

Moving forward. Coming to so many realizations

June 30, 2020 | 7 upvotes | by [bigtony199077](#)

Been divorced since march. This journey has been quite eventful overall. Long story short, I'm starting to appreciate who I am again. I'm still working on improving myself and fixing what needed to be fixed, however, I'm starting to internally accept myself for who I am and realize I am not a bad person. I'm relaxing there is good in this world and life is truly worth living for.

Being with a toxic individual for 6.5 years can really do damage to ones mental health.

Here's my question fellas, something we have all thought about, looking back at your past marriage, when did the first "Red Flag" pop up and why did you choose to ignore it?

Mine is this-

We were Celebrating her first birthday together as a couple. I planned a very special evening. Dinner at a very expensive Japanese steakhouse (her choice), movie, drive throughout the city, showered with gifts, the works. What was the red flag you may ask? I was so entirely focused on making the day perfect I honestly forgot to get her a birthday cake.

You would of thought her entire world crashed and burned. We got into quite the fight over a damn birthday cake. Forget the special day I planned, she turned into total B**** mode and was quite the devil. God bless you all. Looking forward to your comments.

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Comments

playerknowmore • 1 point • 30 June, 2020 09:39 PM*

You are lucky you realize there were red flags. My friend didn't have a clue his wife was cheating with a guy he worked with for five years. He didn't find out until a year after they divorced. Of course she tried to take him for everything, but his lawyer was determined to take care of him better than he wanted. She kept telling him to trust her there will come a day you'll be happy I didn't let you get walked on.

That day came two months ago. The guy's father who owned where my friend used to work; finally told him. I think the guilt was too much.

research002019 • 1 point • 1 July, 2020 01:56 PM

This is my fear. My ex recently told me she wants to make "amends" to me (she's in various 12 step programs). I always suspected she was cheating, but now, a year later, I honestly don't care, and if she was, I don't want to hear about it.

I'm waiting on the court to sign off on the final decree, so I politely told her I'd rather wait until it's actually finalized. Even once it is I'll just tell her I don't need her "amends."

playerknowmore • 3 points • 1 July, 2020 02:14 PM

I would send a Hallmark card with a note. I loved you until you made that impossible. As I move on I forgive you for any transgressions in or marriage. I've come to realize it just was never meant to be. Apologizing for things that won't move my life forward is not necessarily.

I'm proud you have found sobriety and I truly hope you find a better life than we had. I want that for me to, and I know the only way for me to achieve this is by forgiving you and moving forward.

sierrajon • 2 points • 1 July, 2020 04:40 PM

Amends isn't apologies, it's taking responsibility for their wrongs. Many times infidelity isn't amendable so not worth trying to fix, especially early after a divorce. Also, it's not to fix you but the addict. Forgive her and move on and let her deal with her resentments. Not your problem.

research002019 • 1 point • 1 July, 2020 04:50 PM

Thank you for that clarification. I'm not familiar with the 12 step process at all. Tbh, I really don't want to hear anything from her (though I'll admit it would have been very gratifying early on), but she is the mother of my child and I do want a positive relationship with her for my son's sake.

But you are entirely right, it's not my problem. I'll let her do her thing if it helps her be a better mother.

Brokenbyher2019 • 1 point • 1 July, 2020 07:19 AM

When she didn't get her way, she slapped or open palmer struck my arm or shoulder. I can't nor don't feel like sharing all the details ... in short she was and still is intellectually an adult but emotionally a 13 year old.

divorcethrowaway672 • 1 point • 1 July, 2020 07:34 PM*

The first red flag was when I found out she hated her father because he had an anger problem, and she wished her mother divorced him. And this wasn't normal sharing about your family's disfunction; When she talked about her father, you could feel the hatred in her voice.

Unfortunately, this was already several years into our relationship (we dated in college, but only got into a serious relationship a few years after graduation), and was I already in love with her (plus she was smoking hot), so my naive early 20s self brushed it off.

Over the years, she would have tantrums, and I would see flashes of anger/rage, but I chalked it up to "well, she's a woman" or "it's that time of the month.". Nothing major every happened, maybe because we never had any real stress/hardship in our marriage, and lived a comfortable upper middle-class lifestyle where she could be a SAHM, and we travelled 1-2 months/year.

Flash forward 20 years later when I confront her about her affair, I find she has all this hidden anger and resentment bottled up inside her which erupted like a volcano, spewing hatred and vitriol. Real Dr. Jekyll and Mr. Hyde type of transformation. It was clear she was projecting her father and mother's relationship onto our marriage, even though our relationship was much better, and I am a very calm, cool & collected person, completely unlike her father.

TLDR; Don't marry a woman who hates her father.

HoldinOn15 • 1 point • 3 July, 2020 11:52 PM

Red flags: erasing me from social media, not wearing wedding ring (she says she got too fat), and never helping to shop or cook.