

MSTP > # 07 Secrets. Still WORKING DRAFT

Marriage Second Time Plus . Org => A new Blog:

The new **Blog:** <http://marriagesecondtimeplus.org/>

OCT 2021

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Keep **notes** at where you **stopped** at in this PDF. So you can return to the same place.

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Secrets - =>

YOU have any **questions** on: _____

Surrender the Secrets => IF => Surrendering your Secret is for YOU!

YOU have any **questions** on: _____

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Surrender any Secret => Testimonies: <http://marriagesecondtimeplus.org/>

Secret Testimonies

Testimonies => Surrendering the Secret Testimonies

The following (**soon**) are testimonies that have been submitted to us from people around the

United States about Surrendering their Secrets. “Thank you!”

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10 Dark Secrets Women's Prisons Kept Locked Up.

If there’s one thing that we **don’t** want to be, it’s behind bars. Granted, if you do something that breaks the law, then you have to repay your debt to society and do your time. But, even though the people in prison did something **wrong**, they are still treated with some human decency.

However, there are those that believe that if you’re in prison, regardless of the offense, then you’re **not** deserving of fair treatment. For most people, their extensive knowledge of women’s prisons might come from the popular Netflix show, “Orange is the New Black”, which was based on actual experiences. But, we often forget that Hollywood always adds their own pizzazz to any real life situations.

So it can be hard to decipher what is **truth** and what is fiction. We're going to reveal to you some of the dark secrets that reside in women's prisons.

Some may be shocking, while others may look like they're from a suspense movie. If anything, these secrets will likely deter you from the temptation of breaking any sort of law.

<https://www.youtube.com/watch?v=hjuCUzGcn6o> 10 min

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Female **body language** secrets and decoding it!

Hi guys I am Annabella Rose, and this is the one and only Iain Myles here from kamalifestyles.com. Today we will be talking about Female **body language** secrets and decoding it.

Understanding her **body language** is a great way to gauge your success or failure in the dating game. You need to know if she is flirting or really interested in you. This will help you to switch the gears to the next section and it will guide you on what to do and what to avoid. Girls mostly send physical cues to show whether they are interested in you or **not**. A lot of guys however miss out by **not** paying attention to small details. How do I know it is a **no** brainer, because I am a girl. Be attentive to that **body language** cues. If you **don't** take action she might get frustrated with you.

Gents sometime honestly some guys make me pull my hair and he **doesn't** get it!!! And it is really frustrating Gents believe me it will be a big help to know the different signs and decoding them. You will **no** longer talk about getting mixed signals and bang your head against a hard place saying, "I **don't** understand women."

Direction of her feet

Body language communication mainly takes place subconsciously in women. The direction their feet points indicate direction of their interest. If it is away from you, you will realize they are **not** interested in you.

You will notice they have their attention elsewhere. This **body language** is an indicator of interest. Gents get the hint she likes you if she is pointing her feet towards you and she uses her open **body language**.

Don't give up guys, time to ask her more **questions** as she is interested in and **don't** be shy to get closer or close the distance. I always turn with my body towards a guy and point my feet when I like him or I am interested in him and, well what he is saying.

Look at hands and legs

Take **note** of what she engages with her hands. You will notice her playing with her jewelry. She will stroke her earring or necklace like a wine glass. This should tell you that you are getting it right. Some women get so nervous that they keep rubbing their fingers or put them in their mouth. Some even playfully bite them. You only need to understand if her nervousness is **positive** or **negative**. There is a difference between fidgeting and stroking... While you are sitting with her, take a look at her legs. If she is into you, they will be facing you together with the rest of her body. At this point her legs will be open, a bit. All these are signals, look at it carefully and you will easily decode her **body language of flirting**.

Iain Myles is an executive dating coach of Kamalifestyles. He's highly experienced in live training of our clients on streets, in bars and clubs. Iain teaches the core principles of the approach that every guy needs to know to become successful in dating.

<https://www.youtube.com/watch?v=7scj-LEcPwY> **8 min**

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10 Facts About the Female Body Very Few People Know About

If you think you know it all about the human body, we have a surprise for you – there's still so many amazing facts you **don't** know. This is especially **true** about the female body and physiology, it's a mystery that waits to be uncovered.

Find out the amazing female secrets to better understand women.

TIMESTAMPS

- #10. Their necks are more flexible. [0:42](#)
 - #9. Women have sensitive hearing even while sleeping. [1:32](#)
 - #8. One of their breasts is bigger than the other. [2:34](#)
 - #7. Women are more rational than men. [3:10](#)
 - #6. Women are more prone to having cellulite, and that **isn't** a **bad** thing. [3:47](#)
 - #5. They get drunk faster than men. [5:06](#)
 - #4. They form stronger attachments to people. [6:08](#)
 - #3. Women's bodies keep changing even into their twenties. [6:52](#)
 - #2. Their brains are more intricately hard-wired. [7:55](#)
 - #1. Blond hair is more common among Caucasian women than Caucasian men. [8:41](#)
- Bonus: the enigma of female **body language**. [9:31](#)

SUMMARY

- Men turn their whole bodies while women turn just their heads. The reason for this difference **lies** in the much more elastic muscle structure in the female body.
- From a biological point of view, a woman's ear is hypersensitive to noises during sleep so that Mom can always hear and respond to her crying baby.
- Nobody has absolutely symmetrical breasts, it could be a difference in the volume of breast tissue, the size or shape of the breast pocket, or even the skin's elasticity on each breast.
- - Despite common opinion that women are more emotional and men are more rational, science says otherwise.
- Fat tissue plays an important role in the production of hormones, including estrogens, that's why cellulite **isn't** always a **bad** thing for women.
- Most women have a lower tolerance to alcohol than their male compadres due to the fact that the female body has less water in its tissues than the male body.

- Women connect with people on a much deeper level than men do, and scientifically - speaking, it's because they have higher oxytocin levels.
- Women's bodies continue to change and grow even into their mid - twenties. That's good news for you if you had some crazy and irresponsible teen years as far as healthy habits are concerned.
- The left and right hemispheres in women's brains are more interconnected than those of men. That means women are faster at socially connecting with people and get used to routine much easier.
- Blond genes present at birth are more persistent in females and usually disappear in males as they grow up.
- If a woman is interested in what her conversation partner is saying, she tends to stand with her shoulders lowered and her hands clasped together.

<https://www.youtube.com/watch?v=yXGq8mMbxw> 10 min

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SINGLE Women Over 30 – over 40 - over 50 - Are Damaged Goods! (OoPpSs. RED PILL)

Watch NOW => To Find Out Why Single & Unmarried Women OVER 30 or more Are Damaged Goods!

DO NOT Kid Yourself.... GOOD, Respectful, Feminine Women Are ALWAYS Snatched Up & Married Off LONG BEFORE They Turn 30 - years - Old!

Older Women In Their 30's, 40's & 50's Who Are STILL Single & Unmarried Often Possess Psychological Issues & Mental Health Disorders (ie, depression, narcissism, borderline personality disorder, mood disorders, bipolar disorder, etc.) That SCARE MEN OFF From Committing To Them Long Term, Beyond Just Sex! There's A Reason NO MAN Put A Ring On Her Finger & Married Her Off While She Was At Her Peak Physical Attractiveness. As she was In Her Early to mid - 20's!

There's A Reason She's STILL Sitting On The Shelf, Single & Unmarried, STILL Running Off To The Bars & Clubs EVERY Weekend With Her Girlfriends, As If She's 21- yrs Old, Competing With Younger & Hotter Women From The Next Generation!

Make **No** Mistake, GOOD Women NEVER Stay Single For Long, Especially After Turning 18! Most Men Are QUICK To "Wife Up" ANY Good Woman They Can Find In Her Late Teens & Early 20's!

The ONLY Women Who Stay SINGLE & UNMARRIED After The Age Of 30 or so, Are Women Who DO **NOT** Possess The Feminine Qualities & Mental Stability.

To Sustain An LTR (**Long Term Relationship**) Basically Women Who LACK The Femininity & Maturity To Hang Onto A Man Beyond Just A **Sexual** Relationship!

<https://www.youtube.com/watch?v=jhoZu4xaYQ4> 16 ½ min

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23 TOP SECRET WOMEN HACKS

If you wanna get rid of the stretch marks, do the following. Take some Aloe Vera, cut a fleshy part out, mix with a coconut oil. Apply on the damaged skin daily.

If you've been struggling with a messy lipstick I got you! Add some peel - off mask and food coloring in a bowl.

Stir it up and apply on your lips. Let it dry and take off a shiny layer. Enjoy your non-mess lipstick.

There are way too many great hacks I wanna share with you today! Ever tried to walk on grass in high heels? I did and it was awful! Until I came up with a genius glue gun cap solution! You should definitely give it a try?

It's summer already and if you're still **not** ready for it, it's high time to upgrade your painting skills! Grab your makeup bag, I'll show you what to do!

You know that time when you've just painted your nails and then you can barely touch your cup or door handle and **can't** take your clothes off, 'cause you're afraid to spoil your amazing new manicure? But in the end you somehow still mess it up accidentally! Have you ever come across this nasty problem? Then I've got simply wonderful solution. All you have to do is pour some cold water and add ice cubes in it, then rest your fingers there for one minute only! Now your nails are completely safe!

You'll also find out effective way to remove blackheads and make edible lip balm! There's so much great stuff, stay tuned and **don't** miss out on anything! ;)

TIMESTAMPS:

[0:49](#) Stretch marks solution

[2:12](#) Get rid of the dark circles under your eyes

[5:35](#) Beauty hacks for the girls' problems

[7:07](#) How to choose the right tone?

<https://www.youtube.com/watch?v=Y093xWCWO7Y> 11 min

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3 Secrets - Women WANT Men to Know (What Really turns us women on)

In this video learn 3 secrets women wish men knew about what they are really attracted to, what really turns a girl on, and how to more easily seduce her. Most women **won't** tell you these three things, but they **EXPECT** a man to know it. Women like **sex**. They think about it often and enjoy it. Yet most men **don't** realize this. Women also **hate** boring conversations. They want a man to take some risks. Watch the video to discover what women want.

Uncover 66 words proven to turn women on:

<http://www.unlockherlegs.com/words>

<https://www.youtube.com/watch?v=2eh-cMGmAdc> 3 min

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Secrets of **Sex** For Women Over 50: www.ZestNow.com

Sex After 50? ZestNow interviews **sex** and intimacy expert Dr. Trina Read, D.H.S. She reveals **sex** tips and communication suggestions for couples and women over 50. Dr. Trina Read's official Website: <http://trinaread.com> Dr. Trina Read's new book: <http://zestnow.com/shop/make-your-mar...>

<https://www.youtube.com/watch?v=F1km6XXXSag> 8 ½ min

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5 Powerful Secrets To Conquering A Woman

If you are looking for tips to seduce, we have what you are looking for: the best secrets to conquering a woman are here, at your disposal. Just keep watching.

1. Hide your intentions.

Strange? Maybe, but if you want her to be interested, pretend you do **not** like her. Do **not** allow her to realize it early, then she will feel little attraction for you.

2. Show that you are funny and arrogant.

This means being spontaneous, having fun with the girls and that they feel good about you. But **not** only that, you also have to be a little arrogant, in the good sense of the word, with full confidence in yourself, say what you think. The reason? Women like a secure man (**that has not changed**), who knows what he wants, **not** afraid to fight for his ambitions.

3. Never be submissive.

If you want to see how the interest of some girl disappears, practice submission. Otherwise, in your case, do **not** believe that by giving her everything she asks and doing everything she wants you will get more favors or more attention. Women, and especially beautiful women, are accustomed to men submitting to their desires. If you want to stand out, then do **not** do it yourself.

4. Become a challenge for her.

Social roles are often that women are the prize for men. So radically change that: show that you are the prize, that it is worth spending time with you. The human beings (**and especially women**) want the difficult, which they can **not** easily obtain. If she feels challenged, she will soon "attack" you. And if you are **truly** difficult, you will be irresistible.

5. Maintain physical contact.

This is essential when you are seducing. Do **not** be afraid to greet a girl you just been introduced to with a kiss on the cheek.

Touch her naturally, confidently, as if she were your friend. That she feels your touch is paramount, humans connect and know each other through it.

Draw her attention with a gentle touch on her arm; If you do it casually she will **not** be able to decipher if you did it with intention. And if she does **not** reject you, move on.

<https://www.youtube.com/watch?v=weWe81MJ8D0> 2 ½ min

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18 Secrets That Attract Men to Women: Most Women Overlook

For More Information and Videos Please Click The Link and Subscribe:

<https://www..com/c/PleasureMind>

<https://www.youtube.com/watch?v=MOU0yhfhjdjg> 7 min

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Should a Christian **Divorce**

What is Biblical **Divorce**?

Don't miss this powerful sermon as Pastor Jeff Durbin talks about the topic of **Biblical Divorce**. This is an important topic filled with emotion, we should strive as Christians to truly understand this topic. You can get more at <http://apologiastudios.com>. Be sure to like, share, and comment on this video.

You can partner with us by signing up for All Access. When you do you make everything, we do possible and you also get our TV show, After Show, and Apologia Academy.

<https://www.youtube.com/watch?v=W7ITFdVDs7Y> 1 Hour 16 min

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YOU have any **questions** on: His **sex**?

YOU have any **questions** on: Her **sex**?

A new Blog: <http://marriagesecondtimeplus.org/>

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YOU have any **questions** on: Marriages now from age 18 up to age 27 for women and 29 for men?

A new Blog: <http://marriagesecondtimeplus.org/>

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YOU have any **questions** on: **Sex** in marriage or with co - living situation together relationships?

The definition of marriage has been fluid over time and between US young people cultures. In American marriages, as they have evolved, the ideal is to marry by mutual consent and build first and foremost a relationship, before getting married?

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If YOU like or YOU got some help from this PDF part or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org/

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Join up with a volunteer non-profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands-down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also maybe meet the next Him or Her for YOUR life. This Web Blog is sponsored by a **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this new “Web Site and its parts so far.

As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: Then one may have a Subscription as over age 18 Adult (**including the open part**) or the open web site part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . Org => A new Blog:

A new Blog: <http://marriagesecondtimeplus.org/>

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YOU have any questions on: THE SHIFT OF the US CULTURE?

YOU have any questions on: BEING A CHILD OF **DIVORCE**?

YOU have any questions on: FINANCES?

YOU have any questions on: **YOUR** REPRODUCTIVE RIGHTS?

YOU have any questions on: EDUCATION?

YOU have any questions on: GAY MARRIAGE?

YOU have any questions on: THE HOOK UP CULTURE?

YOU have any questions on: Having a Young Married CAREER?

YOU have any questions on: MARRIAGE ITSELF?

YOU have any questions on: ANYTHING ITSELF?

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[Ted Gerrard](#) to Power and Love Testimony Group

I was driving from Georgia to Michigan and then this happened in NC 6:30 pm stuck in traffic. Lord I want to see the sun set behind the mountains and He showed me a sign “exit 93”.

When I got to exit 93 there was the perfect place to watch the sun set and I got there 3 min. before sun set.

As I was watching the sun set a local rolled up just to say hay, as we talked he said he owned the dairy farm over there and they were struggling as he drove of I went back to watching the sun set.

When the sun had disappeared behind the mountains I started to head towards the interstate and heard the voice say go pray prosperity over that farm.

So, I turned around and drove past the farm got to the end of the road turned around and said, “Really Lord and suddenly I hear on the radio.

