the house, no alimony). I kept running through all the bad scenarios in my head about how it could go wrong, but it's done and I feel like I made out better than a lot of guys.

There's still going to be a few months of cohabitation and my paycheck will be a bit lighter with child support, but I'm free and not in an apartment or somewhere worse.

I'm just happy it's done.

66

UPVOTES

It's done

computergeek89 · 21 September 2023 · Archived copy · Reddit

Well, it's finally over 34 1/2 years of marriage went to court today. The judge granted the divorce, and I sat there and wept like a baby during the whole process. She didn't try to cheat me. She gave me the house. I know I'm a lot better off than most of the men here and for that I am grateful but I grew up with this woman we married at 19. I'm now 54 I have zero interest in another woman and as a Christian man, because there was no infidelity on her part or mine and I know this to be a fact I don't feel released from the marriage yet unless she hook up with another man. I know that may be hard for some to understand, but that is how I feel led. I just needed to come on here and vent fellas. I know everybody else has their own sad story like me, and I wish we lived in a different world where people didn't toss each other aside like yesterday's news, but that's not the world we live in, so I know it's time to man up and move forward, but it's really hard 2/3 of my life have been with this woman and even though I've known this has been coming for a long time it's still hard. Sorry for the wall of text. I've been dictating this on my phone as I'm driving down the road.

Edit I appreciate all the kindness you guys are giving me I thought I was ready for this. I've even advised other guys to let it go and move on but the finality of it today sitting in court, listening to what was going on. Just overwhelmed me. I'm glad to have you guys as a support group, but I gotta be honest. This is a club. I wish I wasn't a member of , again thank you all

66

UPVOTES

When The Marriage Wasn't Bad and You Can't Hate...

FlyingSaucer51 · 18 December 2023 · Archived copy · Reddit

For the past two years I have been in therapy, I've been on the antidepressant Wellbutrin, and my family and friends can't understand WHY I still miss her. In fact, they are practically angry with me, the true victim, for NOT hating her.

Many comments in these posts tend to demonize our exes and are followed by statements about how great it is to be alone. So many posts talk about guys now doing what they want to do and enjoying the solitude and quiet time.

I think it's important to point out that not ALL of us were frustrated in our marriages. Many of us LOVED being married and would do anything to have back what we lost. Some of us can't fall back on the defense mechanism of declaring we were totally unhappy and now we are free. We all got married for a reason right? How can we act like that was never true?

I don't feel "free"...I feel "discarded."

I don't feel like I've gained anything...I only feel loss.

As a man who watched my first wife die in my arms at 30...losing my second wife feels as bad, if not worse, than a death. Why? Because my deceased wife didn't CHOOSE to leave me. She didn't CHOOSE to give up on me. She didn't CHOOSE to hurt me. Her death was a freak thing and, had she not died, I would have never jumped into another relationship so fast.

I feel like there is a voice missing in many of these posts. The voice of the husbands who truly LOVED being married.

My marriage felt perfect. We loved doing all the same things. We were like best friends who ALSO enjoyed sex. I never once felt animosity toward her. We truly never fought. Our friends asked us for relationship advice. We were known as the "dream couple" to many. People always commented about how "in love" we always seemed.

Then COVID. Then friends and family members began dying. Then her childhood PTSD was triggered and all of a sudden she became someone I couldn't even recognize. She even had schizophrenic-like episodes. I was terrified. Then she left. I was utterly crushed. I am still crushed.

I think it's important that it's understood that many of us are NOT comforted with all the new "me time." Some of us don't like being lonely or having to now make all the decisions.

There are lots of men who lose their wives and their defenses go up and they say they're almost ecstatic to be single again. I'm not.

I miss the person I formed 15 years of memories with. We had thousands of adventures. We traveled and shared amazing experiences. We laughed together. We cried together. We processed the world together.

Even after what she has done to me, I still don't hate her. I'm just sad. Sad she chose to destroy us rather than communicate. Sad she lied and rewrote our history. I'm just sad. I'm not mad.

66

UPVOTES

I just found out that I'm going to be forced to sell my house and pay around \$1,500 monthly for alimony, child support, and health insurance. I only bring home \$3,000 every month. How am I going to survive?

Sylvester_Shalom · 19 April 2024 · Archived copy · Reddit

Meanwhile, my STBXW is living it up in a lavish lifestyle with loads of money with the man she cheated on me with. I hate to say "it's not fair" but damn, this sucks so bad. I feel like I'm going to turn into their financial slave.

My anxiety is terrible right now. I don't know how I'm going to handle this.

66

UPVOTES

My Ex wants to adjust her income to \$0 on CS calculator

IsOprene · 7 June 2024 · Archived copy · Reddit

My Ex somehow found a lawyer who was willing to petition to the court to modify child support and write her down as 0\$ in income. The petition doesn't even include a reason for this.

Background

We finalized last year in May. She remarried 3 months later and got pregnant the same day with him. She is a high school teacher for living. We share custody of 3 kids. She just had her baby in March and went on FMLA. She had her summer paid out to her in advance and is now on FMLA until the next school year starts with zero income from her job.

She texted me and asked me to check my email. There it was... the petition and I have 20 days to dispute it or it goes into effect. My current CS obligation is \$1100 and this petition will raise it to \$2100. When I asked her about it she said its only for the 3 months of summer until her income is back and then we will change it again. So I am just supposed to be at her mercy to change it back...

I immediately went to an attorney and he told me he has been doing family law for a long time now and he had to admit this is a first for him. He has no idea how she even found a lawyer who was willing to do this for her. Technically this isn't even legal from a law standpoint because he said she didn't even include a reason for change in the motion. If I wanted to I could make her pay my lawyer fees for disputing it because of that. But I have my kids 30% of the time currently and I recently got a new job that would allow for me to have them 50% of the time. So when he reviewed my situation he was like... you realize you have an excellent case for 50/50 custody if you want it. He predicts I have over a 90% chance at it so I am going to counter petition for 50/50 custody. She stirred the hornets nest and is going to lose A LOT trying to be greedy. I hope she gets buried in legal fees. I am doing fine financially and I know she is not because she is a shopaholic.

NO I am not paying an extra \$1000 a month simply because she was stupid enough to have another baby with another man. Why would I be the one to pay the bills for her child? Her level of entitlement is off the charts. Thank you for reading. Just had to do this rant and get it off my chest.

66

UPVOTES

Social media infection.

No-Profit-1027 · 21 October 2024 · Archived copy · Reddit

There is a virus out there doing far more damage than COVID will ever come close to. The virus is called social media. It has been instrumental in the demise of several families. Staring at a 4x 2 inch screen is the preferred medium of infection. We carry the host in our pockets most of the time and have it nearby even when we are asleep.

If you are married to anyone addicted to social media then the end may be near. We need urgent development of vaccines.

Was social media addiction a contributing factor to the demise of your marriage?

66

UPVOTES

I have summited the mountain. 10 years this month.

WillyT_21 · 19 December 2024 · Archived copy · Reddit

Greetings wherever you are in your journey. Merry Christmas. Happy Hanukkah.....Kwanzaa.....and all that jazz!

I'm here to tell you in my 10 year journey of betrayal and divorce that you too can make it! Whatever goals you set. **YOU CAN MAKE IT!**

Climbing the mountain takes planning. It takes preparation. It is going to take mental and psychological strength like you never knew.

However, I'm telling you that **YOU CAN MAKE IT!**

My son had his Christmas concert for school last week. I sat with my son's mother and her new husband of two years. I did this intentionally. I did it for my son. So when he got done he didn't have to decide who to go to first when it was over.

I did this because I've reached a point in my life that I'm good. I'm beyond it all. The ex is still the ex. And that's fine. I feel sorry for her husband in some regards as he's 33 and she's 46. He's an amazing step dad to my son. Truth be told he doesn't have to be. It's working out. Hell, I'd have a beer with him at this point. Poor chap. lol

You can reach such a level within yourself that you can heal and be a much better version of yourself.

Sure there are men out there that would call me a cuck. A pussy. lol

This is my journey. It's my movie. And I'll do as I damn well please.

I can tell you that my life is 100% better. That I genuinely have healed.

Sure from time to time.....you process the worst thing that you could have happen to you. We all have those days.

You can truly travel to heights you never knew were possible. If someone would have told me I'd be writing this and sharing today. I'd have probably slapped them.

That's how far I have come.

I've heard that if we all threw our problems in a pile and each of us looked at each others.....we'd happily take ours back. I agree with this.

I had a buddy that his ex hit him up telling him he wasn't going to see the kids for Christmas. Nor do they want to. She's just being a bitter bitch. I couldn't stomach that. Some how he manages. Even though it's hard.

That's his journey and walk.

This all said.....I suggest the following.

- Figure out what you truly want
- Write that down
- Set the goals. Truly start working on them

Once you start walking.....**the path WILL provide.** People, places, things, conversations, feeds, hobbies.....etc will provide along the way. This will only happen once you embrace your journey on becoming a better you.

That's it for now. Have a good holiday season men. Whatever way that works for YOU. Just don't settle.

I promise.....

YOU WILL MAKE IT!

Cheers!

66

UPVOTES

Had to Sue Her, Today

Boomhower113 · 22 January 2025 · Archived copy · Reddit

Not a huge deal.

But, the absolute last fucking thing on the checklist after the divorce was final about 3 months ago was for her to assign all of her shares in my LLC back to me. Says it clear as day in the decree and it's a very simple document. A one-pager on letter sized paper, even with signature and notary spaces.

This LLC isn't even a big deal. It has about \$100 in its bank account. I use it for occasional side gigs.

We asked for the last several months for her to sign the assignment. She either wanted language that is already in the decree to indemnify her or just ignored the request.

My guy told her guy, "I'm filing this later this afternoon," while sending the suit. He waited almost a week as an attempt to bluff it out of her. Radio silence.

I get a text today with her bitching about this new lawsuit.

I just replied with , "You act like this is my fault."

Keep your guard up, men.

66

UPVOTES

Happiness

rationalvet · 4 March 2025 · Archived copy · Reddit

A man will sacrifice his happiness for the good of his family. We do it because we're taught from a young age that our value is in how much we give, how much we provide, and how much we do for those we love. We put our own needs on the back-burner without a second thought because we believe that's our role in life: to take care of others. We may ask for small gestures, intimacy, or for a meal once in awhile. But what happens when you realize that, despite all your sacrifices, there's no one there to sacrifice for you? That's when the cracks start to show.

Take Christmas, for example. My STBXW went to bed at 10 PM, and I stayed up until 7 AM putting together toys for our son. It wasn't because I had to—it was because I wanted to see that look on his face when he woke up and saw the toys ready. When he came down and said "whoaaa," that was everything. In that moment, all the sleepless hours felt worth it.

But here's the kicker: It's a one-way street. As men, we're taught to put others first. We sacrifice our time, our energy, our hobbies, and even our happiness because we believe it's our duty. We do it for our wives, our kids, and everyone else who needs us. But what do we get in return for that? Too often, we get nothing. When you make these sacrifices, you're giving so much of yourself, and yet, when you need something—when you try to ask for even a small piece of that same level of commitment—you're met with silence, dismissal, or shame.

It's a harsh reality: the same love, effort, and care you pour into the people around you often go unnoticed or unappreciated. You put the family first, you work yourself to the bone, and you go without for the sake of your loved ones. But where is the reciprocity? Where is the commitment from the other side? The truth is, for many men, this dynamic becomes a pattern—an ongoing cycle of giving without receiving. We become the ones holding everything together, trying to keep the peace, making sure everyone is happy, but no one ever checks in on us.

A woman might not understand the weight of the sacrifices you make because, in many relationships, she's not asked to make the same sacrifices. She might not stay up all night building toys for your kid because she doesn't feel the same sense of responsibility to do so. If you try to take time for yourself—whether that means picking up a hobby, doing something nice for yourself, or even buying yourself something—you're often met with criticism or guilt. In these situations, you're not just being asked to keep sacrificing; you're being asked to give up your own happiness, your identity, and your sense of self to keep the family running smoothly.

And when you try to reclaim even a little bit of your happiness—when you ask for a small favor or show a need of your own—suddenly, you're the one being "selfish." You're the one being unreasonable. You're the one who's not pulling your weight. In the end, you feel like your needs don't matter, that you're not allowed to have your own happiness or desires. And over time, this wears you down.

So here's the guide:

Understand Your Value: Your happiness matters. You don't have to sacrifice everything for the good of others, especially when you're not getting the same in return. Recognize that taking care of yourself isn't selfish—it's necessary for your well-being.

Set Boundaries: Start setting boundaries. You don't always have to be the one who sacrifices. Learn to say no when you're giving too much of yourself. If you keep giving without taking anything back, you'll burn out.

Don't Expect Immediate Reciprocity: No one's going to throw a parade for your sacrifices, and that's okay. But that doesn't mean you should keep giving without expecting anything in return, even if that return is emotional support or basic respect. You deserve that.

Communicate Your Needs: Be open about your needs. If you're feeling neglected or unappreciated, say it. It's important to communicate that you're not okay with always being the giver. The right partner will understand that and be willing to make changes. If they brush it off, become defensive, or turn it around on you. They don't give a

fuck about you.

Don't Lose Yourself: The hardest part of all this is realizing that when you give everything, you can lose yourself in the process. Don't forget who you are outside of your role as a husband, father, or provider. Reconnect with hobbies, interests, and passions that make you happy. You're a whole person—not just someone's caretaker.

Know When to Walk Away: Sometimes, the hardest decision is realizing that the relationship is no longer serving you. If you've tried everything, sacrificed everything, and still feel like you're being taken for granted, it might be time to move on. You can't keep sacrificing your happiness in a relationship that isn't reciprocal.

The bottom line is that men need to stop sacrificing themselves for others without getting anything in return. If you're always the one giving and never receiving, it's a sign that you're being taken advantage of. It's time to prioritize yourself. You're worth more than just being a giver in a one-sided relationship.

66

UPVOTES

Why are you and mommy not gonna be married anymore?

fdana9191 · 31 March 2025 · Archived copy · Reddit

My six year old daughter asked that tonight while I was laying next to her as she was falling asleep.

Because mommy is a pathological liar who cheated on daddy, maxed credit cards, and caused other financial shit messes.

But all I can say is “mommy and daddy are better if we aren’t married. But we love you very much and are still your mommy and daddy.”

Because you yell at each other? No , we really don’t yell.

Can you kiss her on the lips? No.

What about her cheek? Maybe.

I’m sure this will get easier. My STBX moves out in June to a new house she bought with AP. So my daughter will be getting a big surprise with that shit. This holding period of waiting for the divorce to finalize and money finally exchanged is hell.

66

UPVOTES

Gentlemen, I'm filing tomorrow. Wish me luck.

OtAcOn214 · 22 April 2025 · Archived copy · Reddit

Fellas, I don't even know where to begin. These past 2 weeks have been absolutely hell. I went from being on top of the world to self realizing that I have to live as a single dad here soon. She (36 yo) cheated on me (35 yo) with her 22 year old co-worker (THAT SHE HIRED!) and tells me, it's my lack of communication with her. I finally landed a decent paying job around where we live, albeit with fucking terrible hours (4p to 4a) and I tried my hardest to take care of our 3 boys. 14 yo stepson, our almost 12 yo and our 10 yo, taking them to school in the mornings after I got home from work, then taking my stbxw to her job soon after. Of course I was tired and not getting a lot of sleep. She still has a heart of gold, and is willing to be amicable as all get out, I just need some help getting my ducks in a row for me and my boys. Married 13 years, bought a home in 2021, no retirement or IRA or anything else major asset wise. She says verbal right now (I'm getting all this in writing tomorrow) that I keep the house, and be primary parent for our 2 to stay in this house so they stay in the same school. She's not going for child support or alimony. My end is that she can have the kids whenever, wherever as long as she wants, just as long as everything is properly planned and doesn't interfere with school and if I ever do decide to sell the house, she gets a percentage. Am I missing anything?

66

UPVOTES

What's the pettiest thing she did?

Bulky-Percentage-243 · 17 May 2025 · Archived copy · Reddit

My son graduated from college this morning.

My ex showed up with a huge poster where she retconned his name. "Congratulations Nathan Foster Smith!" His middle name is not Foster. Hahaha. His middle name is Robert, same as my dad. Foster is her maiden name.

It's inconsequential. It's petty. Stupid. Designed to upset. It didn't get me. But my son was a little bothered by it. He threw the poster away once she was out of site. He doesn't get angry much. But I think this really bothered him.

What's the pettiest thing your ex did?

66

UPVOTES

9328 days from us saying "I do." to the judge saying "You don't."

Naughta clue242 · 2 June 2025 · Archived copy · Reddit

Should have done it 7500 days ago.

Look, young dudes out there. Take it from a graybeard. Holding together a toxic relationship for the sake of the kids just denies your kids a happy mom and dad, instead they grow up in a war zone and carry their PTSD into their future relationships. End the cycle.

It's not really for the kids, it's for you, because you don't want to admit you failed. Well guess what! Pretending everything is okay and that you're not some kind of loser just makes you a loser, and a coward. Marriages fail, people change, expectations are poorly communicated, the only way you can fail when things go wrong is brush it under the rug.

Happy households are real. They exist. You deserve one. Your kids deserve one. Your spouse deserves one. Whether it's communicating, counseling, mediation or divorce you **MUST** do the hard work if you want to build one. Things won't get better on their own. Stop pretending your life isn't broken, pick up the tools and get to work!

NOW DAMMIT!

66

UPVOTES

You eventually become the person you needed

Mountain_Fly_1463 · 24 October 2025 · Archived copy · Reddit

This story is really fucking embarrassing but I will share it.

When my ex left unexpectedly almost 4 years ago, I cried. I cried so hard. I broke things. I punched holes in my apartment walls. I truly thought the world had ended. It was so bad that several of my neighbors called the cops on me. 3 cops walked into my apartment and they were some of the nicest cops I have ever talked to. I was still inconsolable and I said something to make them think I was going to hurt myself so they took me on suicide watch for 72 hours.

2 different security guards watched me all night and I had probably the biggest pep talk I had ever gotten. One was an older woman who talked of her husband randomly leaving and taking everything and she had to be hospitalized too but still managed to have a life afterwards. And another was a fellow black man talking about his troubles and how get got his money up and developed his big dick energy. I thought how could they be so fucking strong and awesome. How could they say "It's going to be okay". I was eventually transferred to the treatment center where I met other people who were really going through some shit. Didn't talk to anyone though.

Upon being released I was met by a cop at the door and arrested on the spot for my crimes during my outburst and I spent 5 days in jail before getting bonded out by my family. And while I was in I talked to many of the other inmates and strangely enough I had one of the realest talks I've ever had. He told me to stop feeling sorry for myself and that my parents would be ashamed. And it was followed by "It's going to be okay". We really bonded. I cried when I bonded out and gave him my number. I wonder how he's doing.

I was ordered to do court ordered group and individual therapy which I thought was going to be total bull shit that I was going to have to get through. But slowly but surely I started looking forward to it. I wanted to work and get better and identify those shitty patterns that I do that puts me in shitty situations like that. Accountability. When I graduated from the group therapy, we all had to give a final statement to the class and I teared up and just told them that when my ex left and I was handcuffed I thought that my life was over but this class taught me how to be the person I wanted to be and that I will be practicing them every single day of my life. In some ways the jail thing was one of the best things to ever happen to me. And as a hug bonus, the charge is sealed.

2 years later, my friend calls me saying that his wife left. And one of the first words out of my mouth were:

"It's going to be okay."

66

UPVOTES

I caught my wife cheating and will divorce her in maybe a year, but have to pretend I don't suspect a thing.

Ok_Cap2800 · 25 November 2025 · Archived copy · Reddit

Title must be confusing for all of you why I don't leave immediately or kick her out so let me get to the explanation.

To put it simply, I contacted a divorce attorney in my country(Poland). The country is significant and I will soon explain why.

I have discovered my wife packing her best lingerie for a trip with friends. Trips are not unusual for her since she keeps in touch with her friend group and they do some weekend trips once a month or two. But I started suspecting things were different and this was not with her friends. She has accounts logged in on our PC so it was not hard to discover that it was for sure a male friend and only him. This and multiple symptoms like her hiding her phone, being distant emotionally and a plethora of others, with some overheard talks of her made me sure I not only know she is cheating(dead giveaway when someone says "I loved the nights with you") but who with. It's a guy we met at a party half a year ago and the chats confirm it.

Since the last time she left for a trip(went for 3 trips I suspect with the guy) I noticed her blame shifting on me and trying to gaslight me into thinking I am paranoid that I don't trust her. She also indicated talks that she is not happy and told her mother behind my back which I luckily overheard that if I even try to anger her she will destroy me.

"You should leave her". Yea, I would already have done that had it not been for our 7yo daughter.

The divorce attorney I contacted told me that even though I am the main breadwinner in my house, that I have the more flexible job- I work from home as a software developer, even though I am the one to attend most events and doctors of my daughter because again, of my flexible hours I still would be the one losing the case. Why? First, I need hard evidence. Shift in behaviour, chats etc. are not really enough right now since it is inconclusive if she talks to a friend or a lover there. Her lying is hearsay, because she can easily say we both agreed to the trips. So I need to catch them somewhere which is also not so easy since they go abroad, then keep contact to the minimum meeting once a month at most.

Even if I do get that kind of evidence, like photos, explicit chat or something else it is still not enough...

Why is that? Because of the law in Poland. Even though someone might be determined by the court to be at fault for the divorce, this will only be important for spousal allimony. Nothing more really.

When it comes to custody, it is not even taken into account that a parent was at fault. The parent that was closer usually get's the child in custody battle and since my wife is emotionally closer to her it is an uphill battle. My divorce attorney told me that to get even split custody I would need to be seen by the court as an active parent not just the breadwinner and more flexible one, since there is an unwritten bias against fathers. And I don't really care about money right now. I know she will try to cut me out from my daughters life as soon as she gets a chance. This is my only goal to keep her there.

What can I do? Again, divorce attorney told me to get all the facts, evidence for cheating. Additionally:

- To gather all evidence of malicious intent towards me in the divorce(e.g. her saying things like: "I will take your daughter from you")

- To gather all evidence against being given a blue card(polish document based on police report and opinion that a man or woman is violent/alcoholic/dangerous and has to be restricted in access to family). This is the easiest way to restrict my contact entirely even when falsely accused which comes in the next point

- To gather evidence of wife's mental issues and self harming. She did have episodes in the past where she would cut her hands hit herself and do similar things when under extreme emotions. This is significant here as she can do

harm to herself without thinking much of it, then call the police and blame it on me doing it

So now I am stuck in a place I don't want to be in, with a person I can't trust, that can easily ruin my life if she wants to if I have no defence against it. And I would lose my daughter forever or for a very long time and I care not about anything or anyone else more right now. The divorce attorney recommended me to stay as long as possible for a strong case, IMO at least a year.

There is no question as to what I have to do because I want to stay for my little one even though the pain I feel from my wife's betrayal and manipulation is enormous. And I keep recording talks, taking pictures, working hard, spending time with daughter even more.

My only question is what would you recommend me to do to ease my mind a bit? I can rant and complain to strangers all I want but my mind is always focused on the horrible stuff I know is coming when it falls apart, especially since I have to not ignore it but look for it actively. What else would you do?

66

UPVOTES

Tips & Lessons

Helpful-Paramedic463 · 18 December 2025 · Archived copy · Reddit

Take care of yourself mentally, physically, and spiritually.

Get a vasectomy.

Don't move in or let her move in. Keep your space.

Protect your relationship with your kids at all times even if it means losing her.

Get your blood work checked. Male hormones panel. Use privatemedlabs.com - costs a few hundred but you'll see if you're lacking testosterone or other deficiencies.

Online dating is fairly easy. Pick one app. FB dating is the best. It's free and easy. Update your pictures.

Regardless of what women say, they are ALL full of shit. They virtue signal a lot. If they say they want a LTR, they're still down to bone after a few dates.

Have and use Uber. Do not risk getting a DUI when you go out.