“God put a million, million doors in the world For HIS love to walk through One of those doors is for you.”

So, I turned into the drive at the farm and he was sitting in his truck talking to a friend, I looked at him and said, “The Lord told me to pray over your farm” and he said go ahead.

Then I asked him to show me around, as we walked I noticed he was limping, so after praying over the cows I asked about his leg. He told me he was in a **bad** accident and had an artificial hip, femur, and knee I could see a curve in his upper leg.

I prayed, ‘Lord thank you for Joe and **healing** power leg be restored pain be gone.’ The pain reduced. I said, “MORE. Lord all pain be gone leg be restored”. The pain was gone the limp was gone and the leg was straight.

Then I continued on my journey praising Jesus exploding inside with more of the **Holy Spirit**.

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YOU have any **questions** on: FEMINISM?

YOU have any **questions** on: MARRIAGE LAWS?

YOU have any **questions** on: SHARING of DEBT?

YOU have any **questions** on: On living together with THE OPTION TO WALK AWAY?

A Step by Step Guide: Breaking Up When You Live Together?

No sugar coating here. If you’re about to navigate a breakup while cohabiting, it will be one of the toughest things you live through. Spoiler alert though — **you will live through it!** You’ve demonstrated a high level of commitment by living together, and yet there **isn’t** the legality of a **divorce** decree to chart your way forward.

A handful of states, however, **do recognize common law marriage**, so be sure you’re clear on the legal implications and splitting of assets if those arrangements pertain to your

situation. And if children are in the picture, you will want to definitely look to a family mediator to assist with custody planning and financial agreements.

[A Pew Research study found that](#) roughly half of the population living with an unmarried partner is under 35, so unfortunately, chances are good that you or a friend could go through this type of breakup.

While you ideally would have had [a cohabitation agreement](#), most of us **aren't** naturally inclined to plan for the ending at the beginning. Here are a few steps to take when you've decided to move on.

1. Hold logistic conversations separate from the relationship conversation

It can be tempting to lead a breakup conversation with a dramatic announcement that you're moving out. While the **question** of who is going where will naturally surface during a breakup conversation, be sure to do yourself and your partner the service of having your first few discussions be about the relationship. Yes, emotions will be running high.

You might find that you have to take a break and come back to the discussion a few different times.

When you can get to a place past the initial shock of the breakup, ask your partner to join you in setting aside time to specifically discuss logistics. If you're driving the break up decision, then take the high road by initiating logistics planning where possible. This can be as simple as saying you're prepared to stay with friends or family for a few days while you start to sort through details.

2. Set a firm move - out date

Make this decision as soon as possible, because it will assist you in keeping momentum for all of your other decisions. Know that if you're both on the lease, you're responsible for the rent **no** matter where you live. This means that you may need to decide which of you is in a better position to assume the entirety of the lease or mortgage payment as one of you moves out. It may also mean that one of you decides to assist the other with the cost of setting up a small residence elsewhere and you both split the entirety of living expenses for your original residence.

Involve your landlord here. This **isn't** the first time they've heard of a cohabiting breakup, and they may have options ranging from a lease break fee to being willing to allow a tenant sublet. Be aware that a landlord will have to approve a new tenant moving in and taking over the lease with you or your **ex** (i.e., [if you or your partner want to find new roommates](#)). Spend some time mapping out the costs financially and emotionally of each option. For **example**, while a lease break fee might be expensive, you both may decide it's worth the peace of mind. And compared to setting up two residences that you're jointly funding, it could even be cheaper.

3. Respect your new ideas of space

Regardless of how you square who is ultimately moving where, there will be some stretch of time you'll be living together broken up. Yikes. Set up as much structured time for sharing the space as possible. Address things like who will be sleeping where and how chores will be handled.

It can be easy in this stage to assume the same routine, like your partner taking on nightly dishwasher duty, but remaining in those relationship habits **isn't** healthy for either of you.

Your space is now going to become a little more "roommate style," so treat it as such. Talk through specific days of the week that you or your partner could have friends over, so that the other person can plan to be out. It takes a village to get over a tough breakup but do your best to honor each other's own private time in the house to grieve and process.

4. Hold detailed money conversations

If this feels complicated, you may consider family mediation. It's **not** just for married couples or those with children! Having an objective third party help you navigate the right **questions** to ask each other and be a voice of reason during an emotional time can be helpful. Most cohabiting couples would only need a couple of sessions to square away finances and logistics.

Money discussions involve everything from potentially splitting bank accounts to possibly buying out part of a major home item that you'd like to hang on to (**Hello flat screen!**). Are you on your partner's health insurance? Are they your emergency point of contact and can they make medical decisions for you? Are they the beneficiary of any insurance policies?

All of these **questions** are things to talk through and quickly update.

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5. Divide possessions equitably

Start with the basics, and, when in **doubt**, just let it go. That said, if you had it before your relationship, it belongs to you. Gifts belong to whom it was given. Debt in your name is your responsibility, regardless of who made the purchase.

While it can be uncomfortable, being as specific as possible in this stage curtails fights down the line. For **example**, when you say he can keep the “kitchen stuff,” he might take that to mean your prized stand mixer, when you were just willing to let go of the dishes. Draw up a list of the items that are important to both of you and write down who is taking what. Be sure everyone keeps their own copy.

Consider taking your most prized personal valuables (**heirloom jewelry, journals, photo albums, etc.**) to a friend’s house for safekeeping during this time even if you’re the one staying put. You’re likely going to be home much less over the next little while, and a slew of friends, colleagues, and even movers may be making their way in and out of your space more than normal. It’s a bit of peace of mind to know that some important things are out of the house.

6. Set new boundaries

These conversations are awful under the best of circumstances. You’re both tired, worn down, and really emotional because navigating a breakup is hard work. Some days it will seem like the perfect solution to crawl back in bed together (**literally or figuratively**). As hard as it will be to avoid intimacy, stay strong. Falling back into a “couple’s routine” will just complicate unwinding your lives and prevent you both from **healing** and moving

on. Instead, be deliberate with self-care and find a space in the house that you can carve out as your own. Know that this also means that things like checking in during the day with texts, asking when someone might be home, etc. are trending toward too personal if you're in breakup mode.

While it might be tempting, hold off on dating just yet. As with any breakup, it can be a comforting coping mechanism to jump right into new relationships but starting to date someone new while you're living with your **ex** is extremely complicated emotionally and logistically. You've got enough on your heart. Get out of the house first.

7. Fill up your social calendar

Keeping busy serves a few purposes. Obviously it's wonderful to have your friends' support during this time, and bonus — it gets you out of the shared space. You'll also be able to use this time to check in with friends on their take on any logistics you might **not** be thinking of. Breakups can be a huge emotional fog and it can be helpful to have friends remind you of major life decisions, purchases, or things that might **not** be happening right in this moment.

For **example**, did you put down a payment on a shared vacation that's now **not** happening?

Someone needs half of that back. Is there a security deposit for the apartment that will need to be split months from now when it's returned? Ask your friends to help you think of the "**not** right now" decisions that need to be made.

If You Absolutely **Can't** Move Out...

Miranda and Steve taught us many things, including that breaking up in a major metropolitan city is absurdly expensive. It might end up being that you and your **ex** are staring down a few months of a lease or waiting for a home sale while you're living together and have **no** option to live separately.

Know that you **don't** have to be "friends" at this stage and just general respect can go a long way in keeping living conditions cordial. A study in Psychology Today recommends an idea called selective silence.

Selective silence is all about **not** being provocative and, conversely, **not** taking the bait when your **ex** pokes at you. Once you've established your own space, work to just go about your routine.

If You're Staying in the Home...

Do your best to give your space a refresh. You may **not** be in the mood or financial space to spend a bunch of money on redecoration, but tiny details can make a big difference in moving on. Rearrange your furniture. Buy new sheets. While you already

know to take down pictures and souvenirs the two of you shared, take a beat before going scorched earth policy and throwing them all away.

Consider tucking a few in a box out of sight. They're still a landmark of this time and space in your life and you may find that looking back on them a few years from now reminds you of how much strength you had getting through this rough time.

What have you learned going through a break up after living with someone?

<http://theeverygirl.com/a-step-by-step-guide-breaking-up-when-you-live-together/>

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? ??? Living together with THE OPTION TO WALK AWAY

Why Some People Walk Away from Partners They Love

When love is **not** all you need.

“I’m sorry, I love you, but I have to leave you. You were the right choice, but **not** my ‘happy’ choice.” — [Hallie Mantegna](#)

What?! Did I hear you correctly? If you love me, why are you leaving me?

I am definitely missing a piece of this puzzle.

But as it turns out, you may **not** be missing anything. Sometimes, love and life clash. Usually, this conflict can be traced to one of two issues: (1) Romantic reasons that have to do with the nature of one’s love, and (2) Reasons concerning the flourishing life of the partners.

1. "I love you, but **not** strongly **enough**."

“There is a difference between someone who wants you and someone who would do anything to keep you. Actions speak louder than wishes.” — [Unknown](#)

Romantic love is **not** an all-or-nothing attitude — it comes in different degrees. Some degrees are good **enough** for having an affair for a few weeks or months, but **not** sufficient for sustaining long - term love. ([Ben-Ze’ev & Krebs, 2018](#)).

Examples of common reasons in this group are:

- “I found a new lover.”
- “In the past, I have loved someone more strongly than I love you.”
- “I am happy with you in the short term (**great romantic intensity**), but I do **not** see prospects for the long term (**not much romantic profundity**).”
- “We are great **sexual** partners, but we are **not** good **friends**.”
- “We are profound friends, but **not** great **sexual** partners.”
- “There are major flaws in your behavior preventing me from trusting you and feeling calm with you.”
- “I **cannot** give you the love you deserve,” or more bluntly, “My feelings toward you are **not** strong enough.”

The reasons in this group are mainly comparative — indicating a lower level of love or romantic suitability. The above differences are often associated with the (**ambiguous**) statement, “I love you, but I am **not** in love with you,” which is another claim that has ended many marriages and other committed relationships. Here, there is some degree of love, but that degree is **not** sufficient — at least **not** when compared to other available options.

2. “I love you but **cannot** live with you.”

“Look, I **hate** good-byes, too. But sometimes, we need them just to survive.” — Rachel Caine, *Fall of Night*

“If I should stay, I would only be in your way, So I’ll go, but I will always love you.” — Dolly Parton (**and later, Whitney Houston and others**)

Long – term romantic relationships should take into account non-romantic factors concerning the living together of the two partners. Loving someone is **not** always sufficient for deciding to live with someone. Living together and establishing a family together certainly require love — but much more than that, they require the ability to help each other flourish.

Examples of common reasons in this group are:

- “You **cannot** help me to flourish, as you do **not** bring out the best in me.”
- “I **cannot** help you to flourish — on the contrary, being with me blocks your flourishing.”
- “We are **not** suitable for building a long - term, thriving life together.”
- “You are **not** a good father, husband, or provider (**though you may be a great lover**).”

In this group of reasons, the degree of love is sufficient for supporting enduring love, but **not** enduring living together. People sometimes prefer thriving in life over love — it can come down to their own thriving or that of their partner.

An illustration of the first kind is the case of a married woman who said that she loved her first husband very much, but something was missing in their relationship that made her decide to divorce him. “There was nothing **wrong** with him,” she said, “but nevertheless I felt that self-fulfillment would **not** be part of my life. He would **not** block it, but he will **not** bring out the best in me. With my second husband, I have many fights, but I do feel his profound passion and ability to bring out the best in me.” This woman chose losing her first husband over losing herself.

An **example** of preferring the partner’s thriving over love is the case of a partner who, out of profound love, ends a relationship, saying that staying together would make his or her beloved miserable in the long term. This is the theme of the popular song “I will always love you,” which many consider the greatest love song of all time. In taking into account this reality, we sometimes hear of a partner, out of profound love, ending a

relationship out of concern that staying together would make his or her beloved miserable in the long term. In this case, ending the relationship expresses a genuine interest in the other's profound well - being.

Is Love All We Need?

"All you need is love." —The Beatles

"All you need is love. But a little chocolate now and then **doesn't** hurt." — Charles Schulz

Romantic love has a very **positive** impact upon one's life. This is expressed in many ways, such as **happiness**, flourishing, and **health**. For some people, it is the engine that drives their lives forward. However, people need more than love to flourish. For love to thrive and endure, we need a good - enough living framework. When romantic love thrives, it can contribute to a more general feeling of thriving. Sometimes, however, love and life conflict.

And so, we can find ourselves asking: Which takes precedence, love or life?

This can be a hard call. At one extreme, one might sacrifice life for love (**let's remember Romeo and Juliet**). At the other, one might sacrifice love for life (**remaining in a loveless, but otherwise comfortable, marriage, for example**). Of course, most of us make romantic decisions that fall somewhere between these harrowing poles. It is the strength of love, the nature of the life - demands, and the degree of conflict between them, which dictate exactly where we wind up on that continuum.

When intense desire is perceived as the core of romantic love, the conflict between romantic love and life ramps up in volume (**Ben-Ze'ev & Goussinsky, 2008**). Such desire is usually brief and decreases with time. Life, by contrast, tends to last. A lover **cannot** be blind to life, and love does **not** always win. In any case, love **cannot** replace life.

When love and life go head - to - head, love almost always loses, especially when it is based on intense desire. In the long run, it is when lovers nurture the connection between themselves and do things which enable each other to flourish that love is maintained and enhanced. That is how ties to the living framework are tightened.

Concluding Remarks

“Goodbye taught me that people **don’t** always stay and the things that belonged to you today can belong to someone else tomorrow.” — Rania Naim, "Goodbye **Doesn’t** Scare Me Anymore"

The claim that “all you need is love” indicates, as Brian Epstein, the Beatles’ manager, once said: “a clear message saying that love is everything.” Although romantic love is extremely important for our happiness and flourishing, love is neither a necessary, nor a sufficient, condition for happy and thriving life. As it turns out, love is **not** everything in life, though it is often a central part of it (Ben-Ze’ev, 2019).

If, indeed, love is **not** all we need, then it is certainly reasonable for some people to leave the one they love.

<https://www.psychologytoday.com/us/blog/in-the-name-love/201807/why-some-people-walk-away-partners-they-love>

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Are you **divorced** without realizing it?

Can a relationship survive when both parties live parallel lives, emotionally and socially apart? If you **don’t** spot the **warning** signs and invest in your partnership you could inadvertently **kill** it off.

Suzi and Tom do all the normal things that couples do: they go for meals and to the cinema, they enjoy sailing and socializing with friends at weekends. They just **don’t** do it together. The pair, who married in 2000, have been leading separate lives for the past four years. And it seems they’re far from unique, with increasing numbers of married couples finding themselves in a situation where they’re living as if they are **divorced** – but just **haven’t** realized it yet. In recent months, much speculation has been made over the amount of time Tony and Cherie Blair have spent together.

With her arranging the family’s move to their new Chilterns mansion and him lecturing across the globe, the couple’s frenetic schedules mean they have had little time together.

‘They hardly ever see each other and have become like ships passing in the night,’ said a friend. Welcome to the world of the de facto **divorcés**.

While some couples in difficulties battle to improve their relationship and others walk away, de facto **divorcés** drift along, leading parallel lives. He **no** longer notices if you're wearing a new dress; you forget to ask about his important presentation. You co-exist rather than co-habit, communicating via **notes** on the fridge or brisk e-mails at work. Instead of sitting down to talk properly, you exchange information as you pass in the hallway – and you certainly **can't remember** the last time you had **sex**.