Be confident. Can't stress this enough. Fake it if you have to. Confidence will carry you.

Don't be afraid to use Viagra or Cialis. Try both and see which one works best. I personally use Cialis daily at 5mg. Game changer. Get a prescription.

Get some clothes that fit. There's great apps like Stately or Stitch Fix. Try them and if you don't like the clothes, send them back.

Travel and do what you want now.

66

UPVOTES

The equity in the house was worth more than my freedom.

warwww · 25 May 2026 · Archived copy · Reddit

Although the false domestic violence accusations (both civil and criminal) happened four years ago soon after she filed - both taken to trial and her found to be a liar. I still have moments where I think what would drive a person to do these things.

I've since gotten over it all mentally and emotionally.

I'll never forgot before trial, her lawyer put forth the idea that his client is willing to drop the "charges" if I agree to sign a civil restraint order and agree to never return to the home and give her full custody of the kids.

It made me sick to my stomach as it exposed the very things she was after - control and \$. My freedom, spotless record and the relationship I have with our kids meant nothing to her.

I couldn't do any of these things to my sworn enemy.

It was an out of body experience to be in a court room and have your ex spouse on the other side trying to lie and tarnish your name and even put on a fake tremble as they kept repeating that they were in fear of their life and that they were the primary parent. Both of which were patently untrue.

To all of the men who have had to face similar situations ... keep pushing on, learn from your mistakes and put your kids first always while maintaining that balance of looking after your own mental health as well.

66

UPVOTES

It's very lonely being a single guy

Bush_M_aster · 26 June 2026 · Archived copy · Reddit

I find myself often feeling the loneliness set in. It's funny, once I got married I drifted from my friends. Now I'm divorced so that's gone too. It's a lonely fucking existence when you lose the ones you love

66

UPVOTES

My wife is blindsided me and I'm still broken.

why_do_i_need_login · 17 July 2026 · Archived copy · Reddit

I'm 32M and the 30F wife been together 5 years and married for a year and a half. We have been going through the stages of separation and 99.99% looking like a divorce. 2 months ago we were in couples therapy (which was her idea). We only went to 5 sessions with a therapist in training(again her idea).On the 5th session she said "I love you but I'm not in love with you anymore". She says what's done is unfixable and we have grown to far apart. She won't talk to me and already has a lease at a new place. I'm not trying to trap her or force her to stay I want her to be happy. I'm just so fucked emotionally. I feel betrayed by the person I love most. She says she is sorry for not telling me sooner or giving me more time to work on it but she says she has felt this way internally for 6 months. I can't sleep, eat, or go a day without a breakdown. My family and friends have been helping but I'm still down. My brain is saying quit her but my heart would take her back in an instance. I wish she would give love one more chance.

65

UPVOTES

**Final for a few months now New place is coming along nicely.
I think I'll keep it up all year round :)**

oli_21_ · 9 July 2021 · Archived copy · Reddit



65

UPVOTES

Almost there

kls1042 · 28 June 2021 · Archived copy · Reddit

I have been lurking here for a few months and I figured it was time that I share my story. Like many of you, my wife decided three months ago that she was "unhappy for many years" and had "just fallen out of love with me". After the two most awful weeks of my life trying to figure out how I could fix things, I figured out she had been having an affair for the last six months. Talking with coworkers and reading your posts helped me work through the most difficult time in my life. I can't emphasize enough how much it helped me. Truly, thank you.

Now I am three weeks post-mediation and waiting for my lawyer to finish drafting the decree (supposed to happen today). I got nearly 50/50 custody (she gets an extra Friday each month during the school year). No child or spousal support. She keeps the house, but she is paying me out after a refi, so I can go find a nice new house with no memories of her. I have some regrets (would have liked to keep the house) but overall I think I am coming out of this in pretty good shape.

We are still living together, which is awkward as hell, but I am counting the days until the decree is filed and I can buy a new house and move the heck out of this one. My relationship with my kids is better than it has ever been. Now I just have to figure out how to find the me I want to be and build a new life without her.

I hope to give an update in a few months about how the stress of finding a new home is behind me and I am focusing on the rest of my life.

For those of you just getting started in the process, I wish you all the best. For those you that are steps ahead of me, I look forward to joining you on the other side.

65

UPVOTES

Too late for me, but I have a buddy who is heading in this direction. I thought he was slacking off not getting hitched starting a family, etc..., now I think he is a wise man who main-lining the secret language of the universe..

crowexplorer · 27 June 2021 · Archived copy · Reddit

50 year old me still single
while all my friends are
paying divorce fees



65

UPVOTES

Just a note, banned from r/coparenting for telling a dad to demand 50/50 custody because "that's sexist"

SwamiSweatSocks · 16 December 2021 · Archived copy · Reddit

[/r/Divorce_Men/comments/rhy11a/just_a_note_banned_from_rcoparenting_for_telling/](#)

65

UPVOTES

Does anyone else have zero interest in dating post-divorce?

heading2pdx · 27 January 2022 · Archived copy · Reddit

I'm in one of the largest cities in the country, full of beautiful women and I have no interest.

I'm not sure if it's tied to the divorce or some other lingering issue but I just find the whole dating scene mind numbing.

65

UPVOTES

Judge Judy - Fathers Are Not Second Class Citizens

MNCPA · 12 September 2022 · Archived copy · Reddit

https://www.youtube.com/watch?v=uiG8Bud_ZjY

65

UPVOTES

Why do Women give up on their marriage more than men do?

OkEmphasis5923 · 3 November 2022 · Archived copy · Reddit

Everyone knows that 70% of divorces are filed by women. But I can't seem to figure out why. I don't hate women, I don't think they're crazy, but what is it about them that they quit marriage much more often than we do? I look at **Tom Brady and Gisele** and it really makes me wonder what it is? I mean even Tom Brady checking every single Good Husband box you can imagine wasn't enough to prevent his wife from checking out. What do you gentlemen think it is that makes women do this way more than men do?

65

UPVOTES

How many you have come to the realization that...

Protomize · 24 November 2022 · Archived copy · Reddit

The juice simply isn't worth the squeeze when it comes to dating modern women anymore?

65

UPVOTES

What is divorce? A man's perspective.

Weary_Landscape_7098 · 25 February 2023 · Archived copy · Reddit

What is divorce?

- Divorce is your wife ripping your heart out of your chest and stomping on it.
- Divorce is discovering your ex-wife talked shit about you behind your back to her family, friends, and co-workers, for *years* before you separated.
- Divorce is finding out your ex-wife thought you were physically repulsive for the final few years of your marriage.
- Divorce is listening to your kids cry at bedtime about how they want daddy and mommy to get back together, and how they miss mommy when they're with you, and they miss you when they're at mommy's, and you're choking down tears because there's nothing you can do about it other than to hug them and tell them it's going to be ok.
- Divorce is missing your kids on a nearly constant basis whenever they're not with you.
- Divorce is your ex-wife treating you like shit (unless she needs your help with something, then she's oddly nice until she gets what she wants, then goes back to being a bitch right afterwards), even though you are always kind to her post-divorce, because you don't want your young kids to think you're an asshole.
- Divorce is the realization your ex-wife *used you* nonstop for a lot of your marriage, and tossed you aside the moment she decided you were worthless to her.
- Divorce is missing out of a lot of your kids' childhood that you will *never get back*. Even with 50/50 custody, you're missing out of 50% of their childhood after your separation.
- Divorce is missing a lot of your kids' special occasions, because they might happen when they are with your ex-wife instead of you.
- Divorce is missed opportunities with your kids. There's frequently just not enough time in the evenings for anything other than dinner, homework, baths, and bedtime. Sometimes not even that.
- Divorce is your kids having lower grades or falling behind in school, because you can only help them but so much in the evenings, since you're doing everything by yourself.
- Divorce is having to coordinate Christmas gifts and birthday gifts with your ex-wife, because you don't want to give your kids the same gift.
- Divorce is living alone and having to pay all the bills yourself, when you're used to having 2 incomes instead of 1.
- Divorce is missing your dogs, because your ex-wife kept the house with the large backyard, and it wouldn't have been fair to your large dogs to move them into your small apartment.
- Divorce is restarting your life with practically nothing.
- Divorce is unbearable emotional pain, because you miss the woman you married and you have no idea who this snake is that she turned into.
- Divorce is being set back financially by decades, and realizing you might never fully recover.
- Divorce is freedom, but sometimes it comes at a terrible cost.

Feel free to add your own.

65

UPVOTES

And the picture is finally complete lol .

Zealousideal-Bear-37 · 6 April 2023 · Archived copy · Reddit

So for context . Wife gave me the “I love you but not in love with you” Schpeal 7 months ago....on my birthday which I spent alone . For like 2 months cohabiting, I begged and pleaded to try and work this out and keep our family together . Her mind was already made up but swears up and down there’s no one else . Lol. 7 months in and my daughter tells me that “mommy and boy took me to play games at the Dave and busters together”. This guy would hang around our family when he was home from Australia to “check in with an old friend “ and I always got a creepy ass feeling from him . He’s got a kid back home, is divorced , and is coincidentally moving back “for a job” . It hurt for a moment , but then it felt like another weight was removed! It wasn’t all my fault! She was actually just a cunt! 🤔🤔🤔

65

UPVOTES

The man always has to be in the wrong huh?

Initial_Topic_4989 · 1 December 2023 · Archived copy · Reddit

It's funny that whenever I open up about my feelings about what my two adult daughters did during this whole divorce process, I get some comments implying that I was a crappy father, or that I was not a good father or that I did something to them or their mother for them to side with their mother during the divorce and try to emotionally manipulate me so I did not take my share of the house,.

I would not 't feel so betrayed if they only sided with their mother, but they actively tried to mess me up emotionally to help their mother, do you understand how painful is that the daughters that you carry on your arms and raise them do something so messed up like that? I would have NEVER done such a thing to my parents.

The reality is that your kids are humans, and humans do shitty things. I didn't do anything deserving of that, even If I like any human had my flaws.

My father was emotionally unavailable but he was there for me, he always was there when I had a crisis or a problem, and he did his best, even if I disagreed with some stuff he did. I would have never betrayed him like that.

P.S my two daughters I am talking about are adults

65

UPVOTES

Too many of the online resources for men's emotional support seem to be red pill'd garbage

alternatethingacc · 18 January 2024 · Archived copy · Reddit

Whenever I watch one video about getting over a relationship, or about the psychology of why she might have just fallen out of love overnight, I get flooded with crap about "female sex withdrawal" where it's some bloke ranting about women (they always seem to use "women" as a fill in for their own ex wives), then the comments are all dehumanising bullshit, they fill your head with all the worst ideas to get you emotionally vulnerable and then abuse that to get you suckered in.

Not all women do this, not all men do that. People are complicated. Yeah you can seek out patterns, like women do tend to be more emotional, but as a blanket statement it's worthless and just feeds into the division between men and women that then causes so many unhappy marriages.

I think the most annoying ones are the comments that do some long detailed story about your ex having sex with someone else, they always write it to make you squirm and make you uncomfortable and it's not productive, it's worse than just overthinking it's actively setting you back on your personal growth.

65

UPVOTES

My Son is giving my ex Wife absolute hell, and I kinda feel like she deserves it

Bluerednaz · 26 January 2024 · Archived copy · Reddit

She wanted a divorce because she was tired. No cheating. No abuse. No money issues. No desire for exploring alternative avenues to save the marriage.

And because of the way my work schedule is, and how young my kiddo is, he has to spend most nights with her. And he is giving her absolute hell because he can't be with me more. It breaks my heart for him, but also I feel like she deserves this hardship because of what she chose to do to our family.

65

UPVOTES

I think I finally got my balls back...

Wire_Bender · 5 April 2024 · Archived copy · Reddit

If you look at my history, I have been in a dead bedroom for 13+ years, and a "nice guy" for a majority of my marriage. I am 3 months into my divorce (that she initiated) and have been trying to continue to be the "nice guy", but that changes recently. I have finally realized that I need to think for myself.

We own a business together and I have been trying to pay bills and keep everything afloat so it doesn't affect our credit scores, but it didn't matter to her. She accused me of hiding money. I finally decided I don't give a shit anymore.

Recently she took \$12,000 out of our joint savings account without telling me. That's half of the account we use to cover monthly expenses if needed. I finally chose to put myself first and said fuck it. I transferred the same amount out. I am mirroring every move she makes. That pissed her off. I don't care. My lawyer wasn't fully on board with it, but I told him I'm done being used. He finally agreed and said he will back me with this decision.

For those that are trying to be nice and make the divorce easy and amicable, be careful. No matter how nice you are, they will find a reason to blame you for everything. Make sure you look out for yourself.

65

UPVOTES

Lessons from the other side....(3 year update)

WillyT_21 · 10 April 2024 · Archived copy · Reddit

Hello fellas just sending some hope and encouragement from the other side.

It's true.....it does get better. How and when that happens varies from man to man. However, if you set some realistic goals for your life in this process I can guarantee you success and joy.

At 48 and three years removed from the finalization.

- I'm healthier than ever in my life.
- I'm mentally sharp and really flourishing socially and inwardly.
- I'm physically stronger than ever.
- I'm emotionally stable and have peace like never before.
- I'm more financially stable than I've ever been in my life.
- Lastly, and most importantly, I really like the man staring back at me in the mirror. I know him. I love him and who he's become. I smile at him multiple times a day. Genuinely.

These things I've listed came over a process of 9 years. The first few walking out being betrayed. Then leading into another few of divorce while taking care of a newborn. It has been no cake walk. No easy time. It's been climbing Mt Everest and K2 and back. I made up my mind I would not go around these things. Dammit I am going to climb this mother till I summit. And summtng I am.

I can promise you this. That if you write out some goals. Write out what you would like to achieve in the midst of some of the hardest things you'll encounter in this time. If you really get them down. Really focus on some immediate\intermediate and long term goals. Nothing will be left out at the end.

You too will be happy, healthy, and settled. It will cost you all that you have. Best of all? Hopefully your story will be shared like I am and it will be far greater than mine. At 48 I feel like I'm just getting started at life. And now I get to kick some real ass in life for the next 25-30 years.

While it's been some of the hardest years in my life.....they now are the most rewarding on the other side.

Hang in there fellas. When it gets really hard and dark.....think to yourself. Another day. I can make it another day. Focus on today and do your best today.

I promise you with all that is in me.....if I can do this.....you too can do it and more.

All the best!

Cheers!

65

UPVOTES

Ex wife circles back 5 years later.

Thick-Town6602 · 18 May 2024 · Archived copy · Reddit

So some back story. Ill try to keep it short but there's no way. I just need to vent.

About 5 years ago my wife of 25 years decided she wasn't in love with me any longer. I signed us up for couples therapy and she bailed after 3 sessions. Her reason was it was up to me to make her fall in love with me again. Over the next year it was decided that we were going to divorce. She also comes up with the an agreement where we sell the house after the last 3 kids graduate high school. The agreement is pretty one sided to her favor. She wants to have the house appraised at the time of divorce and I get 50 percent of its value at that point in time. Not when it sells which is a few years later. A few things about the house. Its in a very nice suburb for Seattle. I found it the late 90s for 75K. We bought it and a few years later we had our first child and she decided to be a stay at home mom. I was good with it. Over the next 5 or 6 years we had our other 3 kids and life was good. I worked full time and over that time I fixed up the house on my own. It was originally 750 SF so as the family grew I added on as we needed the extra room for the kids and eventually built the standalone garage. And I did all the work myself. She was a stay at home mom. It went this way as the kids got older. When to 2 youngest were in 7th grade I started pushing for her to get a job or maybe go to back to college or take some classes in some interests that she might develop into a career that she would enjoy. Nothing ever came of that but she did get a few jobs were she worked part time and made minimum wage. I kept the bills paid and provided a nice stable home and life for our family. I even started assistant coaching football and baseball for the kids teams so I could spend after work time with them. During that time she was a great partner, wife and mom. Life was good.

Then, as you know, the SHTF. We start the process of separating. I eventually converted our standalone garage to an apartment to live in as we worked stuff out and I also didn't want to live apart from our 4 kids (15,15, 17 and 20) at the time. It gets pretty awkward over time. She wants us to split time in the garage apartment every 30 days where we switch. During that time we had decided to divorce so it was official. So by now its more than a year and a half later. I've moved on and actually started seeing someone and she's getting love letters in the mail from someone. I didn't care if she was seeing anyone but the letters delivered to the house where the kids could see them. That was rough. We start negotiating the divorce and she initially wants alimony for life. In Washington state it's generally 1 year of alimony for every 5 years you're married and she wasn't happy with that but oh well. We do a mediated divorce and I agree to pay 5 years of alimony which mounts to about 125K (2K a month) for her. Also, If you don't know, she gets that money free, and I have to pay the taxes on it. Yet another crappy thing that Im bitter about. And up to that point Im paying for everything, the mortgage, utilities, food ect just like we are one happy family. So after her 2k she gets from me our finances are calculated and we are suppose to be both making the same. She's a bit over with her part time job pay so she's suppose to pay me \$200 a month. She doesnt think its fair so anyone want to guess how many months she actually pays that \$200 to me. Im sure you know the answer (its 0 BTW)

The divorce is finalized and I moved out. Over the course for the divorce I meet someone and we hit it off. We actually have been living together for 4 years now. Her guy moves into the house I found, fixed up and paid for for 25 years. One of the kids lived with me for a year because of covid and the other kids decide to stay in the house. Not because of the relation with me but I moved about 45 minutes away and they have their friends there and are working closer to their childhood home. Me and the kids have a great relationship.

Any how. over the last 2 years of our last 2 in high school all I got from her is I need more money for the kids. Keep in mind Im Im giving her alimony and monthly money for the kids as well. When they turned 18 I told her that I was going to give the kids money directly to them and not through her. She in turn started charging the kids rent and remember the apartment I built. She charged our oldest son 700 a month to live there while he was still in college barely scraping by. I've also bought every one of my kids cars paid for health car and car insurance as well. It was a rough time for me.

So eventually she offered to buy the house outright. She offered me 60K. I literally laughed at her. I countered with 125K and no more alimony. Which represented a 25% decrease because I was cashing her alimony in a lump sum. She stated that she deserved every bit of the alimony. Tons of back and forth and at this point i'm sick of it and dealing with her and accept 100k just to be done with her. So now, I have nothing to show for 25 years of work. Im so bitter over that. About a year ago my daughter was going to start college in alaska. Her and her long term boyfriend (4 years all though high school) were going to attend the same college and of course they break up 30 days before they were going to leave together. I have to scramble and pay about 5k to get her there. I fly with her to get her settled in. I mentioned to my X that she should help with the cost as well. She says that was a deal make with our daughter and she wouldn't be helping with the cost in anyway. Of course all think about is all the times she called me asking for more money to "help" the kids. Im steaming just thinking about that. Since then I haven't texted the ex even related to the kids.

So its been a rough ride and I have dealt with a ton of emotions. I kept up with seeing the counselor now and then to keep me head on straight. I feel I've lost everything and in this economy there's no way I can purchase another house of my own. Even making the money I do which is pretty good. Im bitter and pissed but every day things come in line and I've learned to move on.

THEN.....THEN after 5 years of ups and downs I get a text from my ex. She's going on about how she wishes her and I can be friends. Hoping someday that we can spend time together with the kids for holidays or something. Then she says "I really never wanted to get a divorce from you" it was just how things worked out. What the fuck????

All I can think is that she is typing that text to me from my old house that is now worth 1 million on zillow that she lives in with her guy. I wonder if he knows she's sending me that. I really brings me back and messes with my emotions again.

65

UPVOTES

Men, there is hope!

T-rayIII · 29 May 2024 · Archived copy · Reddit

I just want to give some hope to the men out there with fears of what the future will hold.

I was married for 10 years to my high school sweetheart. I think we both just settled because we thought that was what we were supposed to do. Last year she said she wanted a divorce and obliged. It was tough. I thought we could fight through it but I was wrong. It took me awhile but I found myself again.

Over three months ago I met the woman of my dreams. She's safe, reassuring, gorgeous, fun, sane interests (hell, we play Fortnite all the time lol). I see the best future with her. She came out of nowhere.

If you're struggling, just know there is hope out there for a better future. In the meantime, focus on yourself, love yourself, surround yourself with friends and family. Don't turn your heart to stone. Good luck out there brothers.

65

UPVOTES

Finally Free and Thankful for This Community

Par_then_Bar · 19 June 2024 · Archived copy · Reddit

Well fellas, we did it. We got it done. She almost made it back in. She almost destroyed me. My family might not be what I originally imagined but it is what it is. For those of you struggling, in the thick of it, or just getting past it, there's light at the end of the table.

My part time parenting time has ended up being a huge blessing. I'm able to focus on my business, spend time in the gym, travel, do whatever I want. And when I have my girls, all attention is on them. I get to be the Dad I've always knew I could be.

As for companionship, I decided to try the apps to get my mind off my ex. I was still clinging to the fantasy of who she was not who she is. I thought going on a date or 2 would help and boy did it ever. I matched with a woman from my old friend group. We went on a date and connected instantly. She's Christian, never been married, no kids, kind hearted, and is all about me. She even said the other night "What idiot would let you go?" Haha

I was in the depths of hell. Thought I'd lose all my money, lose my girls, and lost my confidence. "Who would want me?!? Early 40's twice divorced single dad." But let me tell you boys, our stock is on the rise. Leave that cheating bitch in the rear view and go live your life!!

Shout out to all of you who slapped me upside the head and reminded me that I'm the prize. Onward and upward!!!

65

UPVOTES

So it's been six months

WittyBeautiful7654 · 7 July 2024 · Archived copy · Reddit

I thought I wasn't gonna make it boys. I've found a new gig, making good money for the area. I have started dating/sleeping with several women. Gym is starting to pay off. Just doing pretty great!

65

UPVOTES

Ugh. So I guess my wife & her mom have been planning this divorce. I feel betrayed & setup.

alkemist187 · 14 August 2024 · Archived copy · Reddit

Been married 6 yrs, have a 3yr old. Shes canadian. Up until this year I had a job & I was making about 53k a yr. This year I started a business, & im on track to make 500k (she had savings i asked her to let me borrow some money to pay our bills while the biz wasnt generating anything at first & she didnt give anything). & i think seeing this, she planned her move bc we really have no true issues, im blindsided. Shes never worked. I never in my life anticipated having to do a divorce. I just would like to know what should I anticipate. How long will the divorce process take. How much money will she be able to take from me now, and is there any alimony? How much child support (i dont mind the child support at all). I really hate having to go thru this bc money has always been an issue my entire life & i thought figuring that part out it would all be roses...

65

UPVOTES

How did you find out about the affair partner?

Substantial_Egg_248 · 30 August 2024 · Archived copy · Reddit

Mine was a text of STBXW I read she sent one of her best friends discussing the affair partner (another woman) and telling her friend she spilled her guts to her therapist and told her everything but a name. Then they discussed how to “hide” the evidence. Several months later, obtained audio evidence of them telling each other they love each other and video evidence of her sneaking affair partner in back seat of car and into “our” house. Also ruined affair partner marriage to her spouse. Both families had two kids each under age of 9.

65

UPVOTES

Hope

jrgunner · 4 September 2024 · Archived copy · Reddit

Hello-

I wanted to drop by to share some good news that will hopefully be helpful to those who are going through it.

After 3 years since separation, we went to trial last week. It was an extremely highly-litigate case. It left me financially destroyed. The Guardian At Litem assigned by the court issued terrible recommendations, including giving mom ultimate decision on all things having to do with our 2 children (8 & 5).

At trial my *INCREDIBLE* attorneys did an amazing job at laying out my case, we presented our evidence. By the time my wife testified all she could do was apologize.

Final result is that the judge ruled in my favor.

- 50/50 timesharing
- Shared parental responsibilities
- No child support
- No alimony

The shared parental is a big deal, especially considering the GAL recommendation.

It took 3 years of hell. And minimal timesharing with my boys until now, but we pulled through. She tried everything, including a false DV allegation to get a tactical advantage on our case. But I fought back and won.

"Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present." - Marcus Aurelius

65

UPVOTES

Resentment

No-Marsupial1823 · 6 September 2024 · Archived copy · Reddit

I came to the understanding as to why wives leave their husbands in such a cruel harsh manner. It's because they have secret anger and resentment towards us. Some will never admit it and play victim. But it's true. And after coming to this conclusion it makes me happy that I don't have a person like that in my life.

65

UPVOTES

Ended my first real thing post divorce

Accurate_Efforts · 1 May 2025 · Archived copy · Reddit

Thought I would share.

Had a 4-5 month relationship that I just ended, honestly due to some similar things that happened in my marriage that ended last year. This was my first actual exclusive girlfriend since my divorce.

Man, was she hostile. Some low blows were thrown and in the end I didn't bend emotionally and needed to just block her since I won't accept that type of treatment anymore. I guess my focus on stoicism has paid off.

It honestly does suck and it'll probably take me a few days to come back down from the bit of anxiety. With that said, I can tell that I have much more emotional stability and have grown over the last year.

What I can see right now is that I have boundaries that are a non-starter and I have more respect for myself to hold to them. I don't NEED a woman to make me happy and I'm willing to walk away from something that isn't adding to my path.

On the bright side, I know that the right thing is out there for me. It is not worth compromising on your values for something that isn't adding to your life.

65

UPVOTES

Stupid stupid stupid

Usually_lurks12 · 16 June 2025 · Archived copy · Reddit

I made a mistake today. I invited my ex to come to the pool with me and the kids so we could all swim and have fun together. She accepted the invite, but she just sat there angry the whole time.

Me and the kids had fun. Just had resting bitch face in the corner the whole time.

Invited her to food after the pool cuz the kids are all starving after swimming for three hours. She says she can get her own food and whichever kids want to come with her can come. So the girls decide to go with her, my son goes with me. We go to the local diner and have burgers and milkshakes. I send her a pic of my son eating his milkshake.

She is now mad at me because she could only afford to go to Wendy's.

Fuck me for trying to include her on a family trip it's not like I forced her at gun point. I only invited her because she complained about me having a lot more custody than her recently and was trying to smooth things over a bit.

65

UPVOTES

The best use of AI I've found so far

loveischemicals · 1 July 2025 · Archived copy · Reddit

I've been divorced since March now after 13 years married. I'm getting continually gaslit by my ex for being "abusive" and "narcissistic" and loads of other accusations and I can't go no contact because we coparent a kid together.

So for funsies I got an app (iMazing) that downloads our entire chat conversation going back to 2017 as a PDF and loaded that into ChatGPT for analysis of abuse, mental illness, unstable behavior, and toxic traits.

Turns out it assessed me as having ADHD from childhood (which I already knew) and caretaker fatigue from dealing with her.

It assessed her as emotionally abusive and manipulative with likely indications of CPTSD since before our marriage and at least 7 of 9 criteria for BPD (diagnosis requires 5).

I don't judge her for her illness... but it's still super validating to hear how I felt and what I suspected this whole time is decently accurate. It also would be equally helpful if it called me out for toxic behavior because I would love to learn from it and not end up repeating everything again in my current relationship (and it appears I am not).

Highly recommend this if anyone is being gaslit. Having a neutral 3rd party that can read 8 years of texts in a few seconds is kinda nice. Beats the hell out of the people just using AI to look like Studio Ghibli.

65

UPVOTES

Dating After Marriage - Bit of Advice

dystinct · 23 February 2026 · Archived copy · Reddit

I wanted to post about my relationship that I just ended. I hope it will help once you guys start to date.

I met this girl on Reddit of all places. We met at brewery and hit off. To the point that we were making plans way into the future. Mostly concerts etc.

She was never married and has no kids. She is cute, funny, has a career, and checked a lot of boxes. We would see each other once a week on average. When we did it was always something planned. Most times we would stay at each other's houses. She always left before noon the next day, and I took that as a hint and did the same if I stayed at her house.

We were intimate a handful of times and it was good, but after being with the same person for 18 years I wasn't the greatest at it. That's on me. The last 4 times sleeping together and no infancy. I really don't expect it every time I'm with someone, but 4 times without it seemed like a lot. So I asked. She said it was 80% her and 20% me.

She said it wasn't "fun" for her and it could've

Last longer. For me it has to be consistent to get longer and I conveyed that to her. I'm not going to lie, it fucking stung a bit.

I broke it off the next day. I don't see any point of continuing a relationship with intimacy issues. I told her it was nice experiencing new things and to take care of herself.

Even though I'm the one that ended, I was still feeling down and upset about the impending feeling of loneliness again. I reached out to a friend about how much it sucks. He said something profound that I needed to hear. I think all of you need to hear this too. A lot of us stayed unhappy in marriage for whatever reason.

I told him it sucks because she checked a lot of boxes. His reply? She didn't check "that" box.

The lesson? Don't ever fucking settle ever again. Find the person that is 100%, not the one that is 80%. Your time and your peace are the most important things and you shouldn't give up either.

Thanks for coming to me Ted talk.

65

UPVOTES

Gave her a 2nd shot. Blew up in my face. Once a cheater

Owww_My_Ovaries · 12 March 2026 · Archived copy · Reddit

So we have been together for 20 years. 16 of them married. We have an amazing 18 year old son.

We were heavily infatuated those first two years and got engaged. We couldn't spend one second apart. Until she got pregnant. She hated being pregnant and ended up hating me for it. We talked about an abortion and she made the decision alone to go forward with keeping our son.

I loved him the moment I saw the first ultrasound. The first kick of her stomach. When he was born I couldn't put him down.

She on the other hand, hated being a mom. Her mother died soon after and she went through the worst postpartum depression. My mom is a labor and delivery nurse and she even said what my wife was going through and acting like was borderline insanity.

But we got through it and ended up getting married soon after (STUPID). In my mind I wanted a family and to live a happy life.

Then 6 months later. I get a call from one of her friends. My wife was at the beach holding hands with another guy. I call her furious and even message this dude on Facebook. She denied it and I wanted to believe her.

Soon we moved 900 miles for my career and 10+ years later I looked through my archived Facebook messages. I saw the message I wrote him and I went and asked her about it. What really happened.

About 30 days of conversations led to her admitting to an affair with him.

Everyone in my life told me to give her grace. She was young. Lost her mom. And we had such a great life and a child in HS who is doing amazing.

I forgave her for my son. For the family I worked so hard for.

Then last week, 3 years almost to the date of when I found out about the first one, I noticed a change. She became distant and snippy. Acting like she did back then. We share a Google drive account and when on there I saw snippets of pics that say "ever since you came into my life I can't stop smiling" and other things.

I questioned her. She gave me her phone and told me to look. That she had nothing to hide.

I opened her Teams chat for work. She freaked. I saw she was messaging a guy but all the messages were deleted. Except for his last one.

I then opened her email. Checked the deleted files and there were all his messages. On their work email. Work teams.

"I love you too" and items like that.

She then flipped and said "ya. We're done". I asked her, so what, you going to go F him? She said "probably"

My son heard the entire thing. I thought he was sleeping. He was home from college on spring break. I called my mom who lives 900 miles away and she on the spot got me a plane ticket for that day.

My son then asked to come as he didn't want to stay with her. As we left. She couldn't even say a word to him.

My son, being the smart kid he is, last night sends me a text. He had texted his mom asking her about why she would cheat on his dad... and who was this guy. Name.

She gave him all the info and admitted to everything. He then screen capped it and sent it to me. Said I may want that for the lawyer.

For 3 years I sat there and hated myself for not leaving. Always telling myself that doing the right thing was the

hardest. But no more. Im not fighting for her because she never fought for me.

Anyone who has caught their wife cheating. Guys... it may seem hard to leave what you built and know. But dont do what I did. 3 years I sat there wanting to get past it. She did me a favor because i am FREE.

Edit. For the record. I have a virtual lawyer meeting tuesday. Im moving in with my parents since my job is remote until the house sells. NC is our location so we need to separate for 1 year

65

UPVOTES

I bought myself flowers

Drobertsenator · 7 May 2026 · Archived copy · Reddit

No call. No text. She just left. With the kids. Then, only responding via text, started saying cryptic stuff like “the kids are showing signs of stress” and “we’re staying at my parents’ for the protection of the children...”

My last morning with my family was March 20th. Then, she filed a restraining order against me based on completely frivolous allegations, and eventually a divorce petition.

I haven’t seen my kids in over a month and won’t for a few more weeks, at least.

But yesterday, I bought my lonely bachelor self some beautiful flowers— just to add some life and color back to this grim moment. Remember self care, we’ll get through this.

65

UPVOTES

Be safe out here fellas

BlaqueBoye · 11 May 2026 · Archived copy · Reddit

So I posted a couple days ago about how my ex and I are trying to resolve things for us and our 5 children.

She called me today and I felt something off with the call. I heard rustling and she muted every so often.

Turns out she had new guy laid up in bed with her while talking to me on the phone hahaha. They were having a laugh at me together for trying so hard.

Crazy world fellas. I was married for a decade. Be safe.

65

UPVOTES

"I never asked you to do everything you did for me"

Busy-Recipe9840 · 9 June 2026 · Archived copy · Reddit

Hearing something like this after dedicating years of your life, money and energy to a person is probably within the same moral category of being physically abused. It's like you watched me do things I had no business doing (according to you) then gas lit me once I brought this fact up to make you see an avenue of accountability in your part.

64

UPVOTES

If you are getting the "I want a divorce" talk.....just know she's been planning it looooong before!

soph_a_loaf_ · 9 May 2021 · Archived copy · Reddit

BUSINESS

Melinda Gates Was Meeting With Divorce Lawyers Since 2019 to End Marriage With Bill Gates

The philanthropist had discussions with lawyers in October 2019 around when the Microsoft co-founder's ties to Jeffrey Epstein became public



Melinda and Bill Gates during a 2019 interview in Kirkland, Wash.

PHOTO: ELAINE THOMPSON/ASSOCIATED PRESS

MOST POPULAR NEWS

1. Melinda Gates Was Meeting With Divorce Lawyers Since 2019 
2. What Time Elon Musk Is Hosting 'SNL' and How to Watch 
3. Elon Musk on 'SNL' Says He Has Asperger's, Jokes About Dogecoin 
4. How Much Money Do Millennials Make? It's No Longer a Taboo Question 
5. A Full-Body Workout to Shake Up Your Exercise Routine at Home 

MOST POPULAR OPINION

1. Opinion: Southlake Says No to Woke Education 
2. Opinion: The Courage 

64

UPVOTES

15 years of marriage down the drain

FlyAirLari · 18 July 2022 · Archived copy · Reddit

We have three kids. It's not been going great. Nothing outrageous, we all love our kids, no domestic violence, no nothing except cold hatred between the two adults. Very little display of affection, we last had sex a year ago. I tried, but you can only try a certain amount of times until the rejection gets to you.

Three weeks ago my wife said we need to think about separation. I took that as a final warning that now I have to try and save our marriage. Not so. She already got a boyfriend. So I discovered today. And this marriage is literally ending now, because I am not accepting her back after she's fucked around (not that she is going to ask me to).

So what now? We own our home 50/50, it's not fully paid. Three children, and I don't know what to do. All I know is I can't accept her in our marital bed anymore after learning about all this. I will have to move out or kick her out.

What do I do? She says we live together until divorce is final. I think that's torture. And our kids? I'm 51, she's 42, our kids are 12, 8 and 6.

64

UPVOTES

I got banned from r/divorced because a women was moaning about paying alimony to her x

JustADudeWithHands · 6 April 2022 · Archived copy · Reddit

So apparently when women get alimony it's all good and great and women need to get thiers But if the roles are reversed it's unfair and wrong and unmanly. Or some shit like that. So I said "equality sucks ha". And got banned as a troll. If that requirement ended today. How much better off would you be?

Edit: can't spell.

64

UPVOTES

Late 20s M never married, was engaged once and it fell apart. Grateful every day. I browse here once a week to keep myself from idealising marriage. Thank you all.

OwnDecision5605 · 23 May 2023 · Archived copy · Reddit

As the title says. I inherited a single property in my early 20s. Muslim background. Everything was faith based. Met at university. Went to her father. Got his approval. Courted her for two years, families met, the whole works. We agreed to get engaged. Very thankfully it fell apart three weeks before the wedding date. She tried pushing for a civil marriage which doesn't always go down well with Muslims - many Muslim men prefer the religious marriage only ("nikah") but will compromise and do a civil one owing to strong pressure from women. That's a battle in Muslim culture. Not religious anymore but I respect that stuff, it's a structured way of life.

It came out afterwards that the family were mainly interested in my property inheritance. Hence the push for the civil marriage. So glad it fell through. She was far too easily influenced by her three sisters, and her elder sister was a witch in many senses of the word. Manipulative, too aggressive, too manly. Too many red flags.

Had a couple short experiences after that, all during university, but none since. Every day I'm thankful I never got married, I came very close. Life is simpler without women, although I still do think about finding someone - just never marrying her. I want kids one day.

I read through this forum all the time and just want to thank you guys. I feel for all the guys stuck paying alimony and child support, possibly losing out on their life's work, possibly losing out on relationships with their kids too. But thank you for posting your experiences online - you're really opening the eyes of us younger guys who stumble across your stories. Best of luck to those going through this hell right now.

64

UPVOTES

Thousands of dollars to the trash just because she wanted out

Ciguapalmera1995 · 8 July 2023 · Archived copy · Reddit

It's incredible, just because the wife wanted out I ended up paying thousands in dollars and ended in debt just because she got bored like a high schooler, just because she wanted out she got rewarded by the courts

What a scam, tell every guy you know to never get married and to be careful with cohabitation since that can screw you up as well

64

UPVOTES

Girl (31f) I (33m) was dating was a divorcee with history of making out with someone else while married - tried to plan around that history to avoid repeat, didn't work out.

Anonymous-Husband-10 · 30 July 2023 · Archived copy · Reddit

Because of her history of bad decisions while drunk, especially making out with someone else when she was with her husband, we tried to be preventative by agreeing that neither of us would get drunk without the other there. This was discussed several times over the course of months and well-understood as an agreement between us. She went to Miami for a girls trip for 5 days. She went out and got drunk almost immediately, didn't text for nearly 16 hours (a significant departure from normal communication), and was unapologetic about it the next day, saying that I was being "intense" for calling her out on breaking the agreement. I broke up with her.

Don't try to fix party girls fellas, not worth it.

64

UPVOTES

A little brevity for you, gents!

Tomo201070 · 5 September 2023 · Archived copy · Reddit

My wife has just told me to pack my bags and get out.

As I walked through the door she screamed : “ I hope you spend the rest of your life in misery and pain”

I said: “make your mind up, one minute your telling me to get out and now you want me to stay”

64

UPVOTES

After a long enough time here and in my own marriage, I'm seeing other people's relationships as time bombs

DeadBedroomRealTalk · 20 September 2023 · Archived copy · Reddit

I've been on a project with a guy in my department for about 6 months. He's talked about his wife and kids quite a bit and told me random stories here and there. A couple really stuck out to me.

First, he mentioned his wife is a nurse who has a lot of doctors hit on her because she's wearing more makeup and trying to be more put together for him. No brother, she's wearing more makeup BECAUSE she's getting hit on and likes the attention.

Second, he's said he rarely gets time to himself or friends. Wife won't allow it with the kids schedules and her work schedule. He complained to me about developing a dad bod and joking "well, my wife already said 'yes' when I married her", implying that she's stuck with him.

Third, he's made side jokes to me in meetings that imply he's clearly not getting any from his wife.

He's a really nice guy and seems like he would be cool to hang out with. It's sad, because I know this poor guy will get the "I'm unhaaaaaaappy" talk in the next 0-3 years.

It's so obvious looking back at all the signs and what you should have done differently, but now it's like I see patterns with other people.

64

UPVOTES

It's over.

INeverSaidThat89 · 3 October 2023 · Archived copy · Reddit

Court was today. 15 min zoom hearing. No major issues or problems. The judge said "You are both now divorced."
Now to rebuild my life and hope for happiness one day.

64

UPVOTES

It was never about the chores

ScaryJeweler637 · 5 October 2023 · Archived copy · Reddit

As the sole provider of our family I spent most of my time working long hours for the femaly on weekdays and on weekends even though I was exhausted I would come up with plans to go out as a family to have fun just like my excellent Dad did and that was good enough for my Mom, just like my grand father did and that was good enough for my grand mother...

Well 2 years ago my ex started to complain about her doing most of the chores and being exhausted even though she spent most of her time at home!!!! (Or maybe not, maybe she was doing something else, I wonder...)

Well, what did I do as loving husband? I hired someone to clean the house so my wiffe could spend less time doing chores well guess what, she kept complaining more and more... some BS about not liking they way the lady was cleaning even though the house was perfectly cleaned by the lady.... Well... she asked for divorce and among some of the BS reasons to divorce and destroy the family was that I did not do enough chores...

Well thanks Katherine... sorry I didn't do enough chores because I was WORKING HARD MAKING A LIVING FOR THE FAMILY.

64

UPVOTES

Hard day brothers...

Initial_Topic_4989 · 24 December 2023 · Archived copy · Reddit

I've been drinking a lot today man, days like this are so hard, I truly though I was going to die with her at my side, but she had other plans....The place where I live is quiet, there is only me and alcohol because the pain too bad, my parents sadly are not here anymore, and I don't want to ruin the mood at my sister house.

64

UPVOTES

Reach out if you need it fellas.

Haunting_Profession3 · 31 March 2024 · Archived copy · Reddit

Today is my first holiday divorced in almost 10 years. I did get to spend the morning with my kids, but dropped them off with mom early afternoon. All morning I fought off a scattered mind, and couldn't quite figure out what was the problem.

I went to the gym and lifted a bunch of heavy shit after dropping them off, and ran a few miles to really clear my mind.

This shit is not easy, and nothing will make you feel like a bigger failure than spending a day like today, alone, cooking for 1 and sitting in silence. I haven't had a mentally exhausting and defeating day like this since the day we called it off as a couple.

If anyone in this group is struggling today, just know you're not alone and there's always someone here to talk to. You're not a failure for the situation you're in, and this all really is a test by god him self to see what we are all made of. He has a plan for each and every one of us, just trust the process, and have grace and patience.

I hope you all enjoy your day, either by your self or with your kids, and know that you will get through all of this shit, stronger and more powerful than ever.

Say a prayer, get some exercise in if you can, and be grateful you get to pursue a future where this isn't a forever situation.

Happy Easter guys, feel free to message me if you need someone to talk to.

64

UPVOTES

World changed right before my eyes.

LuvDonkeeButts · 9 April 2024 · Archived copy · Reddit

Does anyone feel like the world is so fucking different now than it was even maybe 10 years ago? Like the values that I grew up with and the family cohesion was the utmost priority to me and I thought to everyone.

Now it's all about everyone's individual happiness. You leave marriage if you aren't happy. Fuck the kids and just go out for yourself WTH?

Instead of planning fun things to do for girls on dates I'm now supposed to just take the lead and don't consult her ass at all and handle it everything.

The lack of gender roles ruined my marriage. She wanted me to do everything while I wanted to have more of a traditional marriage. And her being a mother to young kids, she used the fact that I couldn't breast feed or that my kids preferred her to make me feel useless and emasculate me entirely.

I feel like I'm so confused. I never questioned in the past if I treated women well or was doing the right thing. I'm just like so sick about how my life and the world turned out.

64

UPVOTES

Today is the day of my divorce and I'm just so sad.

Sportfish_deepdive · 9 May 2024 · Archived copy · Reddit

My ex (32 F) and I (32 M) divorce was finalized today. We were together 15 years, High School sweethearts and I feel so crushed like it's hard to breathe. To shorten the story, essentially I grew restless carrying the workload for the house chores, finances, sex life and working towards the goal of having a child. So I proposed divorce.

Yes I suggested counseling, books and communication and she just never budged. Until after the proposal. She asked if she had a chance and I said I'd never know but I would need consistency and don't want her to be something she's not. I want her to be happy and love herself. We tried reading the marriage book and she gave up on that too.

I just feel so hurt and I know she is hurting too. I feel so worthless because I want to scream "why wasn't I worth fighting for! Why didn't you put effort into the things I enjoy or spend time with me. Why wouldn't you come to bed with me. Why do you not ever listen to my advice. Why can't you understand I wanted you to be physically in better health to enjoy life longer with you. Why wasn't out goal of having a child not a priority"

I only ever showered her in love and never yelled at her but now all I feel as someone people don't desire or love enough to fight for. All I ever ask is to be treated fairly and have a partner, not be a caretaker. I'm just so fucking sad.

64

UPVOTES

First GF after divorce

berzerker5000 · 24 July 2024 · Archived copy · Reddit

I just broke up with first gf I had since divorce. She was really into me. She would send me random loving notes and gifts and tell me how much she missed me. The more she did that the more I realized she really liked me, and the more distant I got. Felt numb to it. Anytime she got mildly annoyed or tried to pick an argument over something I said or did she didn't like, it reminded me of my exw and repulsed me. So I would just not care. I ended it cuz I think I will just hurt her. I am also avoiding being hurt.

Relationships feel really weird even though it's been 14 months since seperation and 3 months since divorced finalized.

Just felt like sharing that. Back to ONS and being single I guess.

64

UPVOTES

Struggling with STBXW's glow-up

jambazaza540 · 25 July 2024 · Archived copy · Reddit

My STBXW was already very attractive when she filed for divorce in June. Since then it is like she has been on a mission to make me feel like garbage. She is using fake tanner, her makeup is on point, she is doing HIIT workouts every day, she is dressing in stuff like crop-tops and booty shorts. She honestly looks stunning, like a woman half her age, and I am extremely attracted to her. She will have no trouble getting attention from lots of men.

The trouble is the contrast. I am not glowing up at all. I am hurting. I have cried a lot and am in therapy. I don't have much energy to workout. I wake up with anxiety at 3am, my heart pounding, worrying about the future—the kids, having enough money to get by, finding love again, and so on.

She and I are in very different places with respect to the divorce. She is thriving, and I am suffering.

Any of you guys ever deal with this? If so, how did you handle it?

64

UPVOTES

Update 3 months after divorce..

ExtensionAir9675 · 16 September 2024 · Archived copy · Reddit

Hey you all , am here after 3 months. This group was a massive help to get out of this hell. Rooting for all of my mate going through difficult moments.

Just remember things get better if you work for it. I got a simple routine to start with. Gym, diet and work. After that time with families etc. The thoughts are still there but it no longer has the same impact.

Mentally , am better than before. A question lots of you will ask I guess, if my ex tried to reach me???

Guess what, yes , was crying etc but i wished her good luck and boooooooooommmmmmm , Blocked !!!!!!!

Move b*****, get out the way... 🚫

64

UPVOTES

Redemption

No-Marsupial1823 · 19 September 2024 · Archived copy · Reddit

A year ago on sept 18th my exwife left me in another state high and dry. She left me with all the bills. She left me with no financial help or support knowing that it took both of our incomes to uphold everything. We divorced April of this year. Fast forward a year later. I have a nice luxury apartment in a new city and state, a new job that's amazing. And I've been dating several women. To top it off this weekend one of the women I'm dating decided to take me out to dinner and a concert this weekend. Funny how much can change in a year. Just to think a year ago I was in shambles. Now I'm smiling and living life, healing and moving forward. I thought I couldn't live without my exwife. Look at me now killing this shit. There is hope fellas. It will get better as long as you put GOD FIRST and keep looking to better yourself. Have a great day and weekend fellas.

64

UPVOTES

Another restless night almost 10 months after divorce. Longing for a woman I shouldn't even want. Does it ever end?

NoComment2995 · 18 November 2024 · Archived copy · Reddit

10 years with her. She turned 31 this past weekend and spent it out of town with my replacement. The guy she had an affair with years ago that I could never truly forgive her for.

She came by to get our kid earlier and mentioned to my dog (for real) that she was off to see her own "boy." Just quiet enough for her to plausibly deny trying to hurt me, which I assume was the reason she would tell that to a dog.

I hooked up with a girl that is arguably more attractive than the ex last night.

First time I'd been laid since July.

Still, I've been lying in bed for 5 hours stewing about the loss of the life I thought I would live. Does it ever end? It's been 10 months.

64

UPVOTES

My Life Wasn't the Problem

Paddle_Pedal_Puddle · 5 March 2025 · Archived copy · Reddit

STBX hit me with the news that she wasn't happy and was done with our 17 year marriage a few weeks ago. Not gonna lie, even though she was treating me like crap on the bottom of her shoe, I wasn't surprised but it still hurt a ton. Even though things weren't great, I would have done almost anything to work on our marriage.

We've got lawyers and we're starting to work through the separation, asset division, custody, etc. Going through all that while still living under the same roof with kids sucks hard BUT...

For a while now, I've felt miserable at work and unhappy at home. I blamed it on the stress of the job and I blamed it on constantly being so busy with the kids and life, but that wasn't it at all. As I'm moving on, it's become very clear to me that my feelings came from being married to a woman who didn't hear me, didn't support me, put herself and everyone/everything else before me, and didn't really care about me as a friend. She did the bare minimum to string me along, and I bought the lie hook, line and sinker.

I've taken stock of things as we tend to do when we go through something like this, and I've realized I'm blessed with a damn good life. I've got a great job that is flexible and pays really well, even if it can be stressful at times. I've got the best kids a dad could ask for and a tight relationship with them. I've got badass friends who are there for me. I'm in the best shape of my life with good health. I have hobbies that I really enjoy. I've traveled the world. For a long time I've been misplacing the misery of being with someone who married me for security and used me for 17 years and I've been projecting it on everything else so I wouldn't have to admit that truth to myself. Now that I'm walking out from under that rain cloud of a relationship, my life feels a lot more sunny.

I'm not trying to minimize the pain and hurt of being rejected by the one you would have given everything for, I'm not discounting the financial pounding I'm about to take, and going from a nice house to a rental will be an adjustment, but I'm legitimately excited about a future without that dead weight hanging around my neck!

Anyone else here realize how good they actually have it on the other side of divorce?

64

UPVOTES

Almost Got Killed Last Night

raginggear57 · 28 April 2025 · Archived copy · Reddit

Was with my wife for a few months. She divorced me. Was the woman of my dreams and always will be. I make good money but other than that the worlds just been kicking me in the nutts over and over since she's left. One thing after a fucking other, topped off with almost getting killed last night.

I Was driving home last night and got ran off the road by an suv driving the wrong way in a one lane interstate exit. Slid into the dirt and into a sign post going about 60 MPH. Covered in glass and blood, haven't been able to stop shaking all day.

There's no rhyme or reason for this post. Didn't know where else to post. But almost died and all I could think about was how badly I wanted to be with my wife after it happened. But she's gone, hates me, and is never coming back. Life feels pretty pointless and honestly I'm looking back and kind of wishing I wouldn't have veered off the road and taken the head on hit that would have killed me. I make great money for my age, but my drive was always to be able to provide a great life for my wife and kids. Now she's gone and that dreams gone. Everything feels fucking pointless. Just bitching to bitch I guess. It just sucks when you almost die and realize it wouldn't have mattered because there's not much to live for anymore.

64

UPVOTES

How do you get over the unfairness of a 50/50 financial split when you spent your entire marriage supporting her medical career?

BeingMedSpouseSucks · 12 May 2025 · Archived copy · Reddit

Nothing has been finalized or adjudged by a court, but the more paperwork I file and the more my attorney tries to manage and lower my expectations about a just or fair outcome the more insane I feel.

I spent my entire marriage carrying my good for nothing stbx through medschool, residency, fellowship with zero debt in her name. After she had our son she kept doing her fellowship and I kept working a full time job(software), taking care of my child, doing all the household chores, finances, fixing and maintaining our vehicles the backyard, literally everything became my responsibility.

She started spending more of her time supposedly hanging out with her co-workers after work then she broke her leg somehow at some office beach cleanup event and leaned on me to also get her to work and appointments.

The last 2 yrs I was totally blind working all day every day 6am to 1am. Then within about 6 months before graduating she filed for divorce because I asked her to help out around the house instead of just sitting around while I do chores expecting me to also let her dump her workday on me. like wtf pick up a broom and talk?

anyway so even though she'll make 3x what I make when she graduates I owe half of all the money I saved including my retirement during my marriage to this bum. She's also refusing to start work and wants to be a dependent until she gets a job in her field.

Everytime I have to file more discovery to show she's hiding money(she hid 30k from her fellowship stipend) I'm just apoplectic..

how do you deal with this? It's like an awful itch I can't scratch

Edit:

I feel like the guy in the zombie movie who boosts the girl up the wall with a horde behind them and then since she's the evil one who is still pissed off he didn't take her side before goes "You're on your own" and leaves him for the horde

Atleast in the zombie movie he gets eaten immediately after with a look of shock and betrayal, I have to tolerate this heel and her antics in my life till my son turns 18

64

UPVOTES

Update to: 8th grade graduation tomorrow-changing the tone in public with my ex-it worked very well

Gullible_Rich_7156 · 7 June 2025 · Archived copy · Reddit

Completely acted like she didn't exist while simultaneously beaming with pride and celebrating my daughter's accomplishments surrounded and supported by our extended family. From never turning around to acknowledge the ex (but also not preventing my daughter to do so herself) her while she stood right behind us in line to acting like she DIDN'T sit in the row directly behind us (because of course she did) during the ceremony, she seemed to get the message that her fake nice bullshit wasn't going to fly.

The only attempt she made was to try to talk to my GF's 14 year old son. I quickly interrupted and suggested he go sit on the other end of the row to save seats for others who hadn't arrived yet. She asked him about a recent school trip she knew she had been on because one of my daughters must have told her. Mind you, this is a kid who my ex once tried to accuse of inappropriately touching my youngest daughter simply on the basis that he's on the Autism spectrum.

Afterward they did their pictures, we did ours, and went to dinner. You don't have to be emasculated over and over and over again by your abusive ex, pretending like she doesn't do everything possible to TRY to make your life a living hell on a daily basis.

64

UPVOTES

When does it stop?

AstroHustler22 · 8 September 2025 · Archived copy · Reddit

I took my two youngest kids to their mom's house today so they could start their week with her. Our divorce finalized about a month and a half ago. I'm dating a wonderful girl now that I had known decades ago, but never pursued because we were both in other relationships at the time. I have Christmas music playing in my house and that tends to bring a bit of joy to me, especially when accompanied by the fall scented candles burning in my house, but I can't help but feel sad. I miss my family. The girl that I'm dating now treats me better than my ex-wife ever did but the painful longing that I feel just seems to be getting worse with the passing days. Does this ever stop? My ex-wife doesn't seem to be doing much better than I am. She had an affair and decided to end the marriage for it, but that affair fell through and now she, too, is alone and hurting. A couple weeks ago, my ex stopped me whenever I was dropping my kids off and had some choice words for me, but during that conversation, asked me if I'm happier now without her. I didn't know how to answer that because to say that I wasn't felt like a betrayal of the girl that I'm with now, but to say that I was just wouldn't be true. I just want my life back.

64

UPVOTES

Do you guys ever look at where the ex is now and feel bad?

aarongdl · 21 September 2025 · Archived copy · Reddit

At least in comparison to what you'd had envisioned your future being when you guys married.

Sitting here drinking some coffee this morning, before I drop the kids back off with their mom. Divorce was as gnarly as could be, don't get me wrong. Yesterday our daughter had a softball game, and for the first time in probably two years had a conversation that wasn't contentious. Of course that may be because our 7yr anniversary would have been tomorrow, but who knows. Anyhow, we had some casual conversation about our new potential interests, what they do, what they have in common, how she thinks the new guy and I might unfortunately get along really well. She may have found a house, and I'm truly excited for her, but I looked at this person yesterday and I didn't see hatred or feel betrayal, but for awhile I have. I saw, for lack of better term, someone different than the woman I married. Someone having an identity crisis and figuring her stuff out on her own. (This isn't intended to be a negative stab at her, either). It just took me back a bit and made me wonder why we couldn't have just communicated, why she (in my mind) chose the harder path. I am genuinely happy for her that she seems happier now and I am not doing too terrible myself. I know things aren't always about being materialistic, but we had the house. She had the money. I adopted our daughter. Just made me wonder what clicked in her head that made her decide it'd be better to start over.

I might be in my feelings because of tomorrow, or maybe yesterday just brought up some old memories and I felt the need to blurt them out on the internet.

Anyways, happy Sunday guys!

64

UPVOTES

Funny Story from Divorced Land - the woman you will meet.

Ok-Guidance6491 · 1 October 2025 · Archived copy · Reddit

So I am almost 2 years post divorce and after a brief foray into dating, I realized I am better off focusing on being a father to my two boys (and occasionally hooking up with an ex girlfriend).

Took my 14 yo out to dinner. Ignored the two women sitting next to us. On my way out, one of them grabs my arm and starts chatting me up about what a good dad I seem like. Then immediately starts in on what a crappy father her children have. (She is at a restaurant bar, by herself, on a Friday, wearing a wedding ring). After asking some questions, it turns out she has 4 children with 3 different fathers. When I mentioned her wedding ring she says she "separated". When I clarified about the 3 different dads she said "I have a bad picker". 🤔

Anybody want to guess age and appearance?

64

UPVOTES

Ashamed of my inability to get over what caused the divorce. I've become so cruel. I need to get this off my chest. I'm not a good person anymore.

TJ_on_a_trip · 6 November 2025 · Archived copy · Reddit

6 months after discovering her horribly cruel infidelity. I immediately moved out, like the day I discovered it. Began slowly organizing logistics and making a plan. As you guys know, unfortunately when it rains it pours. Slowly over the next 2 months it was just brutal, agonizing discoveries of the details of all she'd done to destroy what I thought was the best marriage ever haha.

Fortunately, before we got married 2 years ago my mom essentially forced me to organize all of my Assets in a way that my wife would never be able to touch. Community property state, and most of my earnings post-marriage have gone to my overseas accounts in UAE.

So essentially, my wife has been left with NOTHING. I'm extremely wealthy (mainly from old money thru the family passed down to me but also solid income). She comes from a very poor family with almost nothing.

Anyway, I sent her home to live with her parents in poverty around the 2 month mark.

From the moment I caught her, she's begged cried wept and PLEADED with me to forgive her. I won't now, I won't ever. But I have to make a confession. I am deriving a sick pleasure from her being so deeply depressed. She's had to take a low wage job working 50 hours a week. A few minutes a day I feel so sad for her but then I get a sick/twisted joy out of it. She went from not having to work, spoiled with world travel and shopping sprees anything she wanted to this. The only time I ever get any joy in my life anymore is when she calls weeping and begging and I can say no. I've become just as evil as she was. I'm ashamed of this. I spend my days craving the feeling of saying more evil, hurtful stuff to her.

She destroyed the happy and trusting and loving man I once was. I used to pray every night before sleep that God would do anything to protect her. Now I wait for any opportunity to make her life worse.

I want to stop; but I can't. Evil is contagious and the one who catches it from you can become worse than you are. I sometimes wonder if I should just disappear from everyone that knows me. To begin a new life and protect them from me. I'd never physically harm myself or anyone else. But the damage I have done to her emotions and mental state is not ok. She deserves accountability and justice for what she did to me, sure. But I've taken it too far. The things I've said to her are disgusting. If there is a God, I am so sorry. Please forgive me. I let what happened to me at age 35 destroy me.

64

UPVOTES

Man im in a dark space again

KingJon85 · 12 January 2026 · Archived copy · Reddit

Its crazy this shit hits in waves. Do okay for a few days followed by deep, dark, crippling depression.

Its been a little over 3.5 months since separation. Divorce was final in the last 2 weeks. I just can't stop feeling like a loser who will likely be alone for the rest of my life.

I think my ex has moved on but I can't confirm that for sure. I know she is going to Hawaii and flying out today. Im sure she is going with a guy. I try to get as little information about her as possible but I heard things from my daughter.

I know my ex tells her not to tell me things and I dont ask. The loneliness is consuming me. I have some hobbies and I work but I still have so much time on my hands to just think. How the fuck do i get out of my own head. Im getting some dark thoughts.

I only have a couple of friends and they don't like to do much. My kids barely act interested in seeing me. I feel like giving up. Most of my close family has passed away in recent years. I had to make the decision to literally pull the plug on my mom last year as she went braindead from a stroke. Im over this shit

I gave up everything for my family and they just left me like trash. My life is meaningless

64

UPVOTES

3 years removed from divorce, it's like the woman I knew died.

LuvDonkeeButts · 17 March 2026 · Archived copy · Reddit

It's been 3 years this March where my wife of 8 years petitioned for divorce and about 2 1/2 years since it's been final.

Wow since she's been gone it's been a completely insane ride. she lived alone for a total of maybe one year before getting pregnant by another man after knowing him around 6 months, and now bought a huge house to live with this dude in along with his 2 children.

My ex wife's behavior has been so bizarre that when I think about what she's done and the woman that I know, she is like COMPLETELY different now. The woman I knew would never be so reckless with moving in with someone so quick for one thing, but now also having a child with him. It's like the woman I knew died and was replaced by an alien.

These have been the 3 hardest years of my life trying to keep my job together, be a good dad, date women again, balance it all, and also watching this clown show with a front row seat. She seemingly just picks some dude out of no where has his kid and moves into a new house like it's nothing.

Never ever has my expectation of life and vision for my life been so shattered. When I reflect on these 3 years, I don't even know what to say. It's crazy.

Recovery from the nuclear bomb of divorce of my family has been so slow. I'm not sure what recovery even looks like. It's been 3 years, I anticipate maybe another 2 until I can reach maybe a new home life with a new person. 5 years, tens of thousands of dollars, therapy for years.

How long did it take you before you felt like you were back to being who you were?

64

UPVOTES

Well this a new one, wife tried to hire someone to kill me.

Smokebomb1975 · 23 April 2026 · Archived copy · Reddit

So far my wife has gotten me fired from my job, broke up my best friend and his girl, contacted all the girls on my Facebook and told them I'm a child molester. Monday a friend of her family called me and wanted to talk immediately. He left his job and drove an hour to my house. Apparently my STBX approached him and asked him if he knew anyone that could kill me. He's from Mexico and has a lot of shady employees. He told her no. Then 3 weeks later she drove to his house and asked him again and offered 2k if he could find someone. He again told her he wasn't interested. When she left, he called me. I ignored his call for 4 days. Now the sheriff's office has it all. I will find out Tuesday if i can press any charges against her. Just fucking wild.

64

UPVOTES

"I wonder why our teen is acting out?"

warbul · 8 August 2026 · Archived copy · Reddit

I warned my ex about the effects of divorce on kids before she filled, she just scoffed. Now it's.....

Her: "I don't know why we are fighting constantly! She won't open up to me, does she open up to you?"

Me: "Yes, she opens up to me."

Her: "Well maybe we could do family counseling, whatever would best support our kid."

Me: "I'll do anything to help our girl, even counseling if she's willing."

What I wanted to say was: "You know what would've best supported our kid? Not getting a FUCKING divorce!"

The cognitive dissonance astounds me.

63

UPVOTES

PSA: Pussy is expensive

BlessedAF777 · 22 August 2021 · Archived copy · Reddit

Just a reminder.

I just seen a post on here about a man going through divorce and asking our permission to download tinder.

Listen, if you've just gotten out of a LTR or worse, are divorcing, you should focus on YOU, the LAST THING YOU SHOULD DO IS BE ON THE HUNT FOR SOME PUSSY. Unless, you're already financially comfortable with where you're at.

Doesn't matter which way you go about it; fwb, the girlfriend route, escorts.. Pussy is a delicacy with a HUGE price tag in money and time that MOST men can't afford and are better off investing that time and money into themselves.

Please don't make the same mistake I did, because that one dinner date.. That one, one night stand turns into another relationship and sacrifice of your time before you'll even realize it.

You've been warned.

63

UPVOTES

Divorce was finalized today. Thanks gents.

askingforafreddit · 10 February 2022 · Archived copy · Reddit

Nearly 13 years to the day we got married, in fact. I wanted to say thanks for all the advice and tough love that folks dole out freely on this sub, it's invaluable. FWIW for guys who are just starting down the path, here's things the three things I learned on this sub that really stick with me:

1. Work on yourself before going "back on the market". I'm not there yet, but it's a work in progress.
2. Child support: it is what it is. The more you try and figure out where your dollars go, the crazier *you* will go.
3. Focus on the time that you have with your kid(s), if there are any involved, and however much time that is. Just be the best Dad you can be, and hope that its enough.

I can honestly say that throughout this year long divorce process, my relationship with my daughter has changed dramatically and for the better, because I made these mental changes. I don't have anything new to offer, but I'd like to stick around this sub and provide support/advice where it might be useful though. Divorce sucks, but it could suck less.

63

UPVOTES

It. Is. Over.

gorlewski · 29 December 2022 · Archived copy · Reddit

Had our mediation yesterday. She finally saw the light and came around. She finally figured out that I am not as dumb as she thought I was and would not just roll over. I held my ground and got what I wanted.

All the papers are signed. It will be official in about 2 weeks.

I hope she gets the life that she wants. I know that I am going to make myself better and stronger because fuck her.

For those that are going through this there is an end. I hope you get there soon. The road is not always easy. Get help when you need it and you will need it. Reach out to us here total strangers or friends or a professional.

Thank you for coming to my Ted talk.

63

UPVOTES

Every Friday I try to see the sunrise. This journey is long. The journey is emotionally and physically taxing. Dont give up and fight through the pain. You're worth it!

bigtony199077 · 24 July 2020 · Archived copy · Reddit



63

UPVOTES

Been dating a girl who I told I was in the process of getting divorced but otherwise didn't want to discuss it. Finalized a month ago and let her know I'm divorced. Told me today she was following the docket the whole time.

lovemonero · 17 April 2023 · Archived copy · Reddit

I'm so sick and tired of women tracking every little move I make or digging up information on me. When I first met this girl, she did a thorough google search, two paid background checks, and looked up how much my house cost. When I complained about it on the relationships subreddit, everyone defended her and said it was totally normal.

She has no problem dating me while I was going through my divorce but the fact she was monitoring it, reading our filings, etc. feels so intrusive. It was an extremely high conflict divorce from my insane ex with BPD.

I miss privacy.....thinking of becoming a hermit and living on the woods.

63

UPVOTES

Kevin Costner's STBXW says \$248,000 in monthly child support isn't enough. Men, here's yet another shipwreck on the rocks whose only purpose now is to warn others.

AudreyTooTwo · 21 June 2023 · Archived copy · Reddit

<https://www.thedailybeast.com/kevin-costners-wife-christine-baumgartner-demands-whopping-child-support-sum-a-mid-nasty-divorce>

63

UPVOTES

X wife car not starting...

Ordinary_Cup_1827 · 12 December 2023 · Archived copy · Reddit

My x wife car not starting. As much I would love to help her or even let her use my vehicle cause I have 2, I remember “she’s a strong independent woman and she don’t need me.” When we was together I did all the car maintenance, brakes, oil, alternator, ac compressor, etc. before you simp gentlemen come for me. Here a little context. Many times I had to send Uber to take my kids to school bus stop because I was stuck at work while she at her place laid up with her new guy. Karma coming for her. And no I’m not showing signs as I’m praising her downfall . I been silent, well beside this post here.

63

UPVOTES

She just admitted it

AlwaysCheatedOn3 · 17 December 2023 · Archived copy · Reddit

Posting this as I have no one I can talk to at the moment.

My wife and I have been disconnected for quite some time. A few months ago she started traveling regularly to Manhattan for work in which she'd be gone 3-5 days at a time.

About 2 months or so ago, I started noticing little things like her staying out late, packing her razor(its fall in the Northeast), or shaving her legs the morning of or the night before a work trip.

Last week I tried to cuddle with her on Sunday morning and she said she didn't want to be physical. She then went on to say that we should split up, but not until my daughter (her stepdaughter) graduates high school in 2025. I completely broke down and we didn't talk much the rest of the day. Monday she headed back to Manhattan for a work trip. Before she left she said she'd like to talk when she gets back.

On Wednesday night, I checked our bank account and saw a Lyft charge (6PM), the next morning I saw another one for later in the night (10PM). She's typically in bed by 9 or so on work nights...hmmmm.

She came home Thursday and due to life events and teenagers we didn't get a chance to talk until this evening. When we talked, I confirmed what she had said on Sunday and then we started talking finances. We were on the page.

Then I asked her if she was seeing someone else while in NYC. She immediately accused me of attempting to play the victim. So then I told her that I've been noticing some things here and there. She's says, "Like what?". I said "the amount of time you've been spending on your work phone for one". She starts to get flustered and stammered, "Well Itold you this job is a lot different than my other one". I said, "Really? You need your work phone in your hand when you take the dogs for a walk?". We have a ring camera and I saw it in her hand today when she left to walk the dogs. We usually walk the dogs together, but today she wanted to go alone. Hmmmmm.....

Then I said, "I really need you to be honest with me because I'm starting to feel like I'm going crazy. " She then blurted out, "There is someone else." We talked a bit more, I was able to identify the month when it all started.

I don't know what the fuck to do. I've already been divorced twice and I thought she was a much more decent human than she apparently is. My daughter had some previous issues and we don't want to affect her going forward. I thought I was living the dream life, but reality is a cruel mistress. We are so good financially, the last 3 years has been the first time in my life that I didn't have to worry about money. We had some awesome vacations, could go to dinners, would pay off \$60k of debt in less than 2yrs etc. And now....?? Two years of a virtual prison or rip the bandaid off and risk fucking up my daughter?

Sorry for the wall of text, I don't know how else to vent right now.

63

UPVOTES

Pleasant update 5 years later

Reblog1791 · 28 December 2023 · Archived copy · Reddit

Ex wife had an affair back in 2018. It came out that she went to her boyfriend on both Xmas Eve and Xmas while completely fooling me. She was out getting fucked down while I was building our 18 month year olds play kitchen with my ex FIL on Xmas eve.

It was very humiliating and horrific to deal with that betrayal. Counseling, push-ups, and golf helped.

I hosted Christmas for my siblings and parents this year. It was amazing. My mom didn't have to cook for the first time in decades and everybody had a great time. My mom was glowing and beaming and belly laughing all day. They understood we may or may not see my daughter but we will make the best of it.

Here is an interesting insight: my girlfriend is telling me about the Xmas baby daddy drama from her coworkers. All the cringe worthy stuff I used to do back in the day; fighting, name calling, making a scene, generally just losing marbles about nonsense.

I realized I let all that shit go and I'm very proud of myself. This year was my ex's year to get Christmas Day. I made a decision sometime in the past 3 years that I am going to enjoy Christmas with my loved ones no matter what. I'm not going to think about her affair, her new boyfriend, or anything negative.

I said, "my folks are coming down, it would be great to do a present exchange at your convenience." If she didn't reply I wouldn't have cared because we were having fun anyway. But she did reply and her parents dropped my kid off. When I see them now about twice a year I just smile and say "Merry Christmas" or whatever.

It is so easy and I don't get triggered at all. When shit was hitting the fan, they did all the standard support the daughter shit that really pissed me off. I took it personally then but don't anymore.

I guess the point is even if you've had some nutcase moments in the early days, just let it go and do better next time. Turning point for me was deep in my soul acknowledging that life goes on and I am going to be happy no matter what these people do. I was pleasantly surprised to learn everyone is perfectly content to let bygones be bygones and just have a merry Christmas and don't make any drama.

Silver lining: I love spending Christmas with my family and getting along and laughing. I hated doing these crazy dual holidays all over the state to placate her family. All my christmases since separation and divorce have been lovely and I am going to keep it that way whether my kid can be there at the traditional time or we have to move it by a day or two.

63

UPVOTES

Always the victim...