'Tom and I are rarely alone in the same room together, apart from when we're in bed, and even then we sleep on our own sides and never touch,' says Suzi, 44, who has been married for eight years and has two sons, aged seven and ten. 'It's been a gradual slip over the past four or five years, rather than any great rift, and neither of us has the will to do anything about it.'

'All our focus goes into our jobs, the kids or working on our house, which we're doing up. We socialize separately and we've lost any emotional connection; we used to at least have **sex** on birthdays and special occasions, but even that's tailed off. I wish it were different and I do fantasies about rekindling our emotional intimacy, but I **wouldn't** know where to start,' she adds.

Where once husbands and wives might have stayed together for the sake of the children, these days it's just as likely to be inertia or the mortgage that **stops** them splitting up. A recent survey of 2,000 married couples by Seddons solicitors revealed that 59 per cent of wives would **divorce** immediately if their economic security were assured.

But 29 per cent admitted they were staying in a doomed relationship to save themselves the massive upheaval of splitting up, and 37 per cent said they were staying for the sake of the children.

It's a soulless way to live, but de facto **divorcés** are usually too preoccupied – juggling career, kids and the dry cleaning – to notice the vacuum at the heart of family life. When conversations are confined to logistics – who's taking the car in for its MOT or picking up the children from football practice – there's **not** much scope for endearments, much less a quick cuddle. But just why are so many of us living apart together under the same roof? What causes this kind of estrangement? And is it possible to rekindle the flames of passion when you've lost any sense of togetherness?

How To Spot The Signs

- You forget anniversaries; they are symbols of your togetherness as a couple,' says **'Divorce Doctor Francine Kaye**
- **'Sex** is non – existent or very rare and you have **no** desire to please the other person in bed or out,' says Janet Reibstein, author of "The Best Kept Secret", a guide to successful relationships

- ‘You **stop** serving the relationship, and start thinking in terms of I or me, rather than us or we,’ says Keye
- ‘You’re **no** longer allies facing the world together, but two individuals, preoccupied with your own separate agendas,’ says Reibstine

According to relationship psychologist Glenn Wilson, modern couples are suffering from too much equality. In striving to have it all, women have gained a stronghold in the workplace, but lost a crucial role in the domestic sphere – that of nurturing family life. As women share equal responsibility for breadwinning and men for housework, traditional roles have been jettisoned, which means couples **no** longer have to rely on one another’s complementary skills. When a wife is putting in a nine-hour day at the office as well as doing the cooking and childcare, it’s little wonder that she’s unwilling to take on the extra responsibility of maintaining the relationship, as women used to do.

‘Traditionally, the husband went to work while the wife reared the children, and they each needed the other to play a crucial role in the partnership,’ says Wilson. ‘Women saw themselves as being the one who looked after the welfare of the family, but these days there’s **no** division of labor and so to some extent there’s **no** need for a couple to maintain their union because they have **no** real dependence on one another.’

It’s **true** that all couples go through cycles of closeness followed by distance, in line with life changes; the arrival of children, illness or stress at work can all play a part.

In the instance of the Blairs, this is certainly the case. When Tony was prime minister, he and Cherie were together a lot because they lived and worked under the same roof. Today, however, they are both readjusting to their new roles, which a friend admits, ‘has put pressure on them. Neither of them has truly adapted to life outside No 10.’

However, there are some early - **warning** signs that you’re **not** just going through a phase, and all may **not** be well at a deeper level. When it’s been months since you had a conversation that **didn’t** revolve round the builders then it’s time to take stock; once you **no** longer discuss the minutiae of your day, **no** matter how trivial, you start to lose a connection. Forgetting anniversaries – the symbol of your togetherness – is another cause for concern. And when you get to the stage where you’re **no** longer planning your future as a couple, your relationship is definitely on the wrong track.

A key characteristic of de facto **divorcés** is a lack of **sex**. Relationship coach Francine Kaye, who runs thedivorcedoctor.co.uk, says she increasingly encounters couples whose dealings with one another are purely practical rather than emotional. The exhausting pace of modern living, combined with apathy, has led to a stalemate situation where neither has the energy or the will to try to improve things.

‘When there’s **no sex**, there’s **no** intimacy and you are more or less living with a housemate,’ says Kaye. ‘Some couples make a decision that they are content to share a home but **not** a life, usually because there are children involved. But most people just drift along **not** paying attention to what’s happening and suddenly realize one day that the only thing they share are the bills.

‘Couples in this position often yearn at some level to break free and find someone new, but they stay for two reasons: **fear** and greed. They are **afraid** of being on their own, and they are unwilling to give up the material comforts they have gained from being in a partnership, however unsatisfactory and loveless that partnership may be. But if you stay for the sake of the mortgage you are simply **not** fulfilling yourself as a woman or man, you are **not** loving or being loved – that’s a big sacrifice to make for bricks and mortar.’

Sometimes couples collude at a subconscious level and find that living in parallel is easier than confronting a marital breakdown. Thomasina, 38, has two sons and lives with her husband, Michael, 45, a wealthy lawyer. She is his second wife and they have been married for 11 years. ‘Michael had an affair two years ago and he knows I know about it, but we’ve never said a word, because neither of us wants the marriage to end. Instead, we instinctively withdrew from each other and began to lead separate lives, as a way of avoiding the pain. It’s all very civilized and I’ve grown used to it and I accept it’s as good as I’m going to get.’

According to clinical psychologist Linda Blair, the reason why so many de facto **divorced** couples stay married **lies** in their family background. ‘If you were raised by optimistic parents, who tackled problems head on and solved them, then you’re more likely

to say, “This **isn’t** good enough,” and to make changes and take risks, whether that’s to tackle the difficulties in a relationship head - on or walk away. But if you **weren’t**, then you are more likely to sit tight, however unhappy you are.’

Inevitably, some de facto **divorcés** discover they’ve gone beyond the point of **no** return, but the good news is that you can make parallel lives converge and re-establish a new sense of togetherness. The **bad** news is that it takes effort and lots of discipline – on a daily basis.

‘The **truth** is that the person who wants to save the relationship more is the one who has to instigate the changes and, probably, do the bulk of the work,’ says Francine Kaye. ‘You have to ask yourself specifically what you want from your partner. ? A chat on the sofa once a week with a glass of wine? A little attention now and then? Then ask yourself what he might want from you. It’s only when you have the answers to these **questions**, and you’re both agreed that you want the same things, that you’re ready to tackle it.’

Of course, sometimes it’s crystal clear that reconciliation **isn’t** on the cards. If your partner refuses to work with you to improve things, or is having an affair, or is being deliberately cold and cruel to you, then bailing out can be your only option.

It was the approach of a milestone birthday that prompted Kim, 41, to leave her partner, Marco, also 41, 18 months ago after 15 years together. ‘I was approaching 40 and I suppose I was having a bit of a midlife crisis. I literally woke up one morning and realized I **couldn’t** stand my empty life stretching ahead of me anymore,’ says Kim, who has a son, Jeremy, aged six.

‘It **wasn’t** a typical breakup, we **weren’t** arguing all the time, because, frankly, we hardly had enough in common to argue about – we rarely even made eye contact. I tried to explain that I wanted to feel loved, but Marco refused to acknowledge there was even a problem, so I walked out. It’s been tough, but it’s a lot less lonely being on my own, because I **haven’t** got any expectations.’

Relate counsellor Paula Hall says couples need to create new habits, and effect very small changes initially. Too much too soon and there’s a high chance of failure. ‘**Don’t** announce that you want to have **sex** if you **haven’t** so much as held hands for two years, and **don’t** go out for the evening together if you **haven’t** got anything to say, or it will be excruciating,’ she says.

‘Think creatively. Make little opportunities for conversations – five minutes in the morning to talk through your day ahead or dinner at the table together on a Friday night or doing the weekly shop together. Companionship leads to intimacy, rather than the other way around. You have to be very disciplined about building time into your day to listen to each other. If you keep it up you will reach the point where you feel close and start to feel like a couple again.’

<https://www.dailymail.co.uk/home/you/article-1029050/Are-divorced-realising-Look-warning-signs.html>

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A new Web Site: <https://marriagesecondtimeplus.org/>

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When Is It Time to Walk Away?

A couple of weeks ago, I decided to make toffee. Again. The first attempt, despite scant instructions and just three ingredients, emerged like a sheet of sand and made me resort to violence and hatred.

Round two: sand again. \$&*%!!!!

So, I consulted the inter webs to discover the **error** of my ways. Let me condense the instruction I received:

Keep stirring. Stir constantly. Stir occasionally. **Don't** stir once it boils. The temperature is too **hot**. It's **not hot** enough. Too **hot**, too fast. **OoPpSs**, too long. Keep a steady boil. **NOT A ROLLING BOIL, YOU MORON**. Use a whisk. Use a spatula. Use a wooden spoon. Recalibrate your candy thermometer. **Don't** use a candy thermometer. Pour immediate at 285 - degrees. Drop toffee into ice water and it should be brittle. **OoPpSs**, while you were doing that it reached 286 degrees. Dump contents. **Don't** cook if there is rain within 500 miles. 12 - minutes exactly. 7 and a half minutes. 4 - minutes and **not** a second more. If it separates, add water. If it separates, keep stirring. If it separates, turn the heat down. If it separates, turn the heat up. If it separates, I'm sorry to tell you, but your life is in shambles.

This inspired a new Toffee Doctrine I'd like to discuss today, catalyzed by a Facebook comment of unusual depth: "Girl, sometimes the juice **ain't** worth the squeeze." And I bowed my head and said Amen.

There is something to be said for hard work, diligence, for pushing through obstacles and emerging victorious. **Heaven** forbid we're people for whom failure is a chronic deal-breaker. Some best things are won through perseverance, and there is simply **no** other path.

Often triumph is seized on the 77th try, and every last effort in Attempts #1-76 was worth it, and **not** only do we emerge successful, but the **false** starts and **failures** became our greatest teachers, and **no** amount of instruction could replace them.

But there is another narrative to consider, which **doesn't** smack of the Protestant Work Ethic we champion or provide a lovely headline, but it is **no** less essential to health, and confusing the two approaches is **not** only dangerous but destructive. Help a sister out, Kenny Rogers:

You got to know when to hold 'em...know when to fold 'em.

I recently discussed this with my 7th grade daughter. (**Fact: 7th grade exists as an evolutionary natural selection process to weed out any tender, confident, precious traits from the adolescent species. Eat or be eaten, kids.**) This has been a Challenging Friend Year, and she found herself on the outside, and **I don't** even have to tell you what that means because we are all 7th Grade Survivors, am I right?

After a year of working and crying and trying again and crying and taking a different approach and crying more, I finally said, “Baby, some things are precious and worth the work it takes to keep them alive. Plenty of good things require hard work. But some things are too hard, and it’s time to cut bait.”

There is a tipping point when the work becomes exhausting beyond measure, useless. You **can’t** pour antidote into a vat of poison forever and expect it to transform into something safe, something healthy. In some cases, poison is poison, and the only sane answer is to move on.

Relationships, careers, churches, friendships, expectations, roles, tasks, organizations – these structures and connections can be the most life-giving elements on earth. They can lend meaning and purpose and belonging like nothing else. Within them, we find our tribes and passions, we come to life.

But anything that powerful has a downside, for they are the same things that can drain us dry and leave us for **dead**. When an endless amount of work and **blood** and sweat and tears leaves a situation or relationship or even an ambition (**Perfect Mom, Size 4 Human, Person Who Has It All Together**) as unhealthy as it ever was, when there is virtually **no** redemption, when the **red** flags have frantically waved for too long unheeded, the alarm bells receding into white noise after sustained disregard, sometimes the healthiest possible response is to walk away.

Assessing a circumstance as worthy of the toil is a discarded skill. Our culture **doesn’t** value safe boundaries like it should. We hold private disdain for the one who quit, the one who pulled out, drew a line in the sand, the one who said **no** more.

We secretly wonder if they **shouldn’t** have tried harder, stayed longer, if this **isn’t** an indicator of their flimsy loyalty. Surely we would’ve done better in their shoes.

Locked in a **toxic** relationship or career or ambition or community, the levels of unhealth and **spiritual** pollution can murder everything tender and Christlike in us, and a watching world is **not** always privy to those private **kill** shots. It can destroy our hope, optimism, gentleness. We can lose our heart and lose our way. And here is the key: we can pour an endless amount of energy into the chasm, and it will never matter.

There is a time to put redemption in the hands of God where it belongs and walk away before you destroy your **spirit** on the altar of Futile Diligence. **Not** every battle has a winner; sometimes it is all losers, carnage everywhere. When healthy options exist, and there is a safer alternative right... over... there, often the bravest thing we can do is **stop** fighting for something that will never, ever be well.

Walk away gracefully; we need **not fire** parting shots over the bow. That only creates more losers, and you're better than that. Take your dignity and self-respect and precious humanity and be proud of the way you handled yourself one year from now. You **don't** need to be proven right; much more is at stake than validation. You'll never regret being gracious, but you might deeply regret burning a bridge that might one day be safe enough to venture back over.

It is **not** ungodly to evaluate critically; it is the wisest thing we can do. Reaching a point where you say "enough" to a **toxic** environment is **not** cowardly – it is so very brave. It will free you up to expend your energy in worthy ways, protecting you and maybe even your people from brutal coping mechanisms. (Do we really want to teach our children that "identifying with your captor" is the best way? When all we do is defend our prisoner, it's time to take a hard look in the mirror.)

What is the tipping point? There is **no** formula here and I **can't** give one. This requires honest self-evaluation, safe and wise counselors, the close leadership of the **Holy Spirit**, a sobering assessment of reality. Ask, "Is the juice worth the squeeze here?" and sometimes it is. You might discover signs of life and possibility rising up through the efforts, or the task at hand is simply too worthy to abandon, regardless. There may be necessary work left to do, and it's too soon to assess. Or maybe the **Spirit** holds you in place for unclear reasons, which you may or may **not** ever know, but you will find peace in obedience and continue to listen for marching orders.

But the Toffee Doctrine bears adherence too: you got to know when to fold 'em - for your health, your heart, purpose, family, your precious life. Certain goals are unattainable, and the means will never actually reach the end. And so often if you just turn a quarter degree, you'll discover a healthier version just within reach. You'll find the underlying value intact in a context that fits like a glove.

You'll hear yourself say, "Oh! I **didn't** know it could be like this!" The toffee is still good elsewhere; maybe just need to rethink how you get it.

As for me, homemade is out, store bought is in. Now everyone is happy, the kitchen is **no** longer a **war** zone, and I know what I'm having with my coffee tomorrow morning. But there was that one recipe involving a microwave...

Someone **stop** me before I jump back into the crazy.

If your instinct is to counter with all the times we must stay the course, I'd ask you to carefully reread the blog and notice I already did that. My advice is for scenarios in which walking away is the right and necessary thing to do. My aim is **not** to lead a revolution of irresponsible quitters but of discerning disciples.

How are you struggling? Or when did you walk away for the greater good?

<http://jenhatmaker.com/blog/2013/04/21/when-is-it-time-to-walk-away>

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YOU have any **questions** on: **YOU SHARING YOUR LIFE WITH SOMEONE ISN'T NECESSARY?**

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YOU have any **questions** on: **KNOW - AS YOU CAN ALWAYS GET MARRIED LATER?**

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The Financial Pros and Cons of Getting Married Later in Life

When you start a relationship later in life, does it make sense to marry or move in together? Answer: It's complicated.