Vintage-Card-Man · 27 March 2024 · Archived copy · Reddit

Why is they always have to be the victim? My STBXW is the one who committed adultery. She was previously was arrested for CDV. And yet she has the nerve to say to me that she won't meet with our kid's teacher together because "I don't feel comfortable with you right now. It causes me tremendous anxiety."

When I say we have to co-parent and it's unfair to expect teachers to meet with us twice, and that she came into my house yesterday to see the kids and acted just fine....she responds with, "I understand that, but I think given current circumstances my feelings are valid and I would appreciate your understanding."

These are exact quotes.

She asked for a divorce for about five years. At least once a week. Now she's getting one, but I'm the "bad guy". I don't fucking understand anything....

63

UPVOTES

Got a Vasectomy Today

Is0prene · 6 April 2024 · Archived copy · Reddit

Totally worth it. My days of child support will eventually come to an end in 12 more years and that will be that. No more chances of that ever happening again. Sorry no point to this rant I just feel liberated in a way if you know what I mean.

63

UPVOTES

I hate my wife

durangomcnuitt · 17 June 2024 · Archived copy · Reddit

48M and 41F

Wife and I do not get along. Married for 6 years and together for 8.

No sex for a year, Year before, sex about 3 times. She's not considerate, not living, not affectionate and her life revolves around her twins from a prior marriage and their lives but primarily their volleyball life and games.

Wife spends hours scheduling their volleyball lessons and coordinating their tournaments. We have a live in nanny that cares for the 3 year old we have together. I pay for all of it, she doesn't work.

I get NO ATTENTION, dates or intimacy. I get irate and rage and blow up at her after about a week of being kind and trying to repair things and it just keeps cycling. I am miserable, truly miserable.

She says that she's scared of me and that's the issue with t intimacy but she makes no effort at, for example, saying hello after she returns from being out of town at their volleyball tournament and walks into the house. Or, she doesn't say hello when I show up at a volleyball match and needs me to take one of the twins home who is sick, after I drive 30 minutes out there with the 3 year old to watch them play. She wouldn't even stop her conversation to discuss if the 3 year old would come with me or discuss that he hadn't eaten at it was lunch.

I am so angry just writing this. She says I'm needy, but who wouldn't be when they get nothing from their spouse and I foot the bill for everything.

She said that i need to be kind because all she feels is fear but why am I the one who should just keep giving and get nothing in return.

Am I out of line? Am I crazy, or is this all my fault because of how is speak to her. I cannot get over how angry I am and we are un counseling and the counselor said how I've spoke to her has really affected her but I mean, am I just not entitled to any kindness, sex or intimacy.

I give up, I cannot figure this out any more

63

UPVOTES

So I am a good Dad.

Theedon · 1 July 2024 · Archived copy · Reddit

My kid came over to talk about his Air Force application. We spent the night working on his sister's dirt bike trying to get it started. We are almost there. I took him to lunch and we watched the Blue Angles documentary. It was good times. The one thing he said that will stick with me was "I don't understand why Mom divorced you. Was it just so she can go drink and party." I told him we had some issues and she wasn't happy. She needed to go find what is going to make he happy and I wasn't included.

I questioned my value to my family during the divorce. Was I good father to my kids? I think I just got my answer.

And I think the EX and I are better now living apart.

63

UPVOTES

Can't forget my wife's words...

Evening-Round-4067 · 3 July 2024 · Archived copy · Reddit

Four years ago, my wife and I were going through a rough patch and I told her I wanted a divorce. After my attorney contacted her, she said to me that she would make sure that I never see my son. This cut deep because I grew up without my dad and it affected me greatly. I've over compensated for my childhood by being a super dad and she knew this.

We ended up reconciling and I called off the divorce (mainly due to this fear), but I've never forgotten those words.

We now have another child and I summarily gave myself a vasectomy, but I keep thinking about these words. Were they just empty words by a hurt woman, or should I believe what she has shown me in the first place?

I'm not very happy in this relationship and I'm contemplating my options. My lawyer has assured me there is no way she can execute her words even if she wanted to.

Please be kind in your responses...

63

UPVOTES

Divorced Dating

Lumptbuttcats · 9 September 2024 · Archived copy · Reddit

I wrote a few comments on my experience dating post divorce and it seemed to garner interest. I thought I'd share my experience and resulting POV.

Except for very rare cases, expect the dating to be extremely transactional. Seems most people, especially women, are not searching for a partner. They are searching for a solution to a problem. The four I have seen that are most prevalent are money, kids, loneliness and revenge.

I am not suggesting to not date or even suggesting to avoid any sort of relationship. Just need to know what you are getting into. If you think in terms of the four categories, be prepared for the following.

If they need money, be prepared to pay for everything. They'll ask for loans or "help". They'll size up your place to move in.

If they need help with kids, you'll get drug in early. You'll find yourself watching them even with her there. You see that when she has the kids, she'll want you around more. When she doesn't have them, she'll spend less time with you. Just notice it.

Loneliness is the most stealthy. You'll notice that your ability to see her is driven by her priorities and her schedule. Your job is to fill the occasional idle time. If you are not at her beck and call, she will get frustrated and gaslight.

Finally revenge. Usually her ex is doing well and she's looking to one up him. That, or she wants to prove to everyone that she's bounced back. This is easiest to see. After two dates, you'll be all over her social media.

It's pretty easy to know when you scored a true unicorn. They want to pay and it becomes apparent money is not a driving force. They are really guarded with kids. In fact, meeting kids is a low priority. If they are truly into you, they make time for you. Sure, they have commitments, but they cancel and rearrange and do different things in an effort to see you. Same with social media. Being cautious is a good sign.

63

UPVOTES

Man, Tinder is a dumpster fire, lol

Excellent-Trifle9086 · 17 October 2024 · Archived copy · Reddit

Small rant. Filed 3 weeks ago, separated about 12 weeks, been seeing a therapist for a couple of months. I'm not ready to start a real relationship but have done a lot of healing and am ready to at least get out of the apartment and meet up. Installed Tinder, probably deleted 3 times, lol. All matches are bots trying to get me to click a bizarro link. Had one today where they wanted to move the convo to WhatsApp, talked for the day and they seemed real, but then they pivoted to bitcoin and what my investments are then ghosted. I'm having to google what all these new personality, non-monogamous, sexual identity terms mean... but did match with a real person and we're meeting for coffee this weekend. I'm not expecting anything other than coffee, but I'm excited someone's interested after feeling like a ghost in my marriage for a year and a half.

My sister recommended Hinge, that it has a better verification process. I'll probably get on that in a few months after losing some more weight and am more serious about finding someone.

Update: We met and she was not a bot, lol. We both had fun, walked around and laughed, there were some awkward pauses, but she texted later and wants to meet up again next weekend. She has a divorce from her 20s, watching her talk about it there were so many micro expressions of competing feelings, it was nice to see that's normal. I do plan to take it slow.

63

UPVOTES

My Story...a summary of 15 years. Can you relate?

FlyingSaucer51 · 17 October 2024 · Archived copy · Reddit

I gave endlessly. She took without limit. I loved her so deeply that I didn't even notice the imbalance—blinded by affection, fooled by hope. I wanted a partner, a companion, someone to walk with as an equal.

She mastered the art of imitation, shaping herself into whatever I needed—or thought I needed. She's like a ghost, always there but never truly known. You believe you understand her, but you don't, and you never will. There are things buried inside her, too dark to share. She won't tell you why she's so afraid of the world, why she feels unloved, or why she believes everyone will eventually abandon her. She hides her battles, even from herself. You'll never learn the truth of who she really is. All you'll see is someone desperate to be accepted, to fit in, to be liked.

She latched onto me, thinking I was better than her—a way out of a life she wanted to escape. To her, I was an easy route to something better, offering a kind of fatherly stability she craved because her own father failed her, whether through neglect or cruelty. She longed for romance, for the perfect love she saw in movies. And she knew how to act the part—playing the role of a girlfriend, of a wife, but only as a performance. None of it was real.

In her mind, being with me made her feel safe, even happy. She told herself she married her best friend. I believed it, too. But beneath the surface, the cracks were always there, waiting. At some point, she'd feel criticized, hurt, or scared, and when that moment came, she wouldn't know how to communicate. Instead, she'd pull away. She'd insist everything was fine, even as I watched the woman I loved disappear, replaced by someone distant and cold. I'd scramble to fix things, desperate to hold onto what we had. But the more I gave, the more she took. Love became a transaction—every ounce of affection I received came at a steep price. No matter how much I did, it would never be enough.

If I helped her grow, supported her dreams, or elevated her life, my value would fade. Once she no longer needed me, I'd become an obstacle. She would look for an upgrade, something new to reignite the excitement she once felt. And when that thrill was gone, so was she. Divorce wasn't just a possibility—it was inevitable.

When the end came, it was brutal. Everything became my fault. Like a child lashing out, she had no hesitation about twisting the truth or using lies to hurt me—even to the point of getting me into serious trouble.

The pain was staggering. None of it made sense. Even then, I still loved her, though I couldn't understand why. Friends and family thought I'd lost my mind, unable to comprehend the bond we shared. They couldn't grasp how someone so skilled in mimicry could create an illusion so convincing that even I believed it.

Like a vampire, she drained me of my identity, and in its place, she wore a version of me. She even claimed to love things I loved, though deep down they meant nothing to her. At first, the agreeableness felt reassuring, but over time it faded, replaced by confusion. The slightest mistake—one wrong word or misunderstood gesture—triggered a complete shift in her. Suddenly, she became a stranger, someone I didn't recognize. It was terrifying, and the emotional toll left me broken.

What made it worse was that she used the depression she caused as a weapon against me, turning my own struggles into proof of my failure. The cycle never ended, no matter how hard I tried—until the day I finally confronted her. I told her she was being childish, selfish, unfair. But that was the breaking point. The love she once professed vanished in an instant. Everything I'd done, every moment of tenderness, was erased. My feelings didn't matter. Only hers did.

From there, it was only a matter of time. She might have stayed for a while, pretending everything was fine as she plotted her escape, or she might have found comfort in someone new. One day, without warning, it was over. She left while I was away—gone without explanation, taking years of memories with her. And just like that, she disappeared, leaving me with nothing but confusion, heartbreak, and the ghost of what could have been.

63

UPVOTES

Divorce + Support = Financial Ruin

ThrowRACityOk9430 · 19 November 2024 · Archived copy · Reddit

I live in Germany and have just heard back from my divorce lawyer and I'll be honest I'm pretty surprised by the amount of spousal support and child support I'm going to have to pay and the general way that the entire system is.

After 9 happy years of marriage I found out my wife had been having an affair for 6 months with someone she worked with. I tried to fix things and make it work, but I think she was just out of it, not sure if she was having a midlife crisis or what. She decided she wanted a divorce.

I went to a lawyer and was told I would have to pay spousal support and child support and because she didn't work it would be a lot. I asked if it is taken into consideration that she refused to work and I was bluntly told that it was my fault and that I enabled her. I was kind of shocked by that too as I have tried to encourage her to get a job or go back and study/retrain etc, but she always used the kids as an excuse, even though they have been in full time education. I said there is a phrase "you can lead a horse to water but can't make it drink"

Anyway fast forward to today, I get a breakdown of the costs, I have to pay nearly 1700 euros in spousal support and 1400 euros in child support each month.

To top things off, she has now got a part time job earning 1300 euros a month.

So a breakdown of her monthly income

1700 euros spousal support for 4 years 1400 euros for the next 12 years 1300 euros a month part time job 450 euros for another part time job 500 euros child support from the government.

5350 euros per month...all tax free (apart from the 1300 part time job)

Whilst I have to survive on 2300 euros a month, plus I'm in the worst tax class as a single guy. I can't even claim half the tax on the payments I make to her unless she agrees. If she says no it's all on me.

This is all with 50/50 custody too!

I honestly don't know how I can survive on that and I'm really starting to understand how dads just disappear...

Rant over ☹️

63

UPVOTES

Two Years Later.

helloworld2389023 · 31 March 2025 · Archived copy · Reddit

I wish this was a positive story, it's just not and if I don't share it, I will go insane. I hide the depression from everyone, I am always the happy guy, the one people think has such a great life. My life fucking sucks, other than my parents and my son, I hate my life.

My ex still drags me down, uses me, bc she knows I'll give in. I just have no self confidence anymore, I honestly don't ever see myself finding anyone. My son gets my attention but nowhere near how it should be. Rather than focus on him 100%, I still deal with my ex, throwing away so much money, easily \$60-70k in the last years. She loses apartments, has no \$ for shit, just a total nightmare. My son goes to private school, has all the shit he wants but I see it, he wants more of my time, but I struggle so hard to keep the happy face for him. I love him to death and he's the only reason I even bother getting out of bed these days.

I have a great job making a lot of \$, I have a great family but I just find myself hating my life, myself and cannot believe this is my freaking life. Yea, therapy I know. This is more of a sharing feeling post so I don't totally lose my shit.

63

UPVOTES

Wife took both kids as a deduction. Wtf.

WomenRBroken · 15 April 2025 · Archived copy · Reddit

Told my STBXW to only take one of our two kids as a deduction when she files. I would deduct the other one. She refuses to file jointly which costs both of us thousands of dollars every year. We are not divorced; there are no court orders or legalities involved here. I went to file and she took both kids because she filed first. I went from a refund of about \$1,300 to owing \$6,500. Women are awesome. Never ever ever ever fucking ever again.

63

UPVOTES

Never enough

Antique_Dealer8150 · 24 April 2025 · Archived copy · Reddit

I recently learned that you can give your wife everything she ever asked for, be loyal and only have eyes for her, be loving and caring, be her support, most importantly be best friends and do literally everything together. And even after 8 years together and 4 years married, she can tell you you're not enough and that she needs to separate to work on herself.

This had been so hard on me and I honestly have no idea what to do. This girl was the center of my world. We have been trying to have kids for 2 years and after a miscarriage 2 months ago she dropped this on me 2 weeks ago. She told me she's in a very dark mental place and needed to figure it out on her own.

63

UPVOTES

Five years later...

Wrong_Report9195 · 30 July 2025 · Archived copy · Reddit

It's been five years since separation and filing, three since judgement.

My outcome was pretty good. She had some issues that led to zero alimony. That alone was incredible. She sealed it by spending all the divorce money like it's game show winnings, living with someone, and getting a raise. So, that egg is pretty damn well scrambled. I also let her build up all sorts of problems. It took me a long time to feel comfortable that it was over.

She just recently bought a used mobile home. She owes "rent" for the hookups, sewage, all that kind of stuff. The structure was cheap. The rent is not. I'm not quite sure why she did this. It just makes her a captive renter without any benefits. She could have gotten an apartment cheaper. And now that motor home locks her into the mobile home park a little more than it should. She also gave herself a 45 minute commute one way. I get it. "Ownership" just resonates with a lot of people including me. But she should have at least researched it. She also has the fanciest car in the park.

She got her way in marriage. She could scream and howl like a teenager if I didn't agree. And it drove me nuts. Back in the day, we bought a condo instead of a single detached. I can't believe she pushed that through. Some of it came with nails, scratches, and blood. Why? Because the area linked back to HER old high school, the one where everyone graduated or retired. That condo purchase was at least a \$500k mistake. We fought like cats and dogs over similar things.

I'm doing okay. It took me a long time to get used to the new normal. I'm a lot poorer. I'm a renter now. But I got my kids through college. And I still have flex in my industry at 50+. So I think recovery is possible. But I'll probably have to relocate to retire. But I'm rebuilding savings.

For those just starting, try to catch when your doomsdaying and snap back into the moment. It's a day-by-day thing, not a financial planning thing. Not at first anyway. Get into therapy if it's too much - it was for me. Find a friend or family member who is pragmatic. There is light at the end of the tunnel. I didn't see it myself for two years. Dark times. But it's definitely not forever.

For me, yeah, divorce cost a lot. But the other side has so far given me the best days I've had in two decades.

Good luck everyone.

63

UPVOTES

The money is forcing me into reconcilliation

Fuckthedarkpools · 25 August 2025 · Archived copy · Reddit

Wife had an affair and was considering divorce. Spoke to my lawyer and its not great. Due to our situation with home equity and my business to settle up I'd give her my half of equity for the other half my business resulting in my 37 yr old wife getting roughly 600k and me being left with literally 0 dollars but my business. The hard part is I am 100% of my business so the valuation isn't even realistic as I could never sell it for anything despite what it's valued at. Then to add insult to injury he believes if I were awarded anything less than 50/50 she would get minimum 2k a month. My wife makes 90k a year. My business is literally year to year and due to AI etc could basically disappear at any time.

So yes. My wife gets 600k and maybe 2k a month. I will get a 2 bedroom apartment and have a minimum of 5k worth of bills / support each month. She can pay cash for a home, put 100k in the bank, and a 2k allowance covering virtually 75% of any of her bills. All because she just stepped outside the marriage. With deals like that why would you be faithful.?

63

UPVOTES

Ex wife pregnant with new boyfriend

LuvDonkeeButts · 29 September 2025 · Archived copy · Reddit

What in the actual hell is going on here. My ex wife of 8 years and relationship of 13 years divorced me against my will in 2023, 2 years later she is pregnant with a new man's child after knowing him for 9 months. Never in my wildest dreams would I have expected this from her. She's now going to attempt to merge 2 households that involve a total of 5 kids. What on earth is she thinking? She must know this has disaster written all over it.

It's like since 2023 I feel into Alice in wonderland and everything is backwards. This is not the woman I knew at all. She would never make such a decision. This is crazy. On top of that I told my family and they all said things like "well she did want another baby"...i am outraged by the absurdity of her behavior and the lack of anyone holding her accountable to her horrible choices.

There are no words to describe this other than it feels like an alternate dimension. Un-bel-ieve -able.

63

UPVOTES

Where to meet women - Hot Yoga

Helpful-Paramedic463 · 8 January 2026 · Archived copy · Reddit

Gents, I'm with a lady now and she's been taking me to do hot yoga.

First, every woman in there is a smoke show, hard body, fake tits. Highly recommend you go get your hot yoga on if you're looking to meet some great looking women.

Bonus - it does actually humble and kick your ass. Get fit AND meet some beautiful, fit women.

63

UPVOTES

She downgraded

Funny_Object_5538 · 29 January 2026 · Archived copy · Reddit

Gents, why does it almost make it comical when you hear who your ex is with and they are fat, ugly, and poor? She definitely went for the polar opposite of me but for my kids sake...that's gonna be their step dad? A complete loser? Because she got emotionally connected thru the divorce and blinded to the downgrade she was committing. This explains her greed in the divorce negotiations moneywise, he can't provide shit in an apartment. Divorced himself with past alcohol issues. She chose a winner!

63

UPVOTES

There's hope.

Chasdava · 19 February 2026 · Archived copy · Reddit

Final decree was signed 2/3/2026 in GA in a county known to be friendly to women in divorce cases. I (57M) was the plaintiff. She (F54), the defendant. I initially filed on 12/19/2023 on the grounds that the marriage was Irretrievably Broken, but amended to Cruel Treatment. Her original counterclaim was Cruel Treatment. We were separated for about 2.5 years.

She demanded a jury trial. I'd tried to settle fairly in mediation in August of 2024. She attended but refused to participate. I made a formal settlement offer in October of 2025 which would have given her 52% of the assets. She and her attorney never acknowledged the offer, much less negotiated.

She demanded 100% value and possession of the ~\$685k marital home. Purchase price was \$520k. I (alone) secured a 15 yr loan in '21 at 2.75% for \$416k w/20% down. Principal is now about \$300k. Although I'd moved out in November of 2023, I ended up paying the entirety of the mortgage payment, the HOA dues, and utilities for the marital home from May of 2024 to present. I had to move those finances to my individual checking to protect the payments from her overdrafts in joint checking. She hasn't made about \$15k-\$20k of home repair in the 2.5 she occupied the home without other living expenses.

She demanded \$3k monthly in alimony for 60 months. She's been an RN for 20+ years. I'm now a business and technology consultant, having been laid off (again) from my job as an IT executive last October. She has an ASN in Nursing with her license, having made at least 3 unsuccessful attempts to earn her undergraduate or higher. I have an MBA.

She demanded some of my inherited family possessions. My dad had a successful military career and she felt she deserved some of his memorabilia. He was a leader in an organization most would recognize.

She demanded half of my 220k Delta SkyMiles. Look up the "USD conversion rate." Go figure.

Our cash, investment, and retirements accounts were not excessive but were significant with most of the value in my name. Despite almost all being marital assets, she didn't really lay claim to any of those except her own. We each have a nice automobile. She just purchased hers with a trade-in and is "upside down" on value. Mine was paid off in October.

The trial started on 1/27/2025. My attorney was "hometown" to the jurisdiction. Mine was from a more affluent, developed area of metro Atlanta but still OTP. The attorneys estimated a 2 day trial. It went 4. The judge was INCREDIBLY fair to both sides and worked very hard to keep the trial on a manageable schedule. We both had the same people on our "may call" witness lists except my home appraiser, her home appraiser, and her forensic accountant. The rest were family and friends.

The expert witnesses testified. Our adult children testified. Her ex-best friend testified. The jury asked for a whiteboard, a calculator, and deliberated about 2 hours.

The jury found and awarded...

Grant of divorce in my favor on the grounds of her Cruel Treatment against me.

She receives no alimony.

The house to be sold with 70% of the net proceeds to go to me and 30% to her. I was awarded "full control" of all sale decisions. Price, realtor, etc. I have 30 days to list the house. She has 45 days to vacate. She is awarded whatever "contents" she wants in leaving. I continue to make the mortgage payments through the sale.

All of our named cash, credit, investment, and retirement accounts remain with respective owners.

She is awarded no claim to my new business.

She is awarded none of my SkyMiles.

I am awarded my father's military memorabilia.

The separation was an eternity. The trial was a whirlwind. I'll try to answer any questions you have.

Take heart. Justice is real.

63

UPVOTES

Thanks a million

KingJon85 · 15 April 2026 · Archived copy · Reddit

I just want to give a shout out to the dude that took my lying, cheating spouse off my hands. I can only imagine all the lies she told you to make you think that she is a good person.

You were only like affair number 5 but im sure she told you that she was a good, loyal woman for the last 18 years. So, go ahead and buy her that fancy house on the north end. She will use you up just like she did me. Her stupid financial decisions have cleaned me out several times.

She doesn't cook, she doesn't clean, she don't pay her bills and gets caught up in scams frequently.

I know you're recently divorced as well so perhaps there is a small chance you're on this sub, but unlikely. You are still a bum because you were talking to a married woman for a long time and likely more than just talking.

Buckle up it's going to be a wild ride but you deserve as im sure you knew what you were doing. She is gold digging you. Enjoy the shitshow and I'll enjoy my peace.

63

UPVOTES

What are positive aspects of being divorced?

YouDoHaveValue · 5 May 2026 · Archived copy · Reddit

My therapist recommend it. I look at the positive aspects of getting divorced, because I keep looking at the negative ones.

I'm trying to come up with a good list that I can look at when I'm feeling down.

Stuff like 50/50 means dedicated time with my son, freedom to sleep in.

Having my own place means I don't have to get permission before buying things or decorating.

I'm not very good at this, so I was just wondering what positive things other people have experienced that I can look forward to.

63

UPVOTES

Before you swipe right, know the new rule: Women aren't just Googling you anymore. Your ex is your new background check.

hhh888hhh · 7 June 2026 · Archived copy · Reddit

Sadly, even one year post divorce, the curse of ex-wife keeps giving.

Within just 2 dates of meeting a woman, she reached out to my ex to find red flags.

This is disappointing because it's taken me a while to be vulnerable enough to open myself. And yet, another betrayal by a woman.

The first two dates went extremely well. She really liked me and I really liked her. The eve of the third date, she texted me asking for my last name. Prior to sharing it, I thought I'd do a sanity check to Google my name. Only 4 hits were returned regarding to address history.