Love may be sweeter the second (or third) time around, but for a growing number of baby boomers, love and marriage **don't** go hand in hand.

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The number of adults older than 50 who were living together outside of marriage more than doubled between 2000 and 2010, from 1.2 million to 2.75 million, according to the Journal of Marriage and Family.

It's **not fear** of commitment that keeps older couples from making their unions official, financial planners say. Rather, they're **afraid** marriage will saddle them with higher health care costs, wipe out retirement benefits, raise their taxes and disrupt estate plans.

Despite all that, marriage conveys 1,138 tax breaks, benefits and protections (**such as guaranteed medical leave to care for a family member**), according to the Human Rights Campaign.

Those prerogatives are among the reasons same-**sex** couples have sought the legal right to marry, just as some opposite-**sex** couples are choosing **not** to tie the knot.

If you're contemplating either marriage or just moving in together, put romance aside long enough to consider these issues.

Sharing costs and assets

Living together means either you start fresh in a new place or one of you moves into a partner's home. The latter **isn't** unusual for older couples, but unmarried couples need to take extra steps to protect their interests. If one partner—say, the woman — **isn't** on the deed, her property may **not** be protected by the owner's home owner's insurance, says Russ Weiss, a certified financial planner in Doylestown, Pa.

She may also be ineligible to deduct her share of the mortgage interest on her taxes, says Alan Pinck, an enrolled agent in San Jose, Calif. That's **not** an issue for married couples who file jointly, even if only one spouse is on the deed, he says. And if the relationship ends and she has to move out, she has few legal rights, even if she has contributed to the mortgage and other expenses. That's why for older, unmarried couples, making a cohabitation agreement **isn't** just a good idea, it's a necessity, says Frederick Hertz, a lawyer and coauthor of *Living Together: A Legal Guide for Unmarried Couples* (**Nolo**). Older partners often own homes and have investment portfolios and other assets; they may also have adult children who **aren't** thrilled about their parents' living arrangement. If the relationship fizzles or one partner **dies**, what seemed like an uncomplicated partnership could turn into a messy legal nightmare.

An attorney with experience in counseling unmarried couples can help come up with an agreement that will govern the arrangement and address potential conflicts. For instance, if one member of the couple owns the house, the agreement would spell out whether the nonowner will contribute to the mortgage (**if there is one**) and other home-related costs. If the nonowner **doesn't** contribute, the couple might include language that states that he or she **isn't** obligated to reimburse the heirs for those costs after the owner **dies**. The agreement can also state that if the owner moves into a nursing home, the partner can remain in the home.

If you and your partner decide to buy a home together, a cohabitation agreement should spell out the amount each will contribute to the cost of buying and owning the home. "Do you want to think of this as a business investment, in which the more you invest, the

more you own? Or as a marriage - like investment, in which you put in more because you earn more, but each partner owns 50% of the home?” Hertz asks. You can also use the cohabitation agreement to spell out how you’ll split other expenses, such as groceries and household goods, utilities and travel costs.

Your cohabitation agreement should address what will happen to the home if you break up. Will one partner have the right to buy the other out? Will you sell it? Similarly, if one partner **dies**, does the survivor have the right to buy out the deceased partner’s share from the estate? The agreement also lets you address what should happen to other property in the event of a breakup — particularly property you owned before you got together. For **example**, you can include language in the agreement that states that if you part ways, “we leave with what we came with,” Hertz says.

To reduce conflicts, Hertz recommends that both partners hire their own lawyer to draft the cohabitation agreement. That way, in the event of a contentious breakup, one partner **can’t** claim that he or she **didn’t** understand the terms of the agreement. Whenever possible, the children should be involved, too. Including adult children will reduce the likelihood that they’ll challenge the terms of the agreement. “I can write an agreement that I am sure will survive a legal challenge, but surviving a legal challenge sometimes means five years and \$100,000 in fees,” Hertz says. “I want to have an agreement that avoids a legal challenge, **not** survives it.”

If children refuse to participate, partners should consider videotaping a statement in which they outline the terms of the agreement. This can be used to demonstrate that they were competent when they signed it.

Sorting out estate plans

Tom Blake, 75, author of “How 50 Couples Found Love After 50” (**Tooters Publishing**), has lived with his partner, Greta Cohn, for 14 years. For the first 13 years they lived together, Blake and Cohn lived in Cohn’s Orange County, Calif., home.

Blake rented out his home in Dana Point, Calif. After his tenants moved out last spring, they decided to move back into his home.

Although Blake has **no** children, Cohn, 73, has four children, eight grandchildren and three great-grandchildren. Remaining unmarried, Blake says, will make it easier for Cohn to leave her property, which includes the home in Southern California, to her children. “My feeling is that her assets should go to the people that she wants them to go to,” says Blake. Cohn has set up a will and trust to ensure that her estate will go to her kids.

How marriage affects estate plans is a common concern among older couples, who are likely to bring property and other valuables into the relationship and want them to go to children from previous marriages, says Victoria Fillet, a certified financial planner in

Hoboken, N.J. Once you get married, she says, “it becomes very difficult to separate your assets.”

Many states have “elective share” laws that require that a specific percentage of your estate go to your spouse, even if your will states otherwise, says Howard Krooks, a partner with Elder Law Associates and past president of the National Academy of Elder Law Attorneys. In New York, for instance, the law requires that 33.3% of the estate go to the surviving spouse unless the spouse waives that right. In Florida, it’s 30%. “Even if you were to try to disinherit your spouse, the state law would trump your wishes,” Krooks says.

For unmarried couples, making a will is paramount, especially if they are sharing a home owned by just one member of the couple. If the homeowner **dies** without an estate plan, the other member of the couple could be out on the street, Weiss says. “The state will **not** protect your significant other,” he says. “The children can kick her out right away.”

For partners who want to leave their homes to their children, one way to deal with this problem is to create a life estate for the surviving partner, says Austin Frye, a certified financial planner in Miami.

This contract typically gives the survivor the right to live in the home until he or she **dies** or moves into a nursing home, at which time the house passes on to children or other heirs. In some cases, Frye says, the agreement will set aside money to cover maintenance and other expenses.

Although some couples remain unmarried to protect their estates, that strategy backfires if you end up paying estate taxes. If you’re married, you can inherit an unlimited amount of assets from your spouse without paying state or federal estate taxes. You can also give an unlimited amount of assets to your spouse while you’re alive without filing a gift - tax return.

That exemption **doesn’t** extend to unmarried couples. Estates of up to \$5.43 million are exempt from federal estate taxes, but 13 states and Washington, D.C., have lower

thresholds for their estate or inheritance taxes. In Pennsylvania, heirs who **aren’t** spouses or family members must pay 15% on their entire inheritance. Vincent Barbera, a certified financial planner in Berwyn, Pa., has a client whose partner of 10 years will owe about \$350,000 in taxes if she inherits his estate. “My official recommendation to him is to seriously consider marriage, because there’s **no** other foolproof way to avoid paying the taxes,” he says.

The tax code also favors married couples when it comes to inherited IRAs. A spouse who inherits an IRA can roll the account into his or her own IRA.

The surviving spouse can postpone taking required minimum distributions until age 70½. In the meantime, the account will continue to grow tax - deferred. Spouses can also roll inherited Roth IRAs into their own Roth accounts; in that case, they're **not** required to take RMDs.

The same option **isn't** available to unmarried partners. However, an unmarried partner who is named as an IRA beneficiary can minimize taxes by rolling the account into an inherited IRA and taking distributions based on his or her life expectancy (see [Get the Most From Inherited IRAs](#)).

Preserving your benefits

Many older couples decide **not** to get married because they **don't** want to lose spousal Social Security benefits or a former spouse's pension, says Lili Vasileff, a certified financial planner and president emeritus of the Association of **Divorce** Financial Planners.

Divorced spouses are eligible for Social Security benefits based on their **ex-spouse's** earnings record as long as the marriage lasted for at least 10 years (see [Best Strategies to Boost Your Social Security Benefits](#)). That's a particularly valuable benefit for women who left the workforce to care for children or aging parents and have limited benefits of their own. They'll lose that benefit, though, if they remarry.

Widows or widowers who remarry before age 60 lose survivor benefits based on their deceased spouse's earnings. Most widows receive a higher benefit by claiming their husband's monthly benefit instead of their own, according to the Center for Retirement Research at Boston College. If your second marriage ends in **divorce** or your spouse **dies**, you have the right to reapply for benefits based on your first spouse's earnings.

Unless the **divorce** decree says otherwise, remarriage will end alimony payments from a former spouse. In some states, cohabitation is also grounds for terminating alimony payments, although states are having a tough time figuring out how to define the term, Vasileff says.

Remarriage could also mean losing a deceased spouse's pension benefits or other types of survivor benefits, such as annuities paid to spouses of police officers and firefighters. David Demming, a certified financial planner in Aurora, Ohio, says one of his clients has been living with her partner for more than 20 years because she **doesn't** want to lose her late husband's worker's compensation **death** benefit. "There's a case where the economics against it are so overwhelming, you're never going to marry," he says.

Weighing the tax bite

In recent years, Congress has tried to make marriage less taxing for couples and, to a great extent, it has succeeded.

Many young couples who tie the knot pay less in federal income tax than they would if they had stayed single. If both spouses are in the 28% or higher tax bracket, though, their combined income could trigger a marriage penalty.

The marriage penalty is particularly punishing at the top, 36.9% bracket. In 2015, that bracket kicks in for single taxpayers once their income exceeds \$413,200; for a married couple, the top rate is triggered once taxable income tops \$464,850.

A couple (or individual) in the top bracket must also pay a 23.8% tax rate on dividends and long-term capital gains instead of the 15% that most taxpayers pay.

Married couples, including those with relatively modest incomes, could end up paying higher taxes on Social Security benefits than their unmarried counterparts. Taxes on Social Security benefits are based on what's known as your provisional income: your adjusted gross income (including pension payouts and retirement-account withdrawals but not counting Social Security benefits) plus any tax-free interest and 50% of your benefits. For singles, taxes don't kick in as long as the total is below \$25,000. That means an unmarried couple could have combined provisional income of up to \$50,000 without paying taxes on their Social Security benefits.

But for married couples, the hammer comes down once their combined provisional income tops \$32,000. The disparity continues up the income ladder. Married couples with provisional income of more than \$44,000 will pay taxes on 85% of their benefits; two unmarried partners could have combined provisional income of up to \$68,000 before paying tax on 85% of benefits.

Singles who live together have another advantage over married couples when it comes to taxes: flexibility. Say one member of the couple makes a lot more than the other. In that case, the high - earning member of the couple could pay the mortgage and deduct the interest (assuming he or she is liable for the debt and has an ownership interest in the home), and the other could take the standard deduction.

Or the low earner may fall below the income limit for contributing to a Roth IRA (\$131,000 in 2015), in which case he or she could fuel the account even if the high - earning partner couldn't.

But unmarried couples could pay higher taxes when they sell a home. Married couples can exclude up to \$500,000 in capital gains on the sale of a home as long as at least one spouse has owned the home and both have lived in it for two out of the five years before the sale. For an unmarried couple to qualify for up to \$500,000 of tax-free profit, both

individuals must be on the deed and have owned and lived in the home for two of the five years before the sale. If only one meets that standard, the exclusion is capped at \$250,000.

College costs. Another drawback to marriage is that it could affect your college-age children's eligibility for financial aid. The Free Application for Federal Student Aid (FAFSA), which is used to determine how much financial aid a child will receive, counts the income and assets of both spouses, even if only one is the child's parent. As long as they were married on the date the parent files the FAFSA, the government will count the stepparent's financial resources (**even if he or she declines to contribute to college costs**).

If the couple is unmarried, the live-in partner's assets and income **aren't** counted, as long as the partner **isn't** the child's biological or adoptive parent, says Mark Kantrowitz, senior vice-president and publisher for Edvisors.com, a financial aid Web site. Kantrowitz **notes**, however, that any financial support provided by the partner — which includes living expenses, gifts and loans — must be reported on the FAFSA as untaxed income to the student. If both parents live together but **aren't** married, they must report their income and assets on the FAFSA.

But marriage **isn't** always a **negative** where financial aid is concerned, Kantrowitz says. If both partners have children, marriage could increase the size of the household and the number of children in college, which could increase eligibility for financial aid.

Tom Blake says he and Greta Cohn **haven't** ruled out getting married someday, but for now, their current arrangement makes sense. "It's just a lot easier **not** to have to deal with inheritances and kids and everything that comes along with the decision to get married," he says. Blake, who writes an online newsletter for older singles, advises couples who want to get married to live together first, in case the relationship **doesn't** work out. Even if it thrives, he says, "you can have a great life together without tying the knot."

In **sickness** and in health?

The high cost of health care — particularly long-term care — can create one big disincentive for older couples to get married. Once you wed, you are responsible for your spouse's medical debts, says Howard Krooks, a past president of the National Academy of Elder Law Attorneys. If your spouse ends up in a nursing home, the cost could deplete your estate.

Medicare **doesn't** cover most nursing home care, and married couples' combined assets are counted when determining eligibility for Medicaid. The spouse who remains at home is generally allowed to keep a certain amount of "countable assets" (**for 2015, spouses can keep up to \$119,220**) along with certain exempt assets, such as a car. An unmarried partner's investments, savings and other assets usually **aren't** counted at all unless they're jointly owned.

<https://www.kiplinger.com/article/retirement/T065-C000-S002-pros-and-cons-of-getting-married-later-in-life.html>

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Fifteen Things God WON'T Ask - (Author Unknown)

1. God **won't** ask what kind of car you drove => but will ask how many people you drove who **didn't** have transportation.
2. God **won't** ask the square footage of your house => but will ask how many people you welcomed into your home
3. God **won't** ask about the fancy clothes you had in your closet => but will ask how many of those clothes helped the needy.
4. God **won't** ask about your social status => but will ask what kind of class you displayed.
5. God **won't** ask how many material possessions you had => but will ask if they dictated your life.
6. God **won't** ask what your highest salary was => but will ask if you compromised your character to obtain that salary.
7. God **won't** ask how much overtime you worked => but will ask if you worked overtime for your family and loved ones.
8. God **won't** ask how many promotions you **received** => but will ask how you promoted others.
9. God **won't** ask what your job title was => but will ask if you performed your job to the best of your ability.
10. God **won't** ask what you did to help yourself => but will ask what you did to help others.
11. God **won't** ask how many friends you **had** => but will ask how many people to whom you were a **true** friend.

12. God **won't** ask what you did to protect your rights => but will ask what you did to protect the rights of others.
13. God **won't** ask in what neighborhood you lived => but will ask how you treated your neighbors.

14. God **won't** ask about the color of your skin => but will ask about the content of your character.
15. God **won't** ask how many times your said deeds matched your words => but will ask how many times it **didn't**.

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Courthouse marriage, ceremony later

My fiancé and I are expecting this October. We will go ahead and be legally married at the courthouse in September and have our wedding ceremony next year. Would it still be appropriate for me to have a bridal shower and other pre wedding parties like that even though I will legally already be married? And what would the ceremony next year be called? A vow renewal?? I'm so lost.

Re: Courthouse marriage, ceremony later

It would be a vow renewal. That means you may invite guests to witness the ceremony and have a nice reception afterwards, but **no** white wedding dress, **no** bridesmaids and groomsmen, **no** wedding traditions like bouquet tossing or cake cutting and feeding ceremonies. **No** bridal showers! **No** bachelorette parties! You give that up when you decide to be married without wedding guests. Vow renewals are **NOT** second weddings.

Your wedding will be in the courthouse. You only get one wedding, unless you get **divorced** or widowed. At your vow renewal, you will **not** use the words "wedding", "bride", or "groom". You will be a happily married woman.

Many people side - eye vow renewals within a year or two of the wedding. Gifts are **not** expected, so do **not** register. If either of you is Catholic, this will be a major problem, and you should talk to a priest before deciding to be married at the courthouse.

Courthouse weddings can be beautiful and meaningful. I hope you have a lovely wedding.

PS. There is **no** reason why you **can't** plan a simple wedding now. It **doesn't** have to be a courthouse ceremony.

My sister was married in a city park shelter, wearing a white wedding dress she borrowed from a friend. David's Bridal has lovely maternity wedding gowns, and they come in quickly. You could serve hamburgers and salads and get a sheet cake from the grocery store.

Oh, and congratulations on the baby! Sounds like you have a good future ahead!

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[Knottie56159950](#) said: My fiancé and I are expecting this October. We will go ahead and be legally married at the courthouse in September and have our wedding ceremony next year. Would it still be appropriate for me to have a bridal shower and other pre wedding parties like that even though I will legally already be married? And what would the ceremony next year be called? A vow renewal?? I'm so lost.

Anyone who would be invited to a bridal shower or bachelorette party must be invited to your actual wedding. If you rethink your plans, as I suggested, you could still have this.

Ditto CMG but there are a few things of **note**: Vow renewals are usually for milestone anniversaries, like 20 years. They are frowned upon for being so close to your actual wedding.

You only get one wedding, and that is the day in which you are legally wed. So, if you go ahead with a Job of a wedding, you are more than welcome to throw a celebration later (**everyone loves a party!**), but **don't** make this wedding part 2. **No** bridal party, **no** first dance, **no** fake ceremony, **no** big poufy white bridal gown, and certainly **no** gifts. You are a wife at this point, **not** a bride.

You can have a bridal shower but this must be before your actual wedding (**even at the courthouse**). Everyone invited to the shower must be invited to the wedding. It is **not** appropriate to have any pre-wedding parties before your event next year because you will already have had your wedding (**therefore it isn't pre - wedding anymore**).

Congratulations on your upcoming baby. It sounds like you guys have some adult decisions to make about what you want for your wedding. For what it is worth, you can easily put together a lovely wedding in just a few weeks. Maybe it **won't** be as fancy, but you will be just as married and you **won't** waste money on a fake wedding later.

<https://forums.theknot.com/discussion/1031172/courthouse-marriage-ceremony-later>

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15 Signs You Might Never Ever Get Married

Do you want to get married? Back when you were a kid, this was a super easy **question** to answer... and the answer, of course, was a big fat yes. You grew up dreaming about your wedding day. You wanted to wear your mom's white dress, you wanted to stand beside your handsome groom and pledge your undying love to him, and you wanted to dance and

party with your friends and family all night long. Thinking about this got you through a lot of boring Math classes when you were a teenager, you can say that much. But now that you're older -- in your 20s or 30s -- you laugh at how naive and innocent you were. You're **not** sure that you're going to get married, and that just proves how much times have changed. You're definitely **not** alone because your generation is getting married less and less and people are forming less traditional bonds. **No** matter how much your mom **hates** the idea of your never getting married, it just might be your reality. Here are 15 signs you might never ever get married.

15 You **Don't** Want To

The most obvious reason why you might never walk down the aisle and say that you will love someone in **sickness** and in health? That would be that you just **don't** want to get married. Marriage has literally nothing to do with your current life and you're **not** sure it's something that you ever want for your future.

It **doesn't** matter if you're on your own or in a serious relationship, this is just how you feel and it's just what you believe. You **don't** think that marriage is a necessary part of your life. You might **not** even think that anyone should get married, let alone you. Sure, that might seem like a bit of an extreme position to take, but it's so normal to you that you **don't** even care. The thing is that if you **don't** want to get married and you **won't** feel **bad** or even regret it if you **don't**, then why do you have to?

14 You're Happily Single

If you're a happily single woman who has **no** interest in getting married now, later, or ever, then you **don't** have to. But you already knew that, **didn't** you? You **don't** need anyone's permission to do what you want with your life. If you're good with being on your own and you barely need a boyfriend, let alone a husband, then you should be you. There's **no** reason to change your mind about what you want just to please your parents or society in general. The cool thing about modern society is that there are so many paths to take and most of them **aren't** anything even close to traditional. Times have changed and women have so many more opportunities than just becoming a housewife... which is definitely a good thing. So, if this is why you might never get married, then there's **no** reason to stress out about it.

13 You're Living With Your BF

Being in a common law relationship is pretty common these days and there's literally nothing **wrong** with it. Sure, your grandma might **not** understand why you and your guy **don't** want to get married... and your mom might cry when she thinks about **not** getting to witness your wedding someday. But you **don't** want to live your life for other people, even if it makes the lovely family members in your life super **sad**. They'll get over it. They

really will. If you and your boyfriend are living together and are happy, then that's all that people need to know. There's **no** reason to change your mind just for the sake of your relatives. The **truth** is that lots of couples get married who never should have in the first place and they end up -- you guessed it -- **divorced**. If you and your boyfriend are already sharing your lives and acting like you're married, then there's **no** reason to rock the boat and change things up just for the sake of it.

12 You Loathe Weddings

Some women **hate** weddings. If that's you, then it's really **no** big deal. You might feel like a total weirdo because you **hate** white lacy dresses, you **don't** want to try on a million and cry at how the big day is finally almost here, and you **don't** care about bonding with your fellow bridesmaids.

You **hate** weddings, plain and simple, and there's **no** reason to change your mind. If this is who you are, then that's it. Maybe you're a cynic and you need to believe in love a bit more, but it's totally possible that you still believe in love and romance and having a long - term relationship. You just **don't** want to get married. And you just never want to attend a wedding, let alone be in your own. Everyone is different and unique and that's what makes this world so completely interesting and amazing. So, if you never get married, so what? Who cares?

11 You Have Had **Bad** Bridesmaid Experiences

If you've been a bridesmaid or even a maid of honor in someone else's wedding and it was a terrible experience, then it probably put you off getting married for life. And while that may make other people **sad** for you, you probably **don't** care. You just want absolutely nothing to do with weddings.

If your best friend made you a bridesmaid and then proceeded to make your life a living **hell** for several months, then that would be enough to make you **not** want to get married. Ever. If she emailed you a million times a day or forced you to wear a crazy ugly bridesmaid dress or even insulted you and picked fights with you because she was so stressed, then **no** one would blame you for how you feel. You **don't** want to turn into a bridezilla and that's a good thing. Stay strong. **Don't** get married just because it's what is expected of you.

10 You **Don't** Want Kids

If you **don't** want to have kids now, later or even ever, then it's really **no** wonder that you **don't** think that you will ever get married. Sure, a lot of couples have children even when they're just common law and they never get married. And that's totally fine. To each their own, right? But if you **don't** want kids and you **don't** want to get married either, then that's a different story and that's totally fine as well. You **don't** have to make

decisions for other people. In fact, you really **shouldn't**. You should always follow your heart, listen to your gut instincts, and do what you want. What's right for you is **not** what will be right for other people and vice versa, and that's a really good thing. Since so many couples get married and then later raise a family, it makes sense that if you **don't** want to procreate, you have **no** interest in the whole deal.

9 Your Parents Are **Divorced**

For a lot of people, having **divorced** parents is enough to make them never, ever want to get married. They **don't** think that there's a point because if you get married, you get **divorced**, right? **Isn't** that how the story always goes? If that describes you, then **no** one can blame you for being super anti-marriage. So, if your own mom and dad ended their marriage when you were a kid or in high school, then it's really **no** wonder that you have absolutely zero interest in walking down the aisle yourself. This is a huge sign that you might never get married within your lifetime.

But this is only okay as long as you really **don't** want to get married and you have **no** interest in being someone's wife. If you really do want to get married but are **afraid** because of seeing a relationship close to you end, then that's something that you should work on so you **don't** have any regret. But otherwise, you **don't** have to get married. Do what you want.

8 Your Boyfriend **Doesn't** Want To

If you believe in marriage but your boyfriend **doesn't**, then that will definitely make your relationship pretty tough. Even if you think that this **isn't** a big deal right now, you might eventually regret **not** getting married and this issue might cause some huge rifts in your relationship later on. It's just one of those super important issues that can truly divide couples. But if you love your boyfriend more than you want to get married and you absolutely want to stay with him, then that's a sign that you might never get married.

You **can't** force someone to marry you, after all, and you definitely **can't** make someone believe in the whole institution of marriage if it's just **not** something that they are interested in. Sure, this sucks, but you kind of have to pick your battles at this point and figure out if you can stand to live without him.

7 You're **Afraid** To Open Up

You might be so **scared** to open up to someone and be vulnerable that you will never, ever get married. Sometimes, if you will feel this way, you always have a hard time staying in relationships, **no** matter how much you care about the guy that you're currently dating. Other times, you stay single for much longer than you really have to because you're so **afraid** of commitment. Naturally, marriage is pretty much the ultimate in commitment so

if you can barely stay in a relationship for more than a month or two, then it's **no** wonder that you **don't** want to become someone's wife. This is something to seriously think about because if you're so **scared** of getting close to someone that you miss out on getting married, that can really be a shame. But if you're **afraid** to open up so much that you really have lost interest in getting married, then maybe it's **not** something that you care about.

6 You **Don't** Believe In Love

Another sign that you might **not** get married is that you just **don't** believe in love in general. Of course, this is a super depressing idea and hopefully, it's just a phase that you're going through and **not** something that you will always think and feel. But maybe you've gone through way too many horrible break-ups to keep thinking that love is possible for you, or maybe you're still **not** over a certain **ex** and **can't** imagine being with anyone else if you **can't** be with him. This is totally something that every woman has been through before and hopefully, you can move on and start believing in love again.

But of course, if you **can't**, then you might never think that love is possible, and you might never get married. That would really suck but if that's the way that it's going to go, then you will never be someone's wife and you will never have a husband.

5 You Have Dreams

Back in the day, your only real option as a female was to get married and raise kids. You took care of the household. You cooked, cleaned, baked cookies, and looked good while doing it all. Sounds super depressing, right? While there's nothing **wrong** with being a housewife and taking care of your family, it's **not** something that is forced upon us these days, and if you have dreams and goals that you want to follow, then you might never get married. And there's nothing **wrong** with that, either. Sure, maybe one day you will change your mind and decide to get married and commit in that way to someone else. But if that never happens for you, you're **not** too concerned about it, and you **don't** think it would be too big of a deal. You have dreams and they are a lot more important to you than getting married.

4 You're A Rebel

Sometimes you're just a rebel and there's **no** other way to describe you and your personality.

If you **hate** the idea of anything even remotely traditional, then it's clear that marriage is just **not** on your radar and it's **not** something that you want for your life. You might **not** even like the idea of a 9-to-5 job so it's really **no** wonder that you **don't** want to be anyone's wife. You shun tradition any chance that you get and chances are, your friends and family are so used to this, they **won't** even care if you never get married. You've created a lifestyle for yourself that is truly what makes you happy and so you would never, ever get married

unless you suddenly and magically changed your mind and decided to be traditional. But right now, that's **not** something that you want or even think about on a regular basis.

3 You're Married To Your Job

Being married to your job has become kind of a joke and kind of a cliché at this point... but that **doesn't** mean that it might **not** be **true**. If you love your career so much that you pretty much work 24/7 and are the very definition of a workaholic, then you might **not** ever want to get married. You can be single or part of a couple and still feel this way, of course, so it has nothing to do with that single woman stereotype that is often floating around. While your mom might ask why you think that your job can keep you warm at night and why you think that your career can be your life partner, you **don't** really care. You are just so into your career that it makes you happy, it gives you tons of satisfaction, and it makes you think that there is really **no** reason to get married... now or ever. You honestly **don't** even think about this.

2 You Haven't Been Asked

So, let's say that you're in a super serious relationship. The kind of relationship that every woman wants. The kind of situation that seems perfect. Except, well, it's **not** perfect. Because you **haven't** been asked to marry your boyfriend yet... and you kind of get the feeling that he will never ask. He might **not** feel any rush to walk down the aisle, or he might **not** believe in marriage altogether, or he might **not** think that you two are at that stage yet. Whatever the reason, he's **not** asking you, and therefore you're **not** getting married anytime soon. If you stay with this guy and he keeps **not** asking you, well, then, you obviously will never get married. That's either the biggest deal in the universe or **no** big deal at all, depending on how you feel and depending on how important it is to you to take that next step. It's a totally personal decision and it's completely up to you -- **no** one can decide this for you.

1 You're Not Ready

If you're **not** ready to get married, you're definitely **not** the only one. Life seems to start a lot later for this generation. You spend more time in school between college and grad school or some kind of post-college program.

You spend more time figuring out who you are, who you want to be, and what you want your life to look like. You **can't** just get married at 18 as soon as you graduate from high school.... or even at 22 when you finish your undergraduate degree.

That would just be super weird. You feel way too young to get married and you're **not** ready to even though you have a job and an apartment and all the things that you're supposed to have.

You just **don't** feel like you're done with the whole youth part of your life yet and you think that being married is going to automatically make you old or something. So, until you feel ready, you're **not** getting married anytime soon... and maybe you never will.

<https://www.thetalko.com/15-signs-you-might-never-ever-get-married/>

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I was **sexually** abused as a child... never told anyone... now years. later he and my sister are getting married....?

I'm an 18 - year - old girl. When I was a child of about 8 or 9, I was abused by a guy repeatedly. He was a teenager then and belonged to a family we are friends with. For a long time, I blamed myself for it. The things he did to me and made me do... they still leave me cold. I never told anyone about it. It took me a long time to realize what actually happened to me but by then the abuse had **stopped**. I've always distanced myself from him since then.

I have an elder sister (24) and she and him have been childhood buddies. Today he's 25 and very successful and has a relationship with my sister. They are to get married soon. I **can't** do anything to **stop** it. My family's so into him. I so want to tell them but am afraid they **won't** believe me. I know they are my family but it's a lose - lose situation for me here. What do I do?

Because of him I feel dirty and used every time my boyfriend touches me (**even when it's non-sexual**). What do I do? Please answer...

Best Answer: If your sister is set on marrying him then she needs to know; because of what he's done to you and what he potentially could do to any children they may have.

I **can't** begin to understand what it will be like for you to tell her, but I feel your hand is forced because of the impending wedding.

Think carefully about the possible solutions available to you and what the outcome of those solutions could be.

I sincerely hope things get better for you.

I feel for you.

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This is horrible and will always haunt you as long as he is around.

It would have been easier if you said something before they got engaged, however it's better late than never.

Yes, you should only tell your sister for the time being.

Explain the series of events so she can get an idea of the seriousness of the matter.

Don't be ashamed or embarrassed, you were a helpless child.

Try **not** to feel guilty towards your sister's reaction, I only hope she believes you and makes the right decision.

Be aware that once you tell your sister, you're going to have to face him and the family with the **truth**, be strong and **don't** hesitate in telling him how you feel.

The nerve of him pretending nothing ever happened. Well it did, and he **doesn't** deserve your sister or the respect of your family.