The day of our 3rd date, I checked again and saw a new fifth hit regarding a website called "socialcatfish". The website claims to have "Dating Profiles" and "Personal Relationships" among other things. I didn't think nothing of it, until during dinner, she mentions that a friend's ex-husband barely had friends, and that it forced his wife not to have bridesmaids at their wedding. She saw that as a serious red flag. As she was saying it, she was focused on my reaction. She followed up by asking me if I have friends, and to list them. I was caught so off guard that I just mumbled a few. She further asked, if I had any exes that wouldn't have animosity towards me.

The rest of the date went decent, but she ghosted me directly afterwards.

Just be careful because these girls today are crazy, and they are most likely sniffing for gossip wherever they can. I even heard that there are private Facebook pages for women called "Are we Dating the same guy", where they post pictures of men, names and phone numbers where exes can comment about them.

63

UPVOTES

Hit me like a punch to the gut

No_Chemistry8953 · 15 June 2026 · Archived copy · Reddit

I was going through a bag of mainly junk that my ex had handed me from our old place and, tucked inside an old glasses case, she had placed her engagement ring. It hit me like a punch to the gut.

I remember the sheer amount of hours and dedication I put in with research and care in picking out the ring. The amount of time I put into planning the actual engagement. The amount of time I put into my vows at the ceremony. Just to see her basically label it as unwanted junk just seems so mean-hearted. Like, she didn't even consider it worth selling?

63

UPVOTES

How to survive silver bullet divorce

OkayToUseAtWork · 22 July 2026 · Archived copy · Reddit

My STBX has gone full silver bullet. False allegations backed by her parents and friends, the whole nine yards. There was a hearing this week that resulted in a restraining order that essentially locks me out of our shared faith community, awarded some attorney fees, and requires I attend classes.

In the hearing, my attorney and I denied all the allegations, she provided no proof, but still came away with what she wanted. My attorney essentially told me that in our jurisdiction, they hardly ever deny a restraining order that alleges any amount of violence, regardless of evidence. The judge did deny her claims of financial and coercive control, although it didn't really end up mattering.

I am upset and disillusioned. On top of that, her allegations mean I now need to jump through all sorts of legal hoops. Feeling like nothing I do actually matters if the court doesn't consider lack of evidence as a reason to not entertain further claims.

How do you deal with situations like that? Need some support to know it gets better, starting to go down a dark hole.

Edit: no kids, only married 2 years.

62

UPVOTES

Happy Weekend Everyone

neptune_p_g · 25 June 2021 · Archived copy · Reddit



62

UPVOTES

Where you at, brothers!

_sft · 9 September 2020 · Archived copy · Reddit

<https://i.redd.it/qd3jq0rle0m51.jpg>

loading...

62

UPVOTES

Today was a VICTORY!

Imaginary-Set-9678 · 15 October 2021 · Archived copy · Reddit

Hello gentleman. I'm here to give update on the protective order I was served. It was dismissed due to lack of evidence provided. She was also caught lying under oath and it was dismissed because she had admitted she was always the one starting the fights yelling at me. Keep ya head up guys, always record everything, don't loose faith

62

UPVOTES

Alimony done! An inspiration for other men

JonathanApple · 18 February 2023 · Archived copy · Reddit

Fellas, I just realized I made my last payment today. Feels good, real good. I'm going to take extra nice care of myself for a while.

Good luck to all you men suffering and paying something you should not have to pay.

Abolish alimony! Solidarity brothers.

62

UPVOTES

Today is my 2nd Divorce Anniversary

ciphrr · 2 March 2023 · Archived copy · Reddit

I am having a whiskey in front of the TV with my dog.... And life is fucking good!

62

UPVOTES

Marriage, what a joke!

dinghingle · 13 February 2023 · Archived copy · Reddit

I thought I had found my soulmate, the person who would love and support me for the rest of my life. But nope, turns out it was all a façade. Once the honeymoon phase was over and real life set in, everything fell apart. Constant arguments, growing apart, and feeling trapped - that's what marriage became for me. And let's not forget the financial burden, splitting assets and fighting over who gets what.

All those vows we made, all the promises, they meant nothing. I should've known better. Society puts so much pressure on couples to get married and make it work, but why bother? Why put so much effort into something that's just going to end in disappointment and heartache? I'm better off on my own, free to do as I please without having to answer to anyone.

Marriage is just a mirage, a trap that people fall into thinking it will bring them happiness and stability. But in reality, it just leads to more stress and unhappiness. No thanks, I'm done with that institution.

62

UPVOTES

Ex is already engaged and I find it...hilarious?

TheFargoKid · 25 July 2023 · Archived copy · Reddit

So, ex and I separated in February. She filed and the divorce was final in May. During that time, I held down my job, kept the 3 kids alone, prepared the house for selling while she moved into her adult daughter's (from her first marriage) apartment.

4 days ago she mentioned she was seeing someone. I took it hard. Today, she says they are already engaged to be married and I laughed on the phone. The idea was just so preposterous that I reacted without thinking. I'm taking it less hard now because it just feels so ridiculous. Like, she's a ridiculous person right? She did none of the personal work required to be ready to be with another person.

We met when she was "separated" from her first husband 17 years ago, we married within 3 months of her divorce. So, she has an established pattern.

62

UPVOTES

The toxic friend

gudachi · 4 September 2023 · Archived copy · Reddit

Seeing alot of other people mentioning toxic friends who poison other women against their husband's. Is there any defence against this? My ex had a friend who she was spending alot of time with who was on her second marriage and the first one ended due to her claiming he was abusive.

So my guess is that she got in my wife's ear and turned her against our marriage. Looking back I encouraged her spending time with this women because I thought I was being a supportive husband and she needed some close female friends.

The sick part is this friend of hers was always nice to my face, so I had no clue what was really going on.

This scenario seems to be pretty common and I was just wondering if any of you had thoughts on ways to root these women out before they can do their damage.

62

UPVOTES

Am I wrong.....

rootron80 · 11 September 2023 · Archived copy · Reddit

My ex cheated on me and we divorced 2 months ago. She is official with the guy now and is wanting us to be friends and do things together with our kids. I honestly have no interest going out with her and her bf and my kids to dinners and activities like one big happy group. She has been mostly checked out since the divorce and now is trying to play super mom to the kids after only seeing them 6 days the last 2 months. I do not talk ill about her with the kids and will not. I want them to have a good relationship with her because that is best for them. Am I wrong by not wanting to act like we are all happy friends when in reality I could care less about seeing or being around her ever?

62

UPVOTES

Sad conversation

Pure_Cycle2718 · 29 January 2024 · Archived copy · Reddit

I had a really sad conversation with my soon to be x. We spent the day splitting phone accounts, bank accounts, email accounts, etc. Afterward we were sitting having a coffee together and it was a good, open conversation about our lives, our issues, and what went wrong.

She opened up about how she felt, and what prompted her behavior toward the end. The sad part was that if she had said any of the things years ago, I would have tried harder to work through it.

Sad because it's too late, the feelings are gone, and not coming back. We both knew it, and are moving on.

Sad, because her behavior made me feel inadequate and less a husband and more a banker.

We will be friends, we don't hate each other, but I really feel down over the missed opportunities and that I really don't wish to try again.

62

UPVOTES

How long have you guys stayed single?

proper1welve · 4 March 2024 · Archived copy · Reddit

I've been divorced 1.5 years. I've met many girls who I'd ordinarily be cool with dating, but I just can't seem to bring myself to that point. I almost feel something is wrong with me because I don't have any feelings of "love" any more. I'm just happy with casually seeing women and being on my own. I wonder if I will ever feel that bug again.

62

UPVOTES

Happened to Me Too

Dizi357 · 17 July 2024 · Archived copy · Reddit

So yeah, like others have reported, by the time you figure out the relationship is dead she's already moved on to the next. We were separated in October for a 6mo trial separation, with the agreement that we wouldn't see others and we would make a decision in March (keep trying, or give up). I admittedly half-assed for a few months, but around early December got my shit in gear and started actually trying heavy. Christmas was all-out, spared no expenses - gave the gifts her and her son always deserved, and then some. And flew her to a huge concert in LA in February and spared no expense, any souvenirs she wanted I bought, art sculptures for home, sure. Michelin star meal, ok, let's do it!

In March, she officially said "I can't go back" and that while LA was fun sometimes, she felt she was "walking on eggshells the whole trip". I, however, was all smiles during the trip, fully focused on being the best husband I could moving forward. I was a full "yes man", and genuinely enjoyed doing that.

I sent her some money last week because, during the divorce disclosures, I noted she had a low amount in her account. She had a bio-son, so I wanted to help give them some breathing room out of my own goodness of my heart.

Then today I stumbled upon a nugget of info - she has been in a relationship since Feb 9... We came back from the trip on Feb 5. I am devastated, I feel like I was cheated on, and taken advantage of. She's been with a new guy while I've been the kind person genuinely wanting to help. Clearly feelings are 100% one-sided. So now I've trying to view this as solely a business transaction - the sooner I close this deal, the sooner I can move on with my life.

Thanks for listening to me rant.

62

UPVOTES

It's not what you think

DudeforRighteousness · 5 September 2024 · Archived copy · Reddit

I still hate the fact that she decided to leave and blow up our family.

I went through a lot of grief.

But.....a year after being separated.....

1. I'm 115 lbs lighter,
2. have a better relationship with God
3. have a better relationship with pretty much everyone else in my family
4. Am a much better father.
5. Am starting a ministry at my local church geared towards helping other men.

God hates divorce. I am certain he did not approve of her decision to leave.

But I'm also convinced he allowed it to happen, in part, to get a hold of me and bring me back to him.

Not everything is as it seems at first.

Don't lose hope.

Don't give up.

You have a purpose.

God has a plan.

62

UPVOTES

A year after the final trial and I am doing so great.

FactLeading8378 · 12 December 2024 · Archived copy · Reddit

It helps that I won big time. She cheated, admitted to it, moved 300 miles away, demanded the judge make me homeless (legally she couldn't anyway since I'm a disabled veteran.) She got nothing. I kept the house and got primary custody of the kids. We're doing great!

I just got offered a new job working for the state and I'll be making good money. I'm gonna buy a Tesla for my commute, but I also know it will piss her off to see me thriving while she's living in a mobile home with her AP and his mother and his kids by two other women.

It does get better guys. I nearly ended it all several times. The devil does that to you. He tells you you're going to lose and should end yourself. In reality, God had my situation under control and just needed me to surrender. I finally did and I'm so glad. This isn't me preaching, just know that your pain will end and you will be happy and successful.

62

UPVOTES

It's finally over - thank god

drulingtoad · 29 December 2024 · Archived copy · Reddit

Got my final papers from the court a couple weeks ago. Thank god it's over. I'm broke now because I had to give her everything but at least I'm not making alimony payments.

I feel so sorry for the next dude she is fucking. I wonder how long it will take for her to go from losing weight and buying sexy clothes to her telling him that if he ever has any interest in her physical appearance he is this shallow evil man. That anything other than accepting her making zero effort and smelling like shit is bigotry at the highest level. I'm sure she is starting out with the whole damsel in distress thing and getting him to help her with money. Little does he know this quickly becomes anger at men for making money and perpetuating the patriarchy. She was angry at me for supporting us while her career went to shit. I must have told her she should get a job instead of spending all her time on social media hobbies. I was always the heartless one that only cared about money when I brought it up. She chose to let her career go to shit. She'd say stuff like because of our tax bracket it didn't make sense for her to work. When she did eventually get a job that wasn't even full time she would come home every day pissed off because I forced her to work.

I think one of the most awesome parts of being divorced and basically never seeing her is not having to be around her when she is drunk. I'd notice her acting a bit off and then I'd check the laundry room and sure enough her hidden wine was there. For the rest of the night I'd have to try and find ways not to cross paths with her as for sure she was looking for a fight.

So glad it's over. Not making the same mistake of getting married again.

62

UPVOTES

Tried to reconcile last night

ExaminationKlutzy194 · 21 February 2025 · Archived copy · Reddit

All I heard for 4 hours was everything I did wrong, ever, possibly as far back as when I met her.

That was a waste of time and an emotional beating that I didn't need.

62

UPVOTES

🔒 Success: 50/50 Custody Secured 🔒

Sea_Employment4100 · 27 April 2025 · Archived copy · Reddit

Last week, I finally secured 50/50 custody of my daughter.

It's been a hellish year. My ex — who I strongly believe has untreated NPD — threw everything she could at me: allegations of child neglect, insinuations of domestic violence, you name it. I was forced into supervised visits, co-parent counseling, and even temporary relocation. She caused me to lose my job and robbed me of the joys of being a new parent. It's been an absolute nightmare — but I survived.

Despite the fact that the judge, multiple doctors, co-parent counselors, and supervised visitation monitors all disputed her claims that I'm mentally ill and unfit to parent, she refuses to let go of that narrative. It's her way of preserving a false reality where she didn't destroy her daughter's family.

Sometimes, I wish I had actually done something to justify the hatred I've endured — cheating, lying, anything. But I didn't. The only thing I can learn from this is: **never ignore red flags.**

In fact, everyone reading this should test their new partners at some point by telling them “No” — and watch how they react. Their response will tell you everything.

All I ever did was set a healthy boundary between my family and my MIL — and that boundary set off a chain reaction I never could have imagined. (*My MIL wanted our newborn daughter, just 48 hours old, to sleep in her room instead of with us, the parents.*)

Recently, the judge finally seemed to get fed up. My ex started demanding a parenting coordinator, claiming again, “He's mentally ill.” Her “evidence”? That I walk a lot, drink coffee inconsistently, and — the best one — that I wear a size 10.5 shoe. You can't make this up.

Financially, I'm wrecked. But money can be rebuilt.

The good news? I can sleep at night. I don't have to live in fear of explaining this to my daughter one day — or to the custody evaluator, who will be forced to read through the insanity she filed in court.

The most insane part?

- My ex has spent over \$180,000 trying to avoid a single conversation with me — trying to avoid even answering why she went nuclear.
- No breakup text. No phone call. No ultimatum.
- She literally paid a lawyer to break up with me and secure our child.
- She failed.
- Now she has to live with the consequences.

If you're going through something similar: **stay strong. Document everything. Stand your ground.**

The truth moves slowly — but it *does* move.

62

UPVOTES

I believe my ex wife is days away from having a nuclear weapon

Funny_Object_5538 · 28 June 2025 · Archived copy · Reddit

Do with this information what you want @POTUS

62

UPVOTES

Wife went psycho tonight

Ok_Coconut2973 · 12 July 2025 · Archived copy · Reddit

Tonight was the night we were going to tell my daughter. I was already in emotional turmoil. I'm the one who wants to leave. Wife is a covert narc and I've been unhappy for years. She knows it. I know it. Everybody knows it.

Was sitting at the dinner table eating. Wife comes up and start demanding reasons I want to divorce her. I know better than to engage in these conversations so I just calmly told her I'm unhappy and ready to move onto the next chapter in my life. She was relentless. Kept asking. I politely told her with all due respect I'm trying to eat dinner and don't want to talk about this at the moment. She lost it. Slammed her chair into the table so hard. She grabbed some dishes from the counter and threw them on the floor. One dish broke (I have a photo).

Then she proceeded to go outside where my daughter and mother in law were on our back porch (MIL was at our home for a few days). Starts screaming daddy wants to divorce mommy, super loud almost shouting it. I'm sure the neighbors heard it. I get up and leave the table and go into my home office. Daughter comes running in and I hold her tight.

MIL comes into house from porch and dropped I would say over 50 F bombs directed at me (although she never came into my home office and confronted me directly). My poor daughter had to hear all of it. I just held her as close as I could.

I never flinched. Never raised my voice. And did not argue or engage in any part of this psychotic behavior. I left the room. I know better and don't want a PFA, but I feel like I should file one against my wife. Unbelievable her and her mom did this. For a topic so sensitive to my daughter she went complete psycho and this is how my daughter finds out.

I have documented everything and plan on sharing with my lawyer next week. I'm still in shock. Have seen her pretty upset but nothing like this in the last 10 years.

62

UPVOTES

Did any of you guys get cheated on by a wife who genuinely, truly seemed to regret it?

Internal-Degree-8663 · 9 September 2025 · Archived copy · Reddit

Don't worry, I'm not taking her back. She's kicked to the curb and it's permanent. I may be heartbroken. But I'm nobody's bitch. Not one person on earth will get away with betraying me like that.

But I will admit, her incessant begging, weeping, pleading, desperate bargaining ever since she got caught? It's definitely helped.

Like at least I didn't find out and then she's like "yeah I'm leaving you for him."

Her mistake has absolutely ruined her life. I won't elaborate, but basically she's back in the slums and I'm essentially twice as wealthy now.

Shoutout to my mom for understanding her own gender well enough to insist I protect huge assets before marriage.

Anyway, point is. I do actually think she genuinely regrets doing what she did.

And idk if it makes me a bad person, but I'm enjoying her pain.

Someone even told me, wait a few years. When she texts you every 6 months out of the blue, you won't feel as happy. You'll actually feel sorry for her.

Ha! Show me the day.

62

UPVOTES

Told my wife of 15 years that I was considering divorcing her.

Organic_Subject_9854 · 27 September 2025 · Archived copy · Reddit

We have a son who is now 12. She quit working when she got pregnant and never went back. I have been shouldering the entire financial burden of this family for 12 years. I never pushed her to go back to work. I suggested it a few times and she always dismissed the idea for one reason or another. Her big excuse for a long time has been that my son, who is on the autism spectrum, gets a monthly SSI check. And if we started having more income, then those checks would stop. And that she wouldn't make enough to make up for that. But this month the SSI payment got reduced to a negligible amount going forward. So I suggested she seriously needs to get a job and she dismissed it again as usual. She also barely does any of the work around the house. It's always a mess. I do all the laundry, the trash, the yard work. I work a labor intensive job in a steel supply shop full time. So I calmly told her that I was seriously questioning why I was still with her. In the past when we've had arguments she tells me that I just have a bad temper and I should be on medication every time I suggest that she is doing wrong. I told her this time that I think I'm very patient and controlled. Plenty of people would have left her already. There are several other reasons that I won't go into now. I told her if things don't change I will divorce her. So far she seems to be taking it seriously. She's been putting job applications in around town. We'll see what happens.

62

UPVOTES

Men over 45 after 27 years of marriage I haven't been intimate with my wife for 4 years. Thinking of calling it quits but I am afraid of not finding anyone. How hard is it out there?

Gadets4UisASCAM · 7 November 2025 · Archived copy · Reddit

I am afraid of what's out there.

62

UPVOTES

Don't let anyone convince you your entire worth is defined by your hardest moments.

Nearby-Car4777 · 18 December 2025 · Archived copy · Reddit

I'm starting to see a pattern in my own life and in stories from other men. I'm 46, was married 26 years, with two great kids. Now I'm living on my own, divorce papers signed, trying to make sense of what happened.

What I've noticed is when a man struggles (usually it's depression, financial problems, job loss, or the weight of old trauma) he's often left to fight that battle alone. You go to therapy, you work on yourself, you start climbing out of that hole, and that's when the relationship really falls apart. Suddenly, the arguments become constant, the hurtful words escalate, and soon everything wrong in the marriage gets pinned on your lowest moments.

Then the story gets told to everyone else by a very biased SO. So everyone now knows your struggles, your failings, your "faults." You lose your reputation, your money, and you see less of your kids. The worst part is you're left feeling like it was all on you, even if you did everything you could for the marriage for decades.

A lot of our partners were only strong when we were strong. When we struggled, they couldn't (or wouldn't) stand with us. It hurts. I think a lot of us need to accept that this isn't "all my fault."

If you're going through something similar, know you're not alone. Don't let anyone convince you your entire worth is defined by your hardest moments.

62

UPVOTES

Women Typically Don't Leave for a Worse Situation..... Exceptions to the Rule?

tonyway7293 · 23 January 2026 · Archived copy · Reddit

I (37m) was with my STBXW (35f) for 10 years, married 5. No kids. Was I perfect? No. I recognize that I did get complacent in the final year of our marriage emotionally. She never communicated her dissatisfaction with the marriage until I called her out on shady behavior.

A brief back story of our final year of marriage before it all blew up:

1. She started taking GLP-1 to lose weight. The weight dropped quickly. She was looking great. Confidence up. Her sex drive was on the rise with me. Things "seemed" great!
2. I don't have Instagram. My friend calls me one day "hey man.... everything good with you and the wife? she is posting weird stuff". She was posting a lot of selfies.... one of which said #hideyourhusbands
3. "Hey, a man said I was beautiful at Starbucks this morning and he bought me coffee"
4. Immediately after sex: "I have a fantasy where you watch me have sex with another man". I told her no, I am not comfortable with that
5. Immediately after sex another time (this may have been our last time): "My co-worker Paul says he masturbates to the thought of me". My response: I was in shock.... I was just like "uhhh WTF?!".
6. On the way home from our last date night together: "you should get a hall-pass to mess around with women when you go away on your upcoming business trip". My response: "absolutely not, I have too much integrity for that"
7. While I was away on that business trip, I got Ring/Blink notifications to my phone she left the home at 9pm. Unlike her but not a huge cause for concern. Ring/Blink notification goes off at 1:30am that she comes back home. Cause for concern. As I toss/turn thinking of what to say, I went to rewatch the footage..... she deleted it all.
8. I texted her about it saying things don't seem right, why did she delete the footage, why did she say all the bizarre things I noted above. She gave some BS excuse that she "didn't want to wake me up" so she deleted the footage. She love bombed me in the texts saying she wasn't cheating. That she loves me. That she did admit she is getting more "male attention" since her weight loss but she would never act on anything and they are just "fantasies".
9. I came home, expected a conversation. Instead, I witnessed someone I no longer recognized. Stone cold, no empathy. "I have been unhappy for a while, and I am filing for divorce".

I was super excited and supportive of her weight loss journey. I was NOT ignoring her newfound confidence and attraction! Also, I am and always was fit and in good shape so it wasn't like she lost weight and I was a fat lard.

Now, to the point of my post. Based on several other men's posts, it 99.99% of the time seems when a woman leaves an overall good marriage, she is monkey branching. Monkey branching to an affair partner for a soft landing.

She moved out in July. I found out she is living in a rental. I saw she is on several dating apps. She had to euthanize one of the dogs since she left as the dog had a "stomach blockage". I have been no-contact since she left.

Brothers, wtf happened here. She won't ever tell me the truth. I wonder if she literally wants to "play the field" at 35 now that she feels confident with that weight loss and she truly just was never attracted to me? We had (now I have) a beautiful home. A garage for her to park in. Great yard for the dogs. A husband who wasn't perfect but loved her.

I'm just surprised a woman would leave a good situation without having someone lined up. To me it was a big downgrade logistically (rental, dating apps at 35).

Thoughts? Just trying to get other men's perspectives.

62

UPVOTES

Important to remember this

ApprehensiveSpare925 · 7 February 2026 · Archived copy · Reddit

Many of you are just starting this journey while others are struggling thru the middle. There may be many dark days ahead for you.

Remember that no matter how dark the night there is always a dawn.

Dont give up. It's going to be ok. Just keep going.

62

UPVOTES

The people who have hurt me most in life have been women

PossessionConnect963 · 4 May 2026 · Archived copy · Reddit

For some reason such a simple statement brings such vitriol, dismissiveness and ridicule. Even if I make a point of saying I do not hate all women, that I have some wonderful friends who are women, that I know there are good women out there, that I know I have some responsibility for the failed relationships I've been involved in and some of my exes were genuinely good people I just wasn't compatible with...

The point remains though, the people who have hurt me most in my life have been women, and for some reason this is viewed by society as some sort of extremist thing to say. Even if all you want is to be left alone and not date at all anymore that also somehow makes you a dangerous threat.

I'm not sure what the solution is, this is a greater societal issue, but the reality is once you see how the "Women are Wonderful" effect is set to 11/10 in our modern culture you can't unsee it.

Just thought guys here might understand a bit and maybe have some advice on how to overcome this and move past it. I'm coming to terms with the fact that as a man very few if any people actually care about you, you are almost always guaranteed to be viewed by others as the problem in any relationship issues, you will get very little if any support.