Good luck and stand tall.

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The first thing you have to know about getting over the abuse you went through is realizing that none of this is your fault and that it **doesn't** make you a **bad** person to talk about it. The more you talk about it, and own it, the less intimidating it will be and the easier it will be for you to move on with your life. I think that you should sit down with your sister over a cup of tea and tell her that you have something very important to say.

Don't be surprised if she gets defensive or **mad** because that will be short lived. She might react strongly at first because she **won't** want to believe it. But if she loves you as a sister, after she calms down, she will listen to your story.

Unfortunately, you have an obligation to your sister to let her know that she's going to be married to a child molester. If he had molested another child and you knew would you even hesitate for one second to tell her?

It will take a lot of courage to have the conversation, but I hope you can do it, its a very important one.

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If a bastard child's parents get married at a later date, is he still a bastard child?

If two people have "bastard" children, and then many years later get married, are the children born out of wedlock still considered "bastard" children?

Best Answer: A "bastard" is someone who is illegitimate. If his parents never marry, technically he is, and remains that way in the eyes of the law. If his parents later decide to marry, he becomes "legal" or legitimate. Therefore, he was born a bastard but later legitimized.

First, she put bastard in quotes people! She's **not** saying a child out of wedlock is actually a bastard even though that IS how they are referenced in some legal documents.

Get off your high horses. Second, some states have a Uniform Parentage Act (UPA) that covers scenarios like this so that legitimization **isn't** necessary. If the child in **question** was born in a state that **doesn't** have UPA, legitimization is usually possible if the parents marry afterwards but there may be a limit (**within 300 days to 2 years is not unheard of**). I would recommend you consult with a legal expert in your state for better information.

It depends on the country they are born in. In most countries, legally the child is illegitimate until the parents marry. Once the parents have married then the children are legitimate from the date of the marriage.

Hey Franco, it's the same in Virginia and Louisiana, there is nothing on the birth certificate to indicate the marital status of the parents. The place where the parents' names go asks for the parents' birth names. The only clue you have that the child may be born out of wedlock is when the mother **doesn't** name the father.

They were still born out of wedlock, if that is what you mean. Bastard is an archaic term from a patriarchal society that penalized women and their children for the woman exercising the same freedoms men exercised at that time. With the ever growing number of alternative family structures, that word has taken on a new connotative meaning in today's society to sub in for a swear word like a**hole or f***er (e.g. "I'm gonna **kill the bastard**" or "**That bastard cleared out our bank account and went on vacation with his receptionist.**"), and **no** longer really relates to whether someone was born in wedlock or **not**.

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[Seven Things I Wish I Had Known Before Getting Married](#)

This month, my husband and I celebrated our twelfth wedding anniversary. A dozen years is both a long and a short time to be married, depending on how you look at it, but over the years I've learned a few things I **didn't** quite expect life after the wedding to be like. Here are the things I think every single person should consider before they get married.

Marriage Is the Final Frontier

Most of the things I've learned ([below](#)) apply to both cohabitation and marriage, except this one: Getting married really is different than living together unmarried even for many years ([maybe only Goldie and Kurt are the exception](#)). It's **not** just the many [legal and financial benefits](#) of marriage, though. There's a psychological difference.

My husband and I lived together for several years before getting engaged, and dated several years before that, so it's **not** like there was much to adjust to after getting married. But maybe it's the months of preparing for a wedding ([and investing thousands in it](#)) or the knowledge of how difficult ([and also expensive](#)) [divorce can be](#) that makes the commitment more ironclad, for both you and those around you. This is it. As soon as the wedding vows are exchanged, you're on a different, accelerated life path. Before, you were being nagged about when you were going to get married. Now friends and family will be asking when you're going to have a baby ([a relationship - and life-changer on its own](#)). Once you have that baby, you'll be asked when you're going to give the kid a brother or sister. Everyone's in such a hurry.

Even if you're really ready for marriage and can picture the entire rest of your lives together, it's normal to wake up some days and think, "**Holy sh*t**, I'm married forever and ever??" Everyone knows marriage is a big commitment, of course. But even when getting married is a natural step in your happy relationship, years later when you're more appreciative of the decades you have ahead of yourselves, you can be floored by how extraordinary it is to commit the remainder of your life to one person.

You're **Not** Just Marrying Your Partner, You're Marrying His or Her Family Too

You know the saying "We're **not** losing a daughter, we're gaining a son-in-law"? Well, it works in the reverse too: You're inheriting the obligations, stresses, and, yes, benefits, of a whole new family. You might get along superbly with your significant other's family now, but once you're married, they could transform into the [in-laws from hell](#), because now you're cemented to your partner and they claim you as one of their own.

I'm the quiet sort of person who needs her space, but my husband's family is full of extroverts who **don't** really understand that perspective. That's caused a lot more grief

over the years than it should have ([I wish we had this article back then](#)), but I'm lucky that my husband understands me and mediates when necessary. Others **aren't** so lucky.

I've seen couples on the brink of **divorce** over in-law issues rather than problems specifically between the couples themselves. So, my advice would be for both sides to imagine each other's family at their **worst** and how you two might handle any issues before they got bigger than the both of you. And, to be fair, know that bonding with your partner's family at a deeper level and becoming the daughter / son / sister / brother they always wanted is another surprising perk of marriage.

<https://lifehacker.com/7-things-i-wish-i-had-known-before-getting-married-1452066572>

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11 Reasons to NOT get married

With Valentine's Day looming, legions of men are plotting marriage proposals to their girlfriends. But we must stay strong, women, and **not** be lured in by this "season of romance," because take it from me: marriage is **not** all it's cracked up to be. As a woman who's been there, done that, and getting a **divorce**, I implore you to skip the walk down the aisle. Here are 11 reasons to **not** to make that heterosexual romance legal.

1) Despite the modern PC sheen of "inclusivity" and "equality," marriage is still that same old patriarchal institution

Same-**sex** marriage is now legal in the U.S. While this is a huge historical milestone in terms of the fight to end American homophobia, it is important to **remember** that marriage is **not** simply an expression of love between two people. It is a legal and social institution engineered within a context of heterosexuality, which exists to benefit men and control women, initiated in order reinforce the notion of women as property. Thus, whenever the institution of marriage is celebrated, it is a celebration of this institution and its history.

It is tragically ironic that the rhetoric of the gay rights movement has fueled the patriarchal narrative positioning marriage as one of the most fundamental human rights and the utmost expression of love. This characterization of marriage ignores the entire history of marriage and its functional significance within male supremacy.

Yet, unfortunately, because of rallying on the left and liberals and progressives alike championing the “right to marry,” a feminist critique of marriage has fallen out of fashion, and today, feels decidedly old-school.

Regardless of the fact that mainstream discourse has moved on to more exciting “social justice” issues, the mundane reality of marriage for the vast majority of women, remains the same. That is:

2) Marriage benefits men and **not** women

Studies show that men benefit from marriage through an increase to their [health](#), [wealth](#), and [happiness](#). Married women, however, are **no** better off than unmarried women.

This is because:

3) Being a wife sucks

The social norms of wifedom are bullshit. Husbands are [depicted as bumbling oafs](#) who **can't** even dress themselves properly without their wives.

Wives are expected to treat their husbands like incompetent children in domestic matters — to behave like their mothers, ensuring they are fed, washed, well - dressed, and that their things are organized.

Little is expected of men. They get married but continue on with their careers as if they are still single. In fact, they're often able to better focus on their careers once married, as a wife can take care of their domestic responsibilities. Furthermore, when married, men are viewed as more responsible and stable by their employers and are more likely to be offered a promotion. Women who get married, on the other hand, are likely to be viewed with distrust by management, as it is assumed they will soon start having babies, go on maternity leave, and prioritize children over work.

Because men, in general, are likely to earn more money than women, the careers of husbands are valued over those of their wives. This translates to a broader prioritization of a husband's time and labor. (“[He needs his rest because he works so hard for the family.](#)” “[He needs to go out and blow off steam after a hard day at the office.](#)” “**Oh, he doesn't have time for such trivial matters — he's busy with more important things.**”)

As young girls, we're still taught that if we focus on becoming beautiful, desirable women, we'll succeed in our supposed goal of landing a good husband to support us, so we can relax. But even if you have the "privilege" of staying home while your husband works, you still have to work... It's just that your time and labor have **no** value. You're expected to do everything you possibly can for your husband, because you **don't** contribute to the family like he does. (He **doesn't** have time to organize his closet — you should do it for him, house-wifey, despite the fact you both technically worked the same amount of hours today.)

Despite supposed gains in marriage equality, studies show that even when both partners are employed, women still do the bulk of the housework and childcare. Thus, men are freed up to maintain a healthy social life.

After work, for **example**, it's totally normal for husbands to still go out for drinks with the boys. (They've earned it, after all). The social life of women, however, takes a sharp turn after marriage...

4) If you're getting married thinking you'll never be lonely again, buckle up, because marriage is totally isolating!

I never felt so lonely as I did when I was married. Sure, I saw my husband every day, and we relished our time together, but things change when you get married.

You're **no** longer a single girl who can go out, mingle and meet people, join organizations, or do whatever you please. You're married. Now your husband is your family, and social norms dictate that family comes first.

You are allowed, as a wife, to have some friends, but only when it is convenient. After work, before dinner, maybe you can meet for a coffee. Or maybe you can get lunch with your gal - pals while your husband is hitting a bucket of balls at the driving range. In other words, you can have friends during your free time, so long as that socializing never impinges on the time you're supposed to be spending on or with your husband.

This is the model of the nuclear family, which is so cruelly isolating – separating us from friends and community. It is still considered improper for a wife to become heavily involved in unpaid community or political activities if it means too much time away from her family.

When you're **not** married and just in a relationship, it's the opposite model. You come first, along with your passions and activities. If a person fits in with your life, and it also works for them, then you can be together. While you both might make sacrifices and **not** hang out with friends as often as you would if you **didn't** have a boyfriend/girlfriend, it is the norm to prioritize yourself, first and foremost.

Now, you might be thinking, "But at least being married means you get to have all the great **sex** you want with someone you love, right?" Well, actually...

5) The **sex stops** being good

Ask any woman who's been married for over a year. I'm **not** exactly sure why the **sex stops** being good. Maybe it has something to do with the fact that your husband is legally entitled to you, **sexually**, in a state - sanctioned "conjugal relationship." (This is a term that was used in Canadian Immigration documents when I was filling them out, and it skeeved me out every time I read it!) Maybe it's because you are literally in a legal contract that says you can only have **sex** with this one person for the rest of your life... But it kind of sucks the romance and adventure out of it.

And you'd better believe your husband expects **sex**. When was the last time you had **sex**? A week ago? You better do it soon!

Suddenly you're on this weird, obligatory **sex** schedule that extends before you for eternity, with **no** end in sight, save your **death** (or his).

Despite the stress and emotional, political, or psychological discomfort, wives still try to meet the demands of the **sex** schedule in order to make their husbands happy. The idea of "maintenance **sex**" is a universally uncontested thing, for **example**. An entire industry now exists in order to capitalize on this phenomenon and endless books, blogs, and magazine articles are dedicated to teaching women how to "get back in touch" with **their sex** drives. Women try desperately, through the self-help industry and, now, pharmaceutical prescriptions, to force themselves to find **sex** with their husbands appealing again and to live up to societally - dictated standards that decide what our "**sex** lives" should be.

The U.S. Food and Drug Administration really did approve [filibustering](#), aka the "female viagra," a drug that attempts to chemically alter women's lack of "desire" for their male partner.

There's something about just being in a relationship, but **not** married, that can make **sex** more appealing. Perhaps it's because you're **not** committed to a lifelong **sex** schedule and, for all you know, your relationship is just temporary – really, you can leave any time. Which brings me to my next point:

6) When you're **not** married, you can leave your dude at any time

This is awesome if you think about it. If you **don't** like your dude, you can just... leave. If he turns into a huge jerk, just leave. Or maybe you just **aren't** feeling him, anymore. Maybe you have your eye on someone else. Maybe you met him when you were both studying Botany, but you're **not** so into that plant science stuff anymore and you two **don't** have much to talk about... You can just break up! Sure, it sucks to move out all your junk

and find a new place to live (**if you even lived together**), but there are **no** complicated legalities like there are in a **divorce**.

When you can leave your dude at any time, the power dynamics are different. He **can't** take you for granted as much as if you were his wife. You're **not** his family, you're **not** his mom, and you **don't** belong to him for life. The two of you are more akin to roommates. You both do your thing, and it may last a really long time, but it might **not**. It depends on how your separate lives go and if you're both still enjoying the arrangement.

Breaking up with a dude is great and easy. But when you want a marriage to end, it is another beast, entirely.

7) Getting **divorced** is difficult and annoying

Getting married is very simple. You both go to the courthouse and sign a piece of a paper. **DONE!** Getting **divorced**, however, is 10 times more complicated. It seems like the system is set up so it's easy to lure women into marriage, but then extremely difficult for them to get out of it... Almost like it was set up in a patriarchy or something!

And it is women who usually want out of the marriage, [with over two-thirds of divorces in the U.S. initiated by wives.](#)

8) Getting married **doesn't** make you an adult.

This is a touchy point, because marriage is held near and dear to so many as an important rite of passage in adult life. There are so few rituals left in our society, it's **no** surprise that we are so attached to weddings... We're desperate.

(**And it's no wonder that current zeitgeist is obsessed with personal identity, considering there is little meaning ascribed to anything outside of consumerism and the accumulation of wealth.**)

Marriage is one of the last rituals we have. When you get married, everyone in the world recognizes and celebrates you for doing so. You visibly display a symbol of your commitment on your finger. The relationship with the person you marry is legitimized as a serious thing, worthy of your efforts.

And suddenly, you seem like a responsible person... a proper adult! People call you Mrs. or Ma'am, and so they should. You did that thing you're supposed to do. And look how good you are for **not** doing it too late in life! That means you're a desirable, together person, because it **didn't** take you too long to "land" a husband, right?

Wrong.

We just live in a shitty patriarchal society wherein a woman's relationship with her man - owner is validated as the most important thing in her life. As such, all other relationships are devalued as frivolous and inessential — **no** more important than a hobby. You **don't** suddenly become more of an adult when you get married. The world might treat you as if that's the case, but those social norms are the result of a long history in which marriage was used for the purpose of trading women among men – from father to husband.

9) Weddings are overrated

You'll probably be ill on your wedding day, anyway. There's so much planning, you're so nervous, the entire thing is one big photo - shoot, and it's supposed to be the most important day of your life. It's so much pressure. I recommend going to other people's weddings, instead. It's way more fun.

Or better yet, just throw a big party with all of your friends and family! **Isn't** that all we ever really wanted, anyway??

10) If you want to get married to “lock down” your dude, **don't** worry — you can always find another one. Men are everywhere.

Look over there: A dude. Look over here: Another one. Look out your window: A bunch of dudes! Though your current dude may seem totally special and **UNLIKE ANY OTHER**, this is a delusion.

The dude is a simple creature. His male privilege has created a comfortable bubble, in which he has **not** been forced to confront the complexities of the world.

As a less complex archetype than his female counterpart, he is more easily replaceable. Dudes are everywhere, and they're always available.

Think of the last time you tried to hang out with your best female friend. You probably had to schedule two weeks in advance... This is partly because women are required to do more in terms of maintaining their health and appearances, but also because women tend to be more involved in various activities, taking care of others, and are constantly maximizing their time.

Dudes are just chillin'. They have time to play video games, for crying out loud. If you call a dude to hang out, surprise - surprise, he's totally free and can meet you later. Give him a chance, and you might find that he's just as unremarkable as the last one!

11) Why **not** just be a spinster?

Picture this: There is **no** man in your life. There are **no** children in your life (to whom you gave birth). Your life is all about YOU. You selfishly indulge in whatever activities you want. Your home environment is set up to be perfect for your needs. All of your resources and efforts are invested in you.

Is that really such a **sad** life? Being a spinster does **not** mean solitude or a life of emptiness. You can find sisterhood, friendship, community, and political solidarity. In fact, when there is **no** man in your life, there can be so much more of all of these things. You can even have children, if you like. You can be an unmarried mother or have non-biological children. You can have nieces and nephews, to whom you **don't** even need to be related by **blood**. You can help take care of your friend's baby and watch them grow. You can mentor a girl in your community. You can teach a class for kids. There is a wealth of possibilities.

We've been socialized by the patriarchy to think there is only one path to take: find a man and give him all your love and energy. But this need **not** be the case. Why **not** devote your life to yourself, instead of a man?

Seriously, do yourself a favor: **Don't** get married.

<https://www.feministcurrent.com/2016/02/12/11-reasons-not-to-get-married/>

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15 Reasons => It's Smarter To Get Married In Your 20s

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US Census data and otherwise has repeatedly shown more couples are opting to marry later in life than ever before. **True**, there are some great reasons why a couple should wait to tie the knot: like finishing college or working overseas. But there are a lot of lame excuses being made to put off marriage like, “taking time to find yourself” or “**not** in an ideal financial situation.” Let’s be real — **aren’t** we always “finding ourselves”?

Our hobbies and passions are ever changing. And when will we ever be in a great financial situation? **Not** any time soon with the [average US student loan debt at \\$29,400!](#) Some view putting off marriage as a wise decision—personally and professionally. However, there are many reasons why couples should choose to marry sooner rather than later:

Couples who marry younger are happier.

The Knot Yet Project found unmarried 20-somethings as more likely to drink excessively and suffer from depression than their married counterparts. As far as life-satisfaction goes, “35 percent of single men and cohabiting men report they are “highly satisfied” with their life, compared to 52 percent of married men. Likewise, 33 percent of single women and 29 percent of cohabiting women are “highly satisfied,” compared to 47 percent of married women.” In the end, married 20-year olds are happier than unmarried 20 year olds.

No money? No problem.

It’s a common conception that a couple must have savings to get married. While I agree a stable income and savings is vital for child - rearing — when it comes to marriage itself, it **couldn’t** be further from the **truth**. Consider writer and professor Karen Swallows, in [her article about marrying young](#) in The Atlantic. She said she and her husband **didn’t** have money when they married at 19. They moved from crappy apartment to apartment. At one point they borrowed money from a church. But they pushed through together. Speaking on her marriage, “Our achievements have come, I am convinced, **not** despite our young marriage, but because of it.”

Married men earn more.

It’s **no** secret men earn more than women (**basically**) across the board. But apparently [married men earn more than other](#), similarly qualified single men — and this has been the case for decades. Are married men considered more responsible? [Or more productive?](#) Who knows.

On the bright side, if you happen to be in a less fortunate financial situation when hitched, at least you can look forward to the male - half of the marriage earning more.

Couples who marry younger have more **sex**.

Research proves that married couples [in general have more sex](#) than their unmarried counterparts. The Kinsey Institute found that over 85 percent of married couples in their late 20s have **sex** at least a few times a month compared to only 35 percent of their single counterparts. There could be lots of reasons for this, like more trust and **no** need for protection between married couples. Either way, married 20 - somethings have more **sex**.

Higher fertility.

What goes hand – in - hand with **sex**? Duh. Babies.

And unfortunately, fertility rates for women start to drop [around 27](#). After 35 they decrease more dramatically. So, getting married earlier provides the opportunity to

conceive younger. Even more, trying to conceive younger could save money in the long run.

Because, let's face it: fertility treatments can cost a small fortune (For instance, the successful In Vitro Fertilization can amount to \$13,000 – \$14,000 when all is said and done.)

It's healthier for the mother to carry younger.

Beyond increased fertility, a younger mother has lower chances of certain pregnancy risks. **Not** to mention the slough of risks that appear after age 35. It is healthier for the child, too. I could browse journals across the web to find all infant - related health risks that coincide with older mothers. But I **don't** want to give anyone (or myself) nightmares.

Looking at March of Dimes data on the risk of Down syndrome and mother's age:

- At age 25, the risk of having a baby with Down syndrome is 1 in 1,250.
- At age 30, the risk is 1 in 1,000.
- At age 35, the risk is 1 in 400.
- At age 40, the risk is 1 in 100.
- At age 45, the risk is 1 in 30.

More energy to raise kids.

Aside from science, younger married couples have more energy to chase kids around the house than those pushing late 30s. This extra energy is even more crucial at the beginning of parenthood where little sleep is the norm with a fussy infant.

Energy to balance career and parenthood.

A common buzzword nowadays is “work – life - balance.” You know, managing a career, parenthood and even taking care of your own parents simultaneously. Making work – life - balance a reality seems much more feasible at a younger age.

The earlier you have kids, the younger you will be when they leave home.

If you finish having kids by 30, your lovely teenagers will (**hopefully**) be out of the house by the time you hit 48. Talk about free time to pursue interests.

Reclaim career after kids grow up.

In today's world it's likely that at least one parent is going to put their career on hold while children are young. Reality check: [childcare can be as expensive as college](#). Literally.

The sooner a spouse takes time from their career, the sooner they can reestablish it. [Career blogger Penelope Trunk makes a strong case to marry younger \(at least for women\)](#). She debunks the common advice, "Wait. You have time.

Focus on your career first." Instead she asserts, "... you have your whole life to get a career. This is **not true** about having a baby."

Pursue interests at an older age.

Maybe one **doesn't** want to "reclaim their career." Or they managed to build it while raising kids. Even so with kids out of the house in your 40s, think of all the extra time. Volunteer at the animal shelter. Take that exotic vacation you never could when the kids were little.

Cool grandma/grandpa.

Having kids younger means you will be a young, "cool" grandparent. (**Obviously contingent to if and when your offspring have children**.) As a young g-parent, you can keep up with grandkids. More importantly, build up a strong relationship with them.

Share more memories with your spouse.

Whether it's good times or **bad** times, the sooner you get hitched the more memories there will be to look back on with your beloved. One may argue that a person's 20s is the

decade to be "young, wild and free." But **wouldn't** it be nicer to share all these experiences with someone you will (**hopefully**) still be with 50-60 years down the line?

Concerning **divorce**, there's **no** reason statistically to wait past 25.

Sometimes people think that young marriages end in **divorce** at higher rates. Which is **true**, if the couple marries under the age of 25. But, according to findings from [The State of Our Unions](#) "... if you are a reasonably well - educated person with a decent income,

come from an intact family and are religious, and marry after the age of 25 without having a baby first, your chances of **divorce** are very low indeed.”

On your **death** bed, what are you going to wish you did differently?

It’s **not** going to be “partied more” or “been laid more.” It may seem that way now, but in actuality it will be the opposite. A book by a palliative nurse looked at the [five biggest regrets of the dying](#): none relate to partying or **sex** with strangers.

Most have to do with spending more time with loved ones, expressing yourself and allowing yourself to be happier. And you know who is happier? People who get married younger.

Marriage is **not** easy. There will be ups and downs regardless if you wed at 25 or 30. But the future looks a lot brighter for those who get hitched sooner rather than later. So, if you’re in your 20s and found “the one” — what are you waiting for? Get married and build a lifetime of memories with that person. One day it will be all you have to look back on.

<https://thoughtcatalog.com/laurence-bradford/2014/04/15-reasons-its-smarter-to-get-married-in-your-20s/>

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Is it normal for a couple to get married after being together only for a year?

[Susan Smith](#), married 20 years

[Answered Jun 3 2014](#) · Author has 584 answers and 2.6 m answer views

We got engaged within four months of meeting one another and married within nine months. I was 26, he was 31. We did **not** by any means know one another well enough at the time to get married, but you **couldn't** have convinced us of that. It made for a much, much rockier marriage than it should have been, a few very nasty surprises, and a lot of heartache.

My advice would be, make sure you've seen a person several times at their **worst**. When they are really **sick**. When you are going through a crisis and need their support. When they are going through a crisis and need your support. When they have to put their own needs and desires on important issues selflessly aside for your sake and vice versa.

When something really wonderful happens in your life and in theirs. Be sure to spend long enough stretches together that they are **not** putting their best foot forward, even unintentionally. In a nutshell, make sure you spend a lot of time down in the trenches of day-to-day living with one another, over a long period of time.

We made it work and we are doing very well at this point, but it was so touch and go for long periods of time, and more times than I can count. There is **no** way we could have made it without a firm commitment **not** even so much to one another, but to the institution of marriage, and more importantly later on, because of the children.

My parents got married after six months of dating, and I would say they have a horrible marriage. Nothing abusive, but just constant bickering and unhappiness. My husband's parents married after a short amount of time, though, and young too (**16 and 20**) and they were very happy together. My sister and her husband dated for years and lived together for several years and are now **divorced**.

So, there are **no** guarantees in marriage, either for failure or for success, but you sure stack the cards in your favor if you know one another inside and out first, and in my opinion that just **can't** happen in a year.

That being said, in my experience, trying to convince someone that they are marrying the **wrong** person or at the **wrong** time is just wasting your breath and almost guaranteed to cause hard feelings, whether you end up being **wrong** or right.

Best of luck to them.

<https://www.quora.com/Is-it-normal-for-a-couple-to-get-married-after-being-together-only-for-a-year>

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Join up with a volunteer non - profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (or **very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands-down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also maybe meet the next Him or Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “web Site” and its parts so far. As a summary of the parts and upcoming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: One may have a Subscription as over age 18 Adult (**including the open part**) or the open web Site part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . **Org => A new Blog:**

A new Web Site: <https://marriagesecondtimeplus.org>

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[Ted Gerrard](#) to Power and Love Testimony Group

I was driving from Georgia to Michigan and then this happened in NC 6:30 pm stuck in traffic. Lord I want to see the sun set behind the mountains and He showed me a sign “exit 93”.

When I got to exit 93 there was the perfect place to watch the sun set and I got there 3 min. before sun set.

As I was watching the sun set a local rolled up just to say hay, as we talked he said he owned the dairy farm over there and they were struggling as he drove of I went back to watching the sun set.

When the sun had disappeared behind the mountains I started to head towards the interstate and heard the voice say go pray prosperity over that farm.

So, I turned around and drove past the farm got to the end of the road turned around and said, “Really Lord and suddenly I hear on the radio.

“God put a million, million doors in the world For His love to walk through One of those doors is you.”

So, I turned into the drive at the farm and he was sitting in his truck talking to a friend, I looked at him and said, “The Lord told me to pray over your farm” and he said go ahead.

Then I asked him to show me around, as we walked I noticed he was limping, so after praying over the cows I asked about his leg. He told me he was in a **bad** accident and had an artificial hip, femur, and knee I could see a curve in his upper leg.

I prayed, ‘Lord thank you for Joe and **healing** power leg be restored pain be gone.’ The pain reduced. I said, “**MORE**. Lord all pain be gone leg be restored”. The pain was gone the limp was gone and the leg was straight.

Then I continued on my journey praising Jesus exploding inside with more of the **Holy Spirit**.

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Getting a **Divorce** with Kids: What Parents Need to Know

Going through a **divorce** and worried about the impact it will have on your kids?

Parents play an important role in how a child copes with **divorce**. Dr. Dehra Harris offers her suggestions for managing the impact of **divorce** on kids. **Divorce** is stressful, but it **doesn't** have to be traumatic. When navigating a **divorce**, prioritize open and honest communication to help make children feel as comfortable as possible.

To answer your specific **questions**, jump to:

00:14 - Myth-busting: Getting a **divorce** with kids **doesn't** have to be ugly and dramatic

00:30 - How to minimize the impact of **divorce** on kids

00:54 - Seeking professional guidance to help children cope with **divorce**

1:00 - Living at two different houses and how to make your kids feel comfortable

1:35 - Demonstrating good communication between parents going through a **divorce**

1:50 - How to send positive messages to your kids

2:00 - Being honest about **divorce**, but also age-appropriate

3:20 - Talking to kids about different types of love (**romantic love**, **unconditional love**)

“The St. Louis Children’s Hospital YouTube station is intended as a reference and information source only. If you suspect you have a health problem, you should seek immediate care with the appropriate health care professionals. The information in this web site is **not** a substitute for professional care and must **not** be used for self - diagnosis or treatment. For help finding a doctor, St. Louis Children's Hospital Answer Line may be of assistance at 314.454.KIDS (**5437**).

The opinions expressed in these videos are those of the individual writers, **not** necessarily St. Louis Children's Hospital or Washington University School of Medicine. BJC HealthCare and Washington University School of Medicine assume **no** liability for the information contained in this web site or for its use.”

https://www.youtube.com/watch?v=oKd7PI_GjSs **4 min**

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Do You Really Qualify for **Divorce**? | Michelle Rozen | TEDxNSU

Divorce is an epidemic and it may be contagious. Too often couples **don't** take the time necessary to determine if **divorce** is the right option. But there is a research-based approach that offers couples the time, insight, and tools to empower them to better assess their unique situations based on a series of applicable **questions**.

For mediators, guiding couples through a constructive evaluation of their relationship for a period of six months can offer them the time needed to make an educated decision and potentially avoid **divorce**.

An NSU alumna, Michelle Rozen, Ph.D., researches, teaches, and practices mediation and conflict resolution through her **divorce** and family mediation services organization based in New York and New Jersey. She specializes in conflict management and proactive and productive communications.

Rozen is also the author of *The Effective Mediation* and a writer for the Huffington Post. She helps **divorcing** couples remedy their unique and varied situations and works with corporations of various types and sizes. Rozen's mission is to help individuals, teams, and organizations diffuse conflicts and encourage conversation, strengthen team dynamics, and inspire superior performance. Her goal is to help clients discover the underlying potential for growth in every conflict-oriented situation, adapt, and make changes accordingly. Rozen holds a Ph.D. in Conflict Analysis and Resolution and an M.S. in Family Therapy, both from Nova Southeastern University.

<https://www.youtube.com/watch?v=qIHuDb-WU7o> 11 min

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Why domestic violence victims **don't** leave | Leslie Morgan Steiner

Leslie Morgan Steiner was in "crazy love" -- that is, madly in love with a man who routinely abused her and threatened her life. Steiner tells the dark story of her relationship, correcting misconceptions many people hold about victims of domestic violence, and explaining how we can all help break the silence. (Filmed at [TEDxRainier](#).)

TEDTalks is a daily video podcast of the best talks and performances from the TED Conference, where the world's leading thinkers and doers give the talk of their lives in 18 minutes (or less). Look for talks on Technology, Entertainment and Design -- plus science, business, global issues, the arts and much more.

Find closed captions and translated subtitles in many languages at <http://www.ted.com/translate>

<https://www.youtube.com/watch?v=V1yW5IsnSjo> 16 min

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Disrupting the **Divorce** Experience. Defining Your Next Chapter. | Sadie Bjornstad | TEDxOakParkWomen

When faced with the life-altering reality of a marriage ending, everything seems dire. After encountering this herself, Sadie Bjornstad set off to understand why the **divorce** process is so isolating and clouded with negativity. What's more, she seeks to establish clarity in how to shape life after **divorce**.

Her research has led her to meet with women across the country and uncover common themes to their experiences. Now Sadie shares the foundation she's created for navigating relationship transitions on a **positive**, connected path toward revival and renewal. Sadie is a veteran of healthcare marketing, with over 10 years of experience in professional pharmaceutical marketing. Sadie has supported brands that reach patients struggling with mental disorders such as bipolar disorder and major depressive disorder, and most recently, patients with IBD. Sadie is also the founder of the women's network, XO Community, which focuses on bringing resources and community for those going through a transition in their relationship. Sadie graduated with a Degree with Distinction from University of Delaware, where she received a scholarship to play Division 1 volleyball. She later received her MBA from Roosevelt University in Chicago. Sadie is an avid beach volleyball player and yoga enthusiast. Sadie's **true** joy comes from spending time with her daughter, working in the community, and being with her extended family. This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at <https://www.ted.com/tedx>

<https://www.youtube.com/watch?v=MKgS8lJD9H4> 16 ½ min

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30 secrets every woman keeps from her man

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The woman you sleep with gazes into your eyes and tells you she loves you. And you believe her. You can tell by the way she looks at you, the way she holds you, the way she seems to always know what you want before you do.

There are a few of things in life you just know, and how much you love this n***d this woman is one of them. But there are a lot of things you **don't** know.

A woman may give you her body and her heart, but there are parts that she'll never give up. Pieces woven into the very fiber of her being. Mysteries only hinted at in a passing sly smile, an inscrutable laugh.

These are the secrets of lover's past, hidden fantasies, and unshared longings. A woman's deepest secrets that **don't** — and never will — include you. You're about to **sample** this hidden knowledge.

But like any man who seeks, you'd better be prepared for what you're about to find.

1. Her best friend knows everything

She knows all of your vitals — from the size of your bank account to the size of your other, um, holdings.

When her friend smirks at you knowingly, you are **not** imagining it. She knows. So just know that she knows, and deal with it. (**It's not going to change.**)

Chat with her about your relationship at your own risk. Your secrets are **not** safe with her. This is **not** always a **bad** thing (e.g., **if you happen to be telling her how much you love your girlfriend**). But, in general, **remember** that she is your girlfriend's confidante first, and yours never.

2. Just looking at your hands can turn her on
3. When you go away, even for a day, she sleeps in your favorite old T-shirt -
Because it smells like you.
4. She'll never tell you exactly how many men she's slept with

No matter how sincere she appeared when she answered your **question**, chances are she **wasn't**.

As an unscientific guideline, when a woman says she's slept with four men, the real number is actually closer to seven.

Her fib is partly intentional (**she doesn't want to appear a floozy**), but mostly it's **sexual** amnesia. When a woman wants to pretend an encounter never occurred, she simply scraps the man from her official score sheet.

5. She fantasized about being with you at least a dozen times before it actually happened
6. She has Googled your **exes**
7. When she's falling in love with you, she completely loses her appetite
8. Her body really **isn't** naturally this hairless and smooth all over.

But she will never allow you to see any indication whatsoever of all the shaving, tweezing, waxing, exfoliating, and moisturizing that gets it this way.

9. She only appears to have it all together

Her **true** organization (**or lack thereof**) is revealed in her closet, her makeup bag, her desk files.

10. She still thinks about her **ex**-boyfriends and compares them to you

Mostly you win. Sometimes **not**.

11. She has discovered your porn stash and your frequently visited porn sites

And she thinks the things that turn you on are hilarious.

12. When she says, "I'm ready," she'll need exactly 7 more minutes to get ready

Don't try to cheat the system by showing up 7 minutes later; She will still need an extra 7 minutes

13. When she says, "I'll meet you in 15 minutes," she means she will leave in 15 minutes

And thus, she **won't** actually arrive for at least 30 (**but probably more like 40**).

14. You've made her cry more times than you'll ever know

15. She obsesses about when you're going to call her again

The period of time between your first date and your "Thanks for a great night; when can I see you again?" always seems stretched into slow motion.

So, **don't** worry about looking too eager. Call. Even if you only wait until noon the day after, it will feel like a lifetime to her.

And **don't** send her an email or text unless you want her to put you in the figurative trash can along with your message.

16. She wants you to talk a little dirty

17. At the beginning of your relationship, she saves all of your voice mails and listens to them (**and make her friends listen, too**), repeatedly

18. She might wear granny underwear and purposely **not** shave her legs because she likes you

As crazy as it sounds, the more she likes you, the less likely she is to sleep with you on an early or first few times date, because she **doesn't** want to sabotage **not** having a "proper" relationship with you.

So, she just might purposely hunt out the ugliest underwear in her drawer and **not** shave her legs — all to prevent herself from getting n***d with you too soon.

Sometimes she might get a little tipsy or carried away, and this plan will backfire.

19. She split the cost of her fashion purchases over two or more credit cards

So, you **don't** notice the gargantuan deficit.

20. She's constantly testing you

She observes, analyzes, and judges every action, word, gesture, email, and facial expression.

When she asks you if you want to have a threesome, she **doesn't** mean it. If you want her to speak to you again, let alone sleep with you after this conversation, the answer should always be, "Why would I want to sleep with another woman when I have you?"

21. She checks out your butt every time you leave the room

22. She needs constant indications that you want her around

That's why it's better, for **example**, to say, "I want you to come away with me for the weekend. Could you come with me?" than to ask, "What are you up to this weekend?"

23. She loves it when you get a little jealous

So, if you ever see her flirting in front of you with the waiter, the bus driver, or another guy at a party, know she's actually flirting with you —through him.

24. Even though she may complain that she **doesn't** see you enough (**or that you work too hard**), she finds nothing **sexier** than watching you put on a suit in the morning and rush off to work

25. She starts fights with you because she's feeling ignored

She's trying to force some emotion out of you. **Don't** retreat into your cave; just give her what she wants: some attention. And never tell her to "calm down," unless you want to guarantee that she absolutely **won't**.

26. Even if she insists on paying or splitting the bill on your first date, she'll think you're cheap if you let her

27. She may find your best friend repulsive, but she's fantasized about sleeping with him

Not because she wants him, but because she wants a piece of a guy who is so close to you.

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28. If she's going to break up with you, all of her friends know way before you do
She's been talking about it for two - weeks.

29. When you and her do break up, she'll put all photographs of you and mementos of your relationship in a shoe box and store it in her closet

Just in case she gets nostalgic. Just in case you come back.

30. She wants YOU to take control in bed

Yes, she has a successful career, she's financially independent, she lives on her own, and she **doesn't need a man to make her happy (**in theory**). She still wants you to pick her up, carry her to the bedroom, and take her without asking.**

<https://www.msn.com/en-in/lifestyle/relationships/30-secrets-every-woman-keeps-from-her-man/ss-AAeioat#image=1>

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The impact of **divorce** on children: Tamara D. Afifi at TEDxUCSB

Tamara Afifi is a Professor in the Department of Communication at UCSB. Most of her research focuses on how family members cope communicatively with various challenges they face.

When examining her research program, two primary themes emerge: (1) information regulation (**privacy, secrets, disclosure, avoidance**) in parent - child and dating relationships, and (2) communication processes related to uncertainty, loss, stress and coping in families, with particular emphasis on post - **divorce** families. Professor Afifi was the recipient of the Young Scholar Award from the International Communication Association in 2006 and the Brommel Award from the National Communication Association in 2011 for a distinguished career of research in family communication. He has also won several other research awards, including the Franklin Knowler Article Award in 2004 and the Distinguished Article Award in 2008 from the National Communication Association. Finally, she has received numerous teaching awards, including a Distinguished Teaching Award from the faculty senate at UCSB in 2009.

In the **spirit** of ideas worth spreading, TEDx is a program of local, self - organized events that bring people together to share a TED - like experience. At a TEDx event, TED Talks video and live speakers combine to spark deep discussion and connection in a small group. These local, self - organized events are branded TEDx, where x = independently organized TED event.

The TED Conference provides general guidance for the TEDx program, but individual TEDx events are self-organized.* (***Subject to certain rules and regulations**)

<https://www.youtube.com/watch?v=cKcNyfXbQzQ> 19 min

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The secret to motivating your child | Jennifer Nacif | TEDxSanDiego

This talk was given at a local TEDx event, produced independently of the TED Conferences. Jennifer Nacif tells us how to shift manipulation to motivation when it comes to communicating with our children. Jennifer plays the characters of four different children, and in clever fashion, shows us how different personalities require different reactions from parents. The needs of each personality are only relevant to the children in our lives, but to everyone we encounter, and Jennifer provides easy and actionable ways to motivate and empower those around us.

<https://www.youtube.com/watch?v=hVShA7g4Joc> 12 ½ min

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UnPHILtered: What To Ask Yourself Before You **Divorce**

The Dr. Phil show provides the most comprehensive forum on mental health issues in the history of television. For over a decade, Dr. McGraw has used the show's platform to make psychology accessible and understandable to the general public by addressing important personal and social issues.

Using his top - rated show as a teaching tool, he takes aim at the critical issues of our time, including the "silent epidemics" of bullying, drug abuse, domestic violence, depression, child abuse, **suicide** and various forms of severe mental illness.

<https://www.youtube.com/watch?v=LFpsbbGnBz8> 4 min

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THEY WANT YOU TO BE POOR - An Eye-Opening Interview

"The School System is Teaching People To Be Poor" ROBERT KIYOSAKI. You Are also Programmed To Be Poor.

<https://www.youtube.com/watch?v=m6pWEzkbnDE> 6 ½ min

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Napoleon Hill's 13 Success Principles in 30 Minutes... from Think and Grow Rich/ Law of Success...

Napoleon Hill's 13 - Success Principles...

Clips of motivational speakers and book authors such as Tony Robbins, Zig Ziglar, Wayne Dyer, Jim Rohn, Robert Kiyosaki, Brian Tracy, Earl Nightingale, Napoleon Hill, Eric Thomas and Les **Brown** video, Arnold Schwarzenegger, Deepak Chopra, Louis Haye, John Maxwell, Bob Proctor, Og Mandino, and much more.

<https://www.youtube.com/watch?v=MgFl3j4Cwts> 38 min

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More is to be added in here.

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The Secret to Think and Grow Rich Revealed | Bob Proctor

Finally, you can discover the secret buried within the book known for making millionaires - AND, how to implement that secret into your life so you can get the results you want.

The legacy begins with this 45 - minute film ([Video](#)) where America's Greatest Prosperity Teacher Bob Proctor starts to unravel the depths of teaching hidden within Think and Grow Rich by Napoleon Hill.

Living the Legacy has over 5 - hours of 4K quality content where Bob Proctor teaches, shares and conceptualizes never before heard content on the power contained within this book.

This is the single most important step you could take for all the success you dream of.

** Learn more about Living The Legacy here: <https://bit.ly/2FZj2SI> **

https://www.youtube.com/watch?v=cU-_vjDssVA 48 ½ min

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36 things To Do If YOU Are Thinking About Divorce.

If you are thinking about **divorce**, your thoughts can fluctuate, ranging from the mere, fleeting imaginings of what life might be like if you were single, to the repetitive, torturous thought process of “Should I or **shouldn't I divorce?**” While one end of the spectrum is entirely normal for many people, the other end can signal serious problems in and for a marriage.

Based on our background in education and experience working with clients in our **divorce** practice, we've identified the following **36 - things** that can help you understand

where you are on the spectrum of contemplating **divorce** and what steps you can take to gain greater clarity and **stop** the recurring thought process.

As you complete each step you will be doing more than merely thinking about **divorce**. You will begin to better understand which direction your marriage and life might go.

1. As you first contemplate **divorce**, you may or may **not** know if you want to **divorce**. Accept that this is entirely normal. What you “want” may be entirely different from what you ultimately decide you “must” do. Your job right now is to study and learn what is possible for you and your family.

2. Educate yourself. It’s likely that you feel you’ve reached an impasse in your marriage and your emotions may be all over the place.

You might be incredibly angry and lashing out. Or perhaps you have retreated, feeling despondent, probably depressed. This is to be expected, but you should **not** be making long - term decisions from this emotional place. Start educating yourself by looking for credible **divorce** resources. Visit your nearby bookstore or search online. There is a wealth of information available to you for free.

3. Understand that getting educated about the choices you have for your life does **not** mean you are necessarily getting **divorced**. You are learning about your options and what your rights are so you can ultimately make a good decision from an informed place.

4. Establish a new (**secret**) email account dedicated to this subject. Take care to use a “private” or “incognito” window so that the computer does **not** create a history of where you’ve been when you go to log on. And take time to create a new email address. Use this email to sign up for **divorce** information and newsletters that might advance your thinking and understanding.

5. Save cash. Should you decide to pursue **divorce**, you will need access to money. If all your money is in joint accounts with your spouse, check with a lawyer as to when you can open your own account, or start stashing cash in a safe, secret place. Maybe you’ll never need it, but if you do, you’ll be glad you started saving now.

6. If you feel you may be a victim of abuse, take action immediately. There are many signs and forms of abuse, and sometimes it’s difficult to know if you are a victim. A clear sign is this: If you find yourself constantly watching what you are saying and doing or walking on eggshells around your spouse – lest you trigger him / her and “cause” a blow up, you are likely in an unhealthy and abusive relationship. Focus your attention there. [Read more about this](#) and take action to protect yourself and

your children. You may feel you can handle it, but things will **not** improve unless you do something to change the way things are now.

7. Make a list of your most critical financial **questions**. If you **divorce**, will you have to get a job if you've been a stay-at-home-mom? If you have debt, do you understand half the marital debt is yours? Should you use your IRA to help pay for your **divorce**? Keep a running list of **questions** as they occur to you.
8. Be careful in whom you confide – this includes family. Few people can be truly objective, and fewer still are marriage or **divorce** experts. Yet, there are plenty of opinions and judgements. Just because your neighbor got burned by his **ex**, does **not** mean that's what's in store for you if you choose to **divorce**.
9. Do your best to conduct your research from a healthy mindset. It's easy to vilify and blame your spouse for the problems that exist, but deep down, you know **no** one is totally faultless.

As you learn about the issues in your marriage and what is possible for your lives, try to avoid the adversarial, vindictive, blame - gaming, and often, gender - bashing attitudes some books, some social media posts, or some people propagate.

10. Evaluate your biggest **fears**. Do you **fear** you **cannot** “afford a **divorce**?” Are you **afraid** what **divorce** would do to your kids and thus, staying in a marriage “for the kids”? Writing down your **fears** may help you examine their validity. You may recognize you **cannot not** afford a **divorce** because you need your sanity... or that you are really hiding behind the kids so that you **don't** have to be a single parent or face being alone.
11. Think of how your kids are being impacted now and will be **impacted long term**. If you are a parent, and you and your spouse are fighting, look at yourselves as your kids might view you. You may think they **don't** know what's going on, but on some level, they do, and it's anxiety inducing for them. Your lack of clarity and unresolved difficulties or the warzone you have created is playing out in their lives, too.
12. Avoid venting on social media. Watch out for where you vent and be wary of social media. If you say something online, it's there forever and can be used against you. Same for emails. Before posting or hitting SEND, review what you are saying as if you were a courtroom judge. Be very careful.
13. Recognize that marriage does **not** come with an owner's manual. In our culture, most of us are poorly prepared for making a marriage work