Is there a winning strategy here? The best I've been able to do is try and practice some stoicism and focus on myself and the things I can control. It's hard not to despair about the state of the world though.

I still want to be a father and husband, someday, to have a happy and loving family but that just seems increasingly unrealistic in this day and age. I don't know what the solution is other than to give up on that.

The culture and government/legal institutions we live our lives within are just not friendly to men at all. You are a disposable biorobot whose purpose is to serve and as soon as you stumble you're not just replaceable you're a dangerous leper that needs to be destroyed before you contaminate the rest of the stock. Has it always been this way? Is there any way of changing this or is our only option to either accept it or check out completely?

This may belong more in r/MensRights but it's hard to avoid how those legal frameworks and institutions in society are built to favor women, despite what we're routinely told about patriarchy and whatever else, and how divorce as a topic is more or less ground zero for all the above. I'm honestly not sure what I'm even looking for now, even with this post, other than to maybe know I'm not alone and that there is a reason to continue on despite everything.

61

UPVOTES

Finalized, judge finally signed off on the divorce. This sub has been amazing throughout my journey

misfit--- · 30 June 2021 · Archived copy · Reddit



61

UPVOTES

My every once in a while reminder to GET A FUCKING LAWYER

opiewaan · 6 April 2021 · Archived copy · Reddit

I cannot stress this enough. You may be hurt, you may want to take the high road, be a better man, set a good example for your children, think you can work out the details yourself. You cannot. This is one of the most devastating things that will happen to you ever. You will be affected financially, emotionally and possibly legally. Get. A. Lawyer. Follow their advice. Pay them. Borrow the money if you have to. It is the single most important thing you can do.

61

UPVOTES

Why working out is your most important tool

invalidusehername · 30 November 2020 · Archived copy · Reddit

Boys, getting to the gym and working on yourself is the most important thing you can do. If your depressed, training will help lift that feeling. If you have any interest in meeting new women, you think that's gona be easier or harder if you not spending time in the gym? The gym is a place where we better ourselves. You can take out negative emotion on the weights, its probably illegal from you to do that on anything or anyone else. Just putting this out there because maybe someone needs to hear it. Be well!

61

UPVOTES

Well it happened just like you guys said it would!

AdministrativeJob521 · 6 November 2021 · Archived copy · Reddit

Went to the counselor and she spun the following tale:

That I have been emotionally abusive for years.

That she loved me once but mostly has felt stuck due to finances (wtf, she always told me she loved me, wrote cards saying that I was her everything...etc etc.)

That she fears that I will physically hurt her which is why she has locked the bedroom door since asking me for a divorce. I stopped her and told the counselor that I have never once touched my wife and never ever threaten her physically nor touched my kids. She said...yes he never hurt me or touched me or the kids but I FEAR FOR IT.

That my daughter told her about a dream where I hurt my wife (wtf)

That there has been no joy in her life since marrying me. (wtf). I asked her, what about the past few months where you have been lovey dovey, happy, smiling, etc. I got photo proof. She said...that was just for the kids.....wtf

That she is only in the marriage due to the kids and her ONLY mission now is to make sure the kids are well adjusted after living with me for so long.

That she stopped reading when she married me and now she's reading again. (Disagree, I always encouraged her to read and would buy her whatever book she wanted.)

That she stopped having friends when she married me and now she is going out and making friends. WTF, I always encouraged her to make friends or call up kids friends parents to do something or go get coffee/lunch with a mom.

She said today that she wants to separate and get her own apartment. Marriage Counselor encouraged it to give each of us "space".

She then said she wants to "continue to see the marriage counselor". What I think she wants is a free gravy train while she discovers the single life again that she never had since we married young. Fuck that, I'm gonna protect myself and get out of this shit.

61

UPVOTES

Caught her in the act

canival9885 · 18 January 2022 · Archived copy · Reddit

Put a GPS tracker on the STBXW's car and led me to her Dick providers house. I staked out the house for 5 fucking hours. See them walking to the parking lot with the guy holding hands and giving themselves a nice warm hug and kiss. Needless to say when I presented her with the evidence she crumbled like a stack of cards. For those that think the wife is cheating, get your self a Spytec GPS tracker, it works with your smart phone and will track her car anywhere. GAME, SET, MATCH!!!

61

UPVOTES

Florida Bill SB 1796: Presumes 50/50 Custody: Ends Permanent Alimony - Family Court Attorneys are NOT Happy. It's Headed to the Gov's Desk. Get Activate Fathers! Call, Email, Write! Pass it Along. Right Now!

InAJam_SoS · 21 March 2022 · Archived copy · Reddit

CS/CS/SB 1796 — Dissolution of Marriage > Here's a Summary of Bill the Family Court attorneys are up in arms. Presumed 50/50 Custody = Big Reduction in Conflict. Reduction in Conflict = less Money for attorneys. Ending Lifetime Alimony = Reduces Financial Incentive for Monthly Stipend = Less Need for Attorney = Less Money for Attorney. Changes to alimony applicable to any final judgment **entered on or after July 1, 2022. Notice how adversaries of the bill will word their opposition and provide no details on how it actually is not a good bill. It's a great change.** " The Family Law Section of The Florida Bar asked Wednesday that he veto the bill." These are the people that do not care about your children and they want your money more than anyone ever will in your life.

Custody Highlights: "The bill also creates a rebuttable **presumption that equal time-sharing with minor children is in the best interests of a child** and provides that a parent moving to a residence within 50 miles of the primary residence of a child from a residence more than 50 miles away is a substantial change in circumstances."

Alimony Highlights: "Permanent (lifetime) alimony is eliminated, leaving bridge-the-gap, rehabilitative, and durational forms of alimony." and "A presumption that both parties will have a lower standard of living after dissolution of the marriage."

Even if you don't live in Florida, speak up. This is big and if you're a father who's experienced the abuse of family court, if you know a father and/or husband who's going through it, if you know someone anywhere in the country going through it: NOW is the time to take some kind of action. Share this, make a call, type an email, write a letter and have your friends do the same. The country will be watching. There's lots of stalled legislation in states that can get a push from this passing. Talk about it. Make a BIG deal about it. Point out the fact that if family court attorneys are against it- it must be good. Point out the hypocrisy of blog post and articles you'll read. If ANYONE is against a parent being a parent 50% of the time, they are mis-informed or have something to gain. Don't frame it as a mother vs father issue. Don't frame it as a Repub vs Dem issue. It's not. It's a PARENT issue and 1/2 of the country's children have lost a parent by the state turning them into visitors.

List of Florida Media: DirectoryEmail Florida GovList of Florida Newspapers w/links to Contact

Horrible devastation happens to Parent, children and ex spouses because good people sit by and do not take any action. Doing nothing will ensure future generations to endure the same hardships and the cycle will continue.

61

UPVOTES

Things I learned when going up against norms

nightwillalwayswin · 1 March 2023 · Archived copy · Reddit

Lost 6 figures, credit, lifestyle, community, proper influence over the kids, etc... all by doing the "right" thing as a co dependent enabler people pleasing simp.

1- Being right does not matter. Proving your righteousness doesn't matter. Let me repeat that for those in the back ...BEING "RIGHT" DOES NOT MATTER. It is the injustice system. Women are victims and mothers are better parents. That is what the system defaults to...

I don't care what you think is right, you will not beat social norms.

Unless it is overtly wrong (think offenses that will put you in jail), you being right and she being wrong doesn't matter. That is what "no-fault" fucking means. The sooner you accept, the less pain there will be.

2- Do not be nice to someone who is cruel to you. She will lie. Taking the high road means you lose more. It might be worth it but smart, covertly shitty people win in divorce. Women put on more than just make up - its all a facade.

3- Boundaries are everything. Communication is key to relationships, partnerships, and controlling conflict. Demand a communication protocol and stick to it. Period. Do whatever you can to reduce conflict, even if that is practically going no contact. It's better to work directly with the lawyers than some fucking hybrid. Either no lawyers or all in on lawyers. <https://cnfc.org/documents/>

4- Like I tell my kids - life is unfair and you do the best with what you got. This process is unfair and the dream was actually nightmare. Picture yourself like the dude in Shawshank Redemption - wading through 500 ft of shit to get free: <https://youtu.be/9Iuxx9HnoSY> . In the end Andy had nothing and no one, but he found his happiness.

5- No one can bail you out but yourself. Look in the mirror first thing in the morning, hold yourself accountable, and live your life

6- Fuck what people think about you. You HAVE to turn up your do-not-give-a-fuck-o-meter.

7- Your goal is indifference to it all. It just is.

61

UPVOTES

Chris Rock Special On Netflix (Ex-wife)

Jbr74 · 17 March 2023 · Archived copy · Reddit

He said " My ex-wife is the smartest woman I know. She got just as much money as me ain't funny at all. "

This made me laugh so hard because it's true.

61

UPVOTES

From my observations of my siblings and others, I could be wrong, but it seems like good marriages are only suited for specific types of people. I'm becoming more comfortable with the idea of living single indefinitely.

illusiveconsistence · 15 April 2023 · Archived copy · Reddit

There will always be some type of conflict in a marriage, but some people are better suited to handle that than others. For both the men and women.

You need to genuinely find value in the dynamic, genuinely care about your partners' needs regardless of temporary hardship and uncertainty, and you should never cross that line of disrespect.

Some pettiness or saying something emotionally in the moment is one thing. But, it being a repeated behavior is a big issue. I've seen it in real-time.

The most terrifying thing is that everyone wears a mask until after a costly marriage, a long process, families involves, and after all the resources are pooled together to make it hard to go back.

My family would always say "dying alone is not pretty" or "having kids gives you purpose" and I'm aware that all decisions in life have consequences. Yet, when I observe their actions and not their words, all I see is them wanting to make life less boring by having kids, or them feeling lonely and wanting to deal with those feelings by bringing more issues and headaches with a partner, or them claiming to be content with their life choices yet always stressed and complaining.

It's as if marriage is expired bread for most people. It's cheaper and it fills you up but not without some indigestions, sickness, and likely struggles with an asshole.

61

UPVOTES

Divorce with kids is crippling, A death sentence to men.

ZX75V · 2 December 2023 · Archived copy · Reddit

My kids are the most adorable thing ever and I love them, however holding onto them is like holding embers; the more you hold onto them, the more it burns you! Everyone here says, 'Don't let her rent space in your head!' She does not! I was done with that bitch long ago, and there isn't even an ounce of sympathy for me! If she's on fire, I won't piss on her to put her out! If she gets cancer, I will fucking celebrate it! But how can you not let her rent space in your head when she files stupid shit in court every week, drama every week! My bank account is empty, and I can't buy food anymore. How can you not let her rent space when you can't do your work because of her court and problems? They never stop and move on with their lives. They stay around to make your life miserable. I don't even care that she calls my friends and tells stupid stories about me or trashes my reputation. She tried to get me jailed with false allegations, and it didn't work out for her stupid ass. I am her second husband, and the second one she tried to pull the abused wife card on, and showed up to court with hundreds of hours of recordings showing she was the abuser.

Paying child support will set me backward for many years, the thing that hurts the most is that rarely is that money used on the kids, but for herself to get pretty and get fucked by another dude. I know someone who used child support to take her boyfriend on a trip while leaving someone else watching the kids.

Child support and the financial impact isn't actually the worst, but your social life will take a hit if you have the kids 50% of the time, juggling all the activities and shit isn't easy, and dating is hard beyond hookups. Maintaining anything serious is going to be challenging.

Work also will get impacted if you don't have anyone helping with the kids' drop-offs and pickups.

To top it all, my ex comes from a family of surgeons, and every week we are in court for stupid problems. My legal fees surpass my monthly income. This is insanity. Most of the time, the court will just give us recommendations on how to deal with such a situation or dismiss the whole thing, and every now and then she files contempt of court for stupid shit that the court doesn't take seriously and dismisses, but it is costing me a hell of a lot of money. I've spent a lot of money going to court, and I am just shocked how we don't see more crimes involving family law. It's total hypocrisy, the judge, the lawyers sitting there trying to come up with a solution, but the problem is obvious: this bitch is creating problems over mundane things, and we go to court every week, not only for me but for her ex-husband too. It's obvious who's the problem, but we all pretend I am the fucking problem who needs fixing. Fuck you!!!

My lawyer says asking for legal fees would cost more than anything we will recover, and there is a low guarantee to get anything. I can't keep pushing the court date because the judge gives us two or three dates to agree on, and if we don't, they will just go ahead with a date, and it's hard to change it without the other party agreeing. The court will happen without me.

My kids are only 4 and 5, and this is really not a life I would want to live! doing this for the next 14 years will just insanity and I would rather put a bullet on my head! even if I had to bend over for 14 years by the end I would be fucking 50 and there isn't much life for me to enjoy or start with no money or a relationship to live, it's a worthless life anyway.

61

UPVOTES

Protection order update.

Key_Noise_8192 · 16 December 2023 · Archived copy · Reddit

Just wanted to follow up and let you guys know we had the hearing for the PO, and the judge dismissed immediately after my ex gave her “evidence” and lectured her how serious the allegations she made were, and how the things she claimed I did were not DV. I’ve lost a lot of friends through this, financially took a hit, and then the mental aspect of it sucked as well, but I feel very vindicated today.

61

UPVOTES

The things people say to single dads.

22byseven · 24 December 2023 · Archived copy · Reddit

I have joint custody of my 3 children ages 6 through 3. I have them every other Thursday - Monday and every Thursday - Friday.

I can't help but notice the things people feel comfortable saying to me as a dad by myself with my children.

Last week I took my kids to a birthday party, on the way down the elevator (we live in a high rise) , while juggling presents and kids, a man complimented my children for being so well behaved then proceeded to ask "So... where's mom?".

Each Saturday my kids are over I take them to a restaurant where they get pancakes. The same older woman is there every week. Yesterday after our usual small talk, she said "can I ask you personal question? Do split custody or are you just a 'Disney dad'?". It wasn't mean spirited, it seemed like a real genuine honest question.

The fuck?

Maybe I'm being overly sensitive. But the things people feel comfortable saying to dads is pretty astonishing.

61

UPVOTES

She's in jail

Remarkable_Egg492 · 17 February 2024 · Archived copy · Reddit

Burner account but I've posted here many times.

She got drunk and physical with the wrong guy (me) on the wrong night (Friday before a Monday holiday) and earned herself a magic bracelet ride and 3 free meals a day until she sees a judge on Monday or Tuesday. No bail, no \$200, do not cross go.

Time for that protective order! Let's go!

61

UPVOTES

My Favourite Part About the Divorce

wonderer4920 · 2 March 2024 · Archived copy · Reddit

I supported my ex through 25 years of marriage. I did whatever I could to make her happy. When the kids came along she stayed home to take care of them and I worked my ass off in jobs that often wore me down to my last thread of humanity. But I gladly sacrificed myself for her comfort. She took care of the finances and I brought home the bacon.

When the kids were out of the toddler phase she started to get bored and started to redesign the house. We took out a second mortgage to pay for it and I did most of the labour but she got what she wanted and was happy for a few months.

Soon that house wasn't big enough and the neighbourhood wasn't good enough for her. So we moved to a big house in a fancy party of town. In order to afford a house in that area we had to get one that needed work. I again put my blood, sweat and tears into making the house better and made some real improvements. Soon she wanted more.

She started to make plans to build a brand new house. She was obsessed. She would agonise over every detail: shades of paint, tile design, type of stone in the kitchen. She stopped showing any interest in me, seeing me only as a source of income. For my birthday she told me to pick out some clothes for myself, not giving me a second thought.

She found a builder, a plot of land and started the process. I was so lost and depressed that I gave up. Told her that I couldn't go on like this. Something had to change or I wanted out. She told me how selfish I was being and shamed me into submission. I lost all hope and let her do whatever she wanted. Before I knew it I was signing the mortgage on a \$850k house. She was in heaven, I was in hell. I felt so unseen and so used. It wasn't more than a few months later that she told me that she wanted to move again...

That was the final straw. I told her I was done. I wanted a divorce. Of course she cried and screamed at me, even resorting to physical violence, but I was determined. I knew that I literally would not live through much more of this.

She finally agreed and got a lawyer. She demanded that I pay her full child support and alimony for 25 years. She would get to live in the house until our youngest was in high school (another 8 years). We fought back and forth until I agreed that she could have the house (mainly so the kids could have a stable place to live) and I would pay normal child support according to the law. It was a lot of money as we had four kids, but I was free.

Six months after things were finalised she put the house up on the market. She just sold it making over \$1.3 million in profit. She's buying a townhome and will have almost a million dollars in the bank. And I still have to pay her a ton for child support, oh and she plays the victim.

I wish I had followed the advice in this group and gotten a lawyer first and not been the nice guy at every step, taking the high road when she played dirty. But I am free from the bitch. I have grown a lot since the divorce and stand up of myself now but it's been a hard road.

61

UPVOTES

Honey Do

Maseworld · 18 March 2024 · Archived copy · Reddit

Soon to be ex wife lives up the road. She initiated all this but still wants me to do stuff like, help change light bulbs, wifi issues, build furniture etc. Had to put my foot down that I'm not in that capacity anymore. Hurt to do but I have to focus on me. Refusing to get used any further.

61

UPVOTES

For years I've been trained to tiptoe around her schedule. Today, I discovered that is no longer the case

drmonix · 18 March 2024 · Archived copy · Reddit

For about 13 years, my ex-wife had me trained to always be cautious about her feelings/schedule. Everything was on her time. The weekends were hers. If we had to go see her family or help them with something, of course I was helping - no questions asked. Holidays were always with her family. Anytime anyone ever needed me, I was to be there - no questions asked. But it did not work that way in reverse. I remember only ever asking my ex-wife for help with something that would span a weekened about five times. I quickly learned that she would not be there to support me, so I stopped asking and figured it out on my own. Whenever I needed her help and she actually showed up, she would grumble, bitch, moan and complain the entire way.

I'm at the point now where I need to close out my parent's old home, sort through their stuff and decide what to keep and what not to keep. I had been trained for years not to involve my SO in this, so I was scared to even approach the subject with my girlfriend.

I decided to not even ask for help and just do it myself, so I told her I would be gone one weekend to go take care of it. "When do we need to leave?" She asked. I was flabbergasted. "No, it's fine. I got it. I know you're busy with work etc."

"So are you", she said. "Wait, you actually want to help?" I asked. "No, of course not, but I don't want you to have to do it yourself. Of course I'd rather both of us be home, but if you're going to be there doing it, I'm going to be there with you."

I cried, and she asked why, and I explained how things used to be and why I was confused. I didn't know things were supposed to be this way. I can't believe there was another way to do things. I can't believe I didn't even realize how bad things were.

61

UPVOTES

She cried

AntisocialBehavior · 16 March 2024 · Archived copy · Reddit

We met at a cafe to go over the finer details of splitting up finances and transferring savings, etc. The emails were getting convoluted. Don't worry, a summary of decisions will be documented and sent to a lawyer before any money is moved.

Interactions have been civil but strained because of her affair. Last time we spoke she mentioned some things I said years ago that hurt her feelings.

Specifically, when I felt abandoned and overwhelmed with professional/household/childcare responsibilities during her fellowship, I made a public statement that "she is a professional first and a wife and mother second". That's how I felt, but it was a shitty thing for me to say out in the open.

Anyways, that cut deep apparently, so I said sorry.

I brought up therapy (there had been a brief mention of possibly considering starting again 2wk ago), and she said as long as the expectation isn't for reconciliation and it's for building some other type of relationship. I told her I couldn't be her friend. She said I know, then she started to cry.

I would be willing to try almost anything to rebuild a new marriage. I don't know if I could forgive her cheating (which she doesn't consider cheating because she decided she was done with the marriage at the time). Absolutely ridiculous logic.

I would put in the work, but if she wants a divorce then I don't want to be her friend at all. If it wasn't for our son, at this moment, I wouldn't ever want to see her again.

She has mostly been apathetic and dismissive through this process. Placing as much blame as she could on me. It was startling to see her cry since I thought she had turned off all her emotions in regard to me.

61

UPVOTES

I'm back after 6 months

Prize-Information881 · 13 March 2024 · Archived copy · Reddit

H

61

UPVOTES

When you stop coming here.

Pierre509 · 11 March 2024 · Archived copy · Reddit

Is when you get to a point you are healed . Gentlemen you can get through this . I use to come here to get support and hear similar stories. I'm in a position where I'm free and happy. I'm still here to support others but I'm not here as much, I'm more on giving support that you will be ok . It's good news for me meaning I find peace and happiness post divorce. Im staying busy living my life on my own terms. It's still a sad situation I went through but I look at it as a lesson. The lesson is love is real just not permanent or forever. I have not given up on relationships but it's not a priority. It's really far on the list. I'm not looking. Gentlemen once you healed you have less interest in this group in a good way. Men you will move past this.

61

UPVOTES

Due to a sense of duty, some husbands are the guards of their own prison.

No-Profit-1027 · 20 August 2024 · Archived copy · Reddit

Did you feel you were guarding your own prison where you are the prisoner?

61

UPVOTES

Small victories

GreyTooFast · 27 November 2024 · Archived copy · Reddit

Am in a pretty heated divorce. The STBXW took the kids and mediation just finished. I had been asking monthly about summer vacation with the kids monthly (via lawyer) since April. She kept on saying that she didnt know the kids schedules etc. They ended up doing something with her side of the family. The judge ruled at the end of mediation in September that we would do a sit down, just myself and lawyer and herself and lawyer, and the judge.

During the meeting (after listening to her lie through her teeth for an hour or so), the judge asked about the summer vacation and she said her family came. The judge asked about the few days before the family members arrival and she said she took the kids with one of their friends to a nearby river in the mountains. Of course the judge asked her when these plans were made and she made up some excuse as i had been trying to make a schedule since April.

The next question literally rocked her on her heels.

My lawyer asked her what the kids friends name was.

She couldnt answer and made up excuses saying there were a lot of different people at the river, etc etc.

The judge then proceeded to give her a stern look and say "so you prioritized the children going to play with kids that you dont even know their names, instead of their father?".

It was a sweet victory in my ongoing battle to stay in my kids lives

61

UPVOTES

Hit with Papers and Drowning

AstroHustler22 · 11 December 2024 · Archived copy · Reddit

My wife told me in March that she was considering separating. That came eight months after gifting me a platinum ring bearing the inscription “no matter where, no matter what” for our 20th anniversary; I had never felt so secure in our relationship in my life.

In August, barely a month after our 21st anniversary, she told me she wanted a divorce.

In November, I learned that she had transferred her cell phone to the plan of a married guy I had suspected her of having an affair with and confronted her about it. Before I did, I confronted him and he admitted that his wife didn’t know about the transfer and then he blocked me on all social media to keep me from telling his wife what I had found out.

Yesterday, my wife served me divorce papers, lining out that she was asking for full control of our kids’ residence and education choices, child support, and spousal support. She’s already going to get half of my military retirement. I’ve been with this woman for 25 years of my 40 years of life. We have five kids together.

I feel like I am literally dying and I wish that I could. How in the world do I ever begin to recover?

61

UPVOTES

STBX says she filed for divorce because I did not agree to a separation and I should of “offered to leave the house because I am the man”

LionAR1999 · 28 December 2024 · Archived copy · Reddit

Long story short, STBX says the deciding factor that she filed for divorce is because I did not agree to separation. I didn't agree because there was no game plan or goals for both of us to work on during a separation, she just wanted to see if she “missed me” during that time. Also when I brought up that if she wants separation so bad she should be the one to leave the house, but she disagrees and states “because you are the man you should have offered to leave the house” GTFOH, we have kids and I'm not the one that's wanted to separate. I want to WORK on our issues and not abandon them plus our kids have a father that they rely on DAILY. It just boggles my mind that because “I am the man”, and don't just offer to leave the house that she has to then file for divorce and get a court order for me to leave while in the meantime it fucks up our kids mental health...possibly for the rest of their lives. Rant over.

61

UPVOTES

Found out my wife cheated Saturday.. she took the kids and has cut all communication.

Suspicious_Scale_255 · 8 September 2025 · Archived copy · Reddit

My took off with my kids Saturday morning and refuses to talk to me or let my kids come home or talk to me. I've called and talked to the police twice because I'm concerned. They told me since we haven't filed for divorce and no custody agreements, isn't anything they can do. Ive got an appointment with an attorney tomorrow afternoon to see what can be done. I'm at a total loss for words over this.

61

UPVOTES

Does sexting deserve divorce?

Lost_in_theSauce909 · 8 December 2025 · Archived copy · Reddit

Caught my wife sexting a coworker. Sending nudes, complaining about their spouses and talking about what they want to do. Whether or not something physical happened it's definitely a stab in my back.

Our relationship was not in a good place for the last year. We clearly have incompatibilities. We have been together for 13 years now and I am just struggling to decide if I should leave. Honestly feel like it would be easier if something physical did happen

61

UPVOTES

Merry Christmas you glorious bastards!

RoutineWriter7304 · 23 December 2025 · Archived copy · Reddit

Gents -

If you're on this sub - you're likely going through it or recently went through it. I just want to say an early Merry Christmas / happy Hanukkah / etc to you guys.

You all deserve the best and a New Year is around the corner. Whether you got dropped or made the tough decision to drop, 2026 is going to be a different year and a better one.

If you get lonely over the holidays, just embrace it give yourselves 15 or 30 minutes to sit in the quiet and own it. Then go do something for yourself.

If your Ex tries to gaslight, delete, provoke you - take the high road and remember that character matters more. That you're going to look back on the season and be proud of yourself.

Even if you're not a resolution guy, set some goals for 2026 and then just fucking do it.

And a massive thank you to this sub. Y'all help me out in the midst of the most unexpected year of my life. And if you can't tell, I'm writing this in part to thank you and set my own foundation for the next few days.

You guys rock!

61

UPVOTES

I'm losing interest in ever wanting to be in a relationship again after my divorce

Future-Bet4783 · 17 February 2026 · Archived copy · Reddit

I am relatively young, I'm 30 years old and divorced after 6 years of marriage. I didn't have a child with my partner but we had a dog and I still dearly miss him. I also mourn the potential future we had and my dream of having a child.

After my divorce, I lost all my drive and outlook for the future. It was a mutual divorce but it's still very painful as the good times still flow in my head. I don't think I'll open myself to become vulnerable to another person ever again. It's also so much easier to be single and have no one depend on or have expectations of you. You can live life on your own terms and chase your dreams. I for one love to travel the world and my ex did not share that and would shame me at the thought of solo traveling because she wouldn't want to go.

I used to romanticize the idea of relationships and love but I really think modern day relationships don't work anymore. There is hardly any loyalty these days with how replaceable people are and with amount of options that the internet makes people think they have. Women standards are also way higher than before because of social media. Like they always say, comparison is the thief of joy.

I think id rather not participate in these games anymore. Just want to make my own money and take care of myself and my mom.

61

UPVOTES

What Separation Really Takes From You

We-need-change-95 · 6 April 2026 · Archived copy · Reddit

After separation, the first thing you lose isn't your child.

It's your place. Your identity.

No one talks about that.

That laughter that used to fill your days... now just echoes in your head.

You try to ignore it. You can't.

So you distract yourself. Work. Phone. Anything.

It doesn't last.

You go from full-time father to a scheduled presence.

People think you're free.

You're not. You're disconnected.

Living on standby. Waiting to see your child. Waiting to feel something normal again.

So you isolate.

Stuck between your old life and your new one. Belonging to neither.

You don't talk about it. You assume no one understands.

That's the trap.

There are thousands of fathers living the same life.

Same silence. Same weight, crushing on their shoulders, trying to build something meaningful for their childer often in spite of a resentful ex that does nothing but facilitate the relationship between you and your little angel.

But no one talks.

That's why I'm here.

Not because I have answers.

But because this shouldn't be faced alone.

If you know, you know.

You're not the only one.

61

UPVOTES

I spent 7k on ex wife's tits

whoopyboy69 · 1 May 2026 · Archived copy · Reddit

Literally a year before our divorce she got her boobs done. 7k out of my pocket. Then she leaves a year later. Those tits belong to me!

61

UPVOTES

Did your (ex)wife's friends lead her towards divorce?

Rare_Psychology_8853 · 7 June 2026 · Archived copy · Reddit

I hope this is allowed. I've lurked here for years because my husband and I went through a tough time in our marriage and weren't sure we'd make it. Reading male perspectives helped.

We are doing better now but during the worst of the worst, we were dealing with our first baby missing all his milestones which eventually led to a diagnosis of profound (disabling) autism while in the middle of Covid lockdowns and a job upheaval.

One thing I noticed: When I talked about my challenges with my friends, they'd ask what my husband was doing. I would not even be venting about my husband and they'd ask. Then it would lead into something like "he isn't doing enough, he needs to help more." Being so disconnected, stressed, and sleep deprived, my husband and I had already turned against each other. It didn't take a lot of convincing for me to think "Yes, my husband should be doing more!" And yes, while I'm in control of my own mindset, I now look back on those years and those friends (no longer friends) and think "what the fuck? I was going through a hard time and all my friends could think of to say was get a divorce, your husband sucks?"

For the record, my husband doesn't suck. He's a good one. We were going through tough times. Both of us fucked up. We moved past it and remained committed but it was hard.

While lurking here I've noticed the men here are much more likely to ask one another and themselves what they could have done differently to save their relationship. Anecdotally: none of my friends ever did that. They'd suggest setting boundaries, therapy, and divorce. But not a whole lot of "what did you contribute to this situation?"

Going further, I suspect some of my friends were hoping I'd get a divorce. I married "young" by millennial standards and had children young. My husband is blue collar "country" which is exactly what led me to thinking about all of this today. One of my old friends reached out to me to catch up. She is one who suggested I leave my husband. She is casually talking to a guy she met on a dating app and mentioned "yeah but he's not super smart. He works (in a blue collar industry) and didn't go to college." And just like that, I was transported to those hard years in my life when this same friend suggested I get a divorce.

Idk what my point is and tbh yall will probably delete this post since I'm a woman. But where the fuck else do I post this? The women oriented subreddits would ban me immediately. I know, because I've tried.

I support anyone's right to leave at any time. But saying vows should mean something. Nobody forces you to walk down the aisle and take a loyalty oath to a man for life. So why do it, if you don't take it seriously and will leave for trivial reasons as soon as you go through the first difficult time? We said for better or worse. 2020-2022 were the hardest years of our marriage due to things not within control. There were times we thought we hated one another. But we made a promise to each other. That is supposed to mean something. A few years later we are doing better. Imagine if we'd divorced though. We'd be living separate lives right now.

My ex friend is now 2x divorced and has a roster of men. The lesson is don't take advice from people whose lives you don't want. These women wanted to lead me to the same misery they're in.

61

UPVOTES

After the dust settled, life was kind of lit after she left

FreeCAD_Doge · 1 July 2026 · Archived copy · Reddit

10 years, no kids. It was every bit my fault as it was hers. She left so suddenly. I cried, screamed, and broke things.

Even the months after the divorce despite being so angry, I was a bit excited. I cleaned out the fridge and filled it with the foods I wanted. I got to decorate the place how I wanted it. She took those 2 damn dogs that she wanted but never wanted to help me take care of (there was piss and shit all over the place) and I got to keep my 2 favorite cats. I do not miss having dogs. Not even a little bit. I found a hairstyle that actually suits me and the women fucking love it.

It's like overnight I launched a new season of my life. Hell, maybe even a soft reboot. I have labeled things in my life BD (before divorce) and AD (after divorce) like the divorce was a rupture. It even came up with a cast of completely new characters and hobbies. It was a total rebirth.

Getting ready for first dates is somewhat nostalgic. Felt like I was in high school looking in the mirror and finally caring about my looks again. Being told I was handsome, exploring my sexuality, and the utter shock watching other women do things the things my ex didn't do (sexually and non-sexually). Not being looked at with contempt in the home that I pay so much for a month. The constant rejection of not wanting to be touched by her. No begging like a dog for sex. The home was mine. I got to clean it how I liked it. No constant stress and hits to my confidence and self esteem being in a broken marriage.

Now I am getting married into a family I actually like. One that's not weighed down by generational trauma and racism that is taken out on her partner. She never lifted a finger but I have no doubt that my fiancée would fight for me during any family drama. She doesn't laugh at me trying to learn new things or put people down for showing an ounce of weakness. I didn't know sex could be so mind-blowing and intense either.

The thought just hit me because I was recapping each year in my head and life since 2022 has been awesome. It's strange telling other people that because they like to spin up a narrative about me being depressed and miserable that entire year but it was filled with courting, sex, adventure, and self discovery.

61

UPVOTES

What crazy stuff has your ex asked for after the divorce was finalized?

acg34 · 4 August 2026 · Archived copy · Reddit

My ex got a paid off townhouse, 50% of my 401k, and 35% of my pension in the divorce settlement. It's been 12 years since the divorce and during that time my ex sold the townhouse and spent all the proceeds. She has also spent most of the 401k. She was 53 at the time of divorce, worked part time for less than 2 years, and "retired ". She has moved back and forth across the country twice. Staying in nice hotels for months at a time, then renting in an expensive area. She moved back to my area recently and wants me to move out of my house so she can move in. Wants me to continue to pay the mortgage and give her money for home improvements. She "needs" a year of no rent to pay off all the debt she has accumulated. She is also asking our adult children for financial support. For years she has bashed me to our children. I was abusive, cruel, perverted, porn addict, etc. she was the perfect wife and mother. She did everything.... She can't understand why she's not invited over for dinner, birthdays, holidays, or special occasions.

Her delusional thinking is incomprehensible to me and our kids.

60

UPVOTES

This is hands down the best sub on Reddit for men.

KVPxMAS · 28 April 2021 · Archived copy · Reddit

I've posted on r/relationships, r/marriage, and even r/divorce. And I got crucified on there for the things I said about my wife and my marriage, even though they were all true. I post one post on this sub and have received more love and sound advice than the 10 or more posts I posted in other subs. Thank you all!

60

UPVOTES

Finally done!

Lazylearner5447 · 2 November 2021 · Archived copy · Reddit

So I'm a pretty private person on social media and didn't make a public announcement, but my divorce was finalized yesterday. I just sent a few private texts to close friends and family, but I wanted to announce it here, and thank everyone for sharing their stories and advice. Best of luck to you all.

60

UPVOTES

So, I got banned from divorce sub.

One-Wait-8383 · 11 April 2022 · Archived copy · Reddit

May be it's just me. But, I have noticed a pattern whenever a man posts something in divorce sub, it hardly gets any response.

I noticed one OP posting almost every day asking for help, getting almost no advice from that sub. So, finally I had enough and posted a comment advising him to come to this sub. One female redditor took great offense to that and called me everything under the sun. Unsurprisingly, I am banned from divorce sub today ☹️.

60

UPVOTES

One year update

mrk177 · 1 August 2022 · Archived copy · Reddit

Hi all, I wanted to post an update since I've gotten so much support from this group.

It's been a year since getting divorced. We divorced amicably without lawyers. We still get along very well, actually better than we ever did during our 11 year marriage. We have two kids together, they've had issues as a result of the divorce, we got them the help they needed made some adjustments and moved on. The kids seem to be a good place as well.

I don't miss her like I used to just because we get along so well now. I do feel lonely and absolutely don't want to know if she is dating or with someone else. Not sure if that means I haven't fully gotten over her I just don't want to know.

I have done some dating myself, online dating is pretty horrible in my opinion. I have met some nice women but damn dating has changed a lot in 15 years. There seems to be this grass is greener on the other side notion. I feel women and some men have so many options now that when you do go out on a date with a woman, you're getting maybe a quarter of her attention. Schedules are hard especially if both parties have kids. I have taken a break from dating over the last couple months which in turn has increased my overall happiness.

I have found a new hobby that takes up most of my free time. I enjoy hanging out with friends without restrictions that's really nice. To be honest I really enjoy being alone quite a bit.

I don't really have words of wisdom other than just embracing the situation and moving on with your life.

60

UPVOTES

I asked a question

Repulsive-Fall1019 · 23 August 2022 · Archived copy · Reddit

On august 16th, a week ago today. During an argument, I (m28) asked my ungrateful wife (F34) of 4 years, mother to 3 of my children a question. And it was a question I routinely asked during a fight (not as a threat, but because I genuinely am asking the question). "Would you like to get a divorce?".. and every time she gives me the same answer *scoffs* rolls her eyes and says "I don't care, just support my kids, do it"...this setup and delivery. Is usually how it goes. And on this day.. during a car ride. This exchange occurred and I said " alright, no problem, I will get up on Thursday and go take care of this. Np.".. not another word was spoken.. thursday comes. I get up bright and early. 9am I'm out the door to meet with my attorney. I paid him in full And came home... my wife asks me how the lawyer was. And I looked her deep in her eyes and told her it's done. We will be getting a divorce. And she's been devastated ever since. Even admitting to calling my bluff... and ever since has been begging and tears which I see as a manipulation technique to pull my strings.

As a man I have done all I can to be the sole provider and work towards stability for my family as a whole. I am a level headed loving father, But I have come to the conclusion I can serve my family better without coming home to the mocking of my emotions as a man. The ball breaking. Telling me I never do enough and when I do it's always wrong. Telling me I don't deserve to be a husband or father.. my brightest moments are waking up and coming home to my kids. But I've been unhappy and under appreciated for a long time

I pulled the trigger.

This woman will never respect me or my sacrifice. Time to be the man I've always been and love my kids unconditionally and provide and grow as a person without her.

60

UPVOTES

Please someone tell me this gets easier. Tell me I'm going to survive this.

Sea_Capital168 · 10 October 2022 · Archived copy · Reddit

My wife of six years cheated on me and filed for divorce the week I found out. She hasn't been back since. She moved three hours away to live in her mom's basement. I now have 50/50 custody of my two young children and I'm so alone. I don't understand how she could do this. I'm hurting so badly and I don't know what to do or how to survive this. I can't do this for years and years. Please someone tell me she will get what is coming to her and that I will be better off. Please tell me this is something I can survive.

60

UPVOTES

Happy Divorced Dad Sunday “extra money” lunch!

JoeFixIt1010 · 23 October 2022 · Archived copy · Reddit

I was thinking today about the little victories I enjoy now that I'm main past the “D” storm. I made \$40 helping a good friend out with some electrical troubleshooting and repairs on his car Wednesday night. I didn't ask to be paid. I just enjoyed hanging with my boy. The entire time I was there, no one texted me, my cell phone didn't ring once. I was even there for an extra couple hours more than I planned but my phone was completely silent. Not even an email. That was definitely a victory! I had a nice relaxing 1.5 hour drive home listening to Phil Collins, Eminem, and George Strait. No stress and no battles waiting at home. Thursday I decided to spend the \$40 on one of my favorite meals. Charcoal and mesquite smoked Ribeye steak w/ campfire bacon, Kraft Mac and cheese, and onion soup green beans. I seasoned it Thursday and cooked it today when I was hungry. Today, no one was mad at me. No one asked me to compromise my food choices or wait till later. Today is a fantastic day. You will make it through the conflict. You WILL survive! I DO live for my daughters but they let me live for me too. They want me be happy. My thoughts are with my brothers in the trenches. Hang in there! There a joy on the other side.

60

UPVOTES

It's Over

FulcrumShift · 4 December 2022 · Archived copy · Reddit

I'm contacting a lawyer tomorrow. I discovered on December 1st that my wife has been having an affair for over 2 months while treating me like shit.

She has started and intends to continue a relationship with a man that is married (but will allegedly leave his wife) and has 2 kids under 10 and potentially a pregnant wife and literally does not care about what she is doing to them (or me). 2 cheaters that obviously deserve each other.

I'm 34 and she's 29. We've known each other for 10 years and married for 4. I am so glad we hadn't had children yet. Only the house and a car are together and she seems to be letting me take the lead on filing and starting the process.

I guess I'm looking to vent. I was a wreck until yesterday when I decided to stop second guessing my self and realize she is the one that fucked this up. Our marriage was obviously not perfect but this was her decision to ruin 2 families in one blow.

Today was decent and I hope tomorrow will be, too.

60

UPVOTES

I officially left. About to go through a divorce. Left my wife everything and now she won't even bring my son around to see me. So I have to catch Uber there and back just to see him. Breaks my heart. Pray for me and my son guys [?]

[deleted] · 28 October 2019 · Archived copy · Reddit

<https://i.redd.it/6qcijjpre9v31.jpg>

[deleted]

60

UPVOTES

Life after Divorce - Who here gets the "side eye"?

Apprehensive-Cost496 · 25 May 2023 · Archived copy · Reddit

Hey fellow dudes, I've posted here from time to time and appreciate all the frank advice! I'm 6 months past divorce judgement and life is going pretty good. The exw decided her life was so terrible that she just had to cheat with the greatest emotional connection of her life and I peaced out of that as quickly as possible. I got my new house, big back yard, 50/50 with my kids, working out like a fiend and in general things are proceeding well despite having to see the exw as part of kids activities.

One thing I noticed being a divorced guy. You seem to get the "side eye" as I call it or where people view you suspiciously. Whether it be new neighbors (most are cool, a couple are a little cold), people at my kids school or whatever, it's just an "odd" feeling you get from people when they know you are divorced. I have no doubt my exw has poisoned the well a little bit at my kid's elementary school but still I feel like there is some stigma even with new people.

As for me, I'll never say I was a perfect husband but I worked hard for my family, was always there for my kids and am an active dad with them and definitely my wife's infidelity 100% killed our marriage, I never even looked at another woman despite travelling and even feeling somewhat alone in my marriage. Yet I feel like she comes out smelling like a rose. I did make sure to get the story out to friends and family but the wider net would not know.

Anyways, before I blather, has anyone else got this and how did you best deal with it? I'm simply dealing with all this by being kick ass at Dad life, being friendly and humorous with everyone and not being angry and hating life. Just curious how other's situations worked out.

60

UPVOTES

What to do after getting fucked?

PNW_Uncle_Iroh · 15 October 2023 · Archived copy · Reddit

I had a bad judge and he ruled everything in my ex's favor. I don't see the kids much and I'm paying an exorbitant amount of alimony and child support so she can "maintain her lifestyle". This means I'm paying her more than half my paycheck so she doesn't have to work.

I have the option to file an appeal but the changes are slim. Do I quit now? I need to file within 30 days. I've already spent 100K on attorney fees.

Part of me wants to just quit my job so she gets nothing. My doctor has already recommended I stop working or find a lowered paying / less stressful job because of the stress from the divorce.

Im just spiraling and don't know what to do. This all feels very unfair that a judge can just have a particular pov and essentially ruin someone's life.

60

UPVOTES

Tiktok...

Flapique · 1 November 2023 · Archived copy · Reddit

My stbxw is crying about her affair partner on friggin TiKtok about him not wanting to commit and be "emotionally available" and that if she's not his girlfriend then he shouldn't send her love songs... Bawhahahahaha! unbelievable!! She's like Brittany shaving her head!!! God I hope that comes next 🤔

60

UPVOTES

First Divorced Holiday

MulberryWright · 23 November 2023 · Archived copy · Reddit

Currently separated and going through the divorce process. I have my kids today but this is the first holiday we're spending without their mother. I'm not letting my kids see it, but I'm wrecked. Hoping and praying that today is the day the she realizes that her family is worth fighting for and instead of spending all the time and energy tearing our family apart, we should spend it rebuilding. My kids and I miss her and love her. All we want is to be a whole family.

I don't want to vent to family and friends today and had to get it out somewhere.

Thanks Men and Happy Thanksgiving

60

UPVOTES

Thank You. This to all members of this group.

cactuscharlie · 27 November 2023 · Archived copy · Reddit

This sub has been a lifesaver for me. And I mean it literally. I really didn't want to live after my divorce.

I know there's a lot of lurkers on this sub that don't want to post because like I've said here and elsewhere, some of us don't own homes and businesses and blah blah. Dress better and go to the gym implies that we want to impress women. Some of us don't. We want our wives and the life we built.

But all topics and all advice on this sub has really helped. Thank you all. We all have different and unique stores. If your a lurker in need of acceptance, please post something. There's lots of different people here that can help you.

60

UPVOTES

Saw the ex today for the first time since the judgment giving me primary custody.

Ok_Perception_1836 · 19 February 2024 · Archived copy · Reddit

Her tune really changed a lot. She went from being a total bitch to me and acting like she'd already won to being very passive and chatty. I was buckling the kids into their seats and she just sat in her car and watched me. Usually, she'd just drive off the moment the kids were out of her car, but this time she didn't. She looked miserable. I guess the shame and embarrassment are finally starting to set in. And, thanks to the circumstances we're in, she has to leave AP. Guess that's why she's acting kind to me all of a sudden. She's trying to set the stage to monkey branch again.

60

UPVOTES

My wife came home from work today and asked for a divorce

yausser1017 · 5 March 2024 · Archived copy · Reddit

My wife just came home from work and asked for a divorce. We have 2 kids, 3 year old and 6 month old. I'm at a loss for words. In December I found out my wife has \$50k in credit card debt, I found out from a guy knocking on our door and serving her papers. She just stopped paying her credit card bills. We had a shotgun start to our marriage, with a pregnancy of our first child during covid. Over the years I have asked to combine our finances, but she declined to do it every time. I have tried to be cool about it, talked with bankruptcy attorneys and took steps to try and rectify it. My wife doesn't ever want to talk about it. Yesterday we did our taxes, and after I asked what we were planning on doing about the debt. She blew up, blamed me for the debt (100% not true), and then told me that she had talked to me about her debt. I lost it, cause that is a flat out lie, I never had any clue that there was debt, much less \$50k in credit cards and \$30k in student loans. I stormed out of the house cause I wasn't going to be lied to and told it's my fault, when I had no clue that we had debt. I came back an hour later after I cooled off. I cant believe that is the effort my wife put forth to fix our marriage, i cant believe she is signing up our children for this life. I cannot fathom being a single parent. I can't fathom my girls having another man be their step dad. I grew up on the east coast, and now live on the west coast away from all my friends and family. I'm ready to just give up and kill myself. Why go through years of being a lonely sack of crap just to try and make my daughters lives better? They are going to live in a fractured family structure, their lives are already going to be at a disadvantage. I just want to do it now while they are young so they don't have to deal with that damage when they get older. I'm just too big of a pussy to do it. But I truly am just over life, it's one kick in the nuts after another, and I'm sick of being so damn alone.

60

UPVOTES

Watch out for scammers on here.

Szimplacurt · 12 April 2024 · Archived copy · Reddit

I had someone DM me claiming they read my posts on this sub. It was a woman claiming she was also divorced and we chatted and they seemed pleasant. Exchanged social media which seemed a little weird despite her sending me photos of herself that matched the very little presence of social media she had.

Anyways, long story short...she asked me for money lol. So yeah...if you're down in the dumps like I've been I can totally understand how sometimes a good conversation can make you feel better about your situation. But just watch out...people are preying on those of us who may be down.

60

UPVOTES

Just found out she's cheating

Daaad3x · 28 May 2024 · Archived copy · Reddit

So long story short, my marriage has been rocky for the past couple of years. I had been trying to do all the things to keep the family together (being a great dad to our 3 young kids, tending to her needs, being affectionate, etc) but something has felt off for the past few weeks.

I went thru the cell phone call logs and discovered a number that she's been texting back and forth with for weeks. Sometimes late into the evening.

I blocked my number and called it and a man answered. I didn't confront him but knew I had to get more concrete evidence. I hired a PI because she claimed she was going out to happy hour with her female friend. They tailed her and sure enough she met up with a guy. The PI said they were kissing and acting as if they have been in a relationship for some time.

I'm f'ing devastated. I'm sitting here taking care of our kids while she's out doing this. But I'm not going to spring it on her. I made an appointment with an attorney for next week. But my head is spinning. I guess I need to figure out my living situation first as well. We have a house together and it kills me to think she could bring this dude to my home when I'm not here.

Any advice from others that have gone thru this would be appreciated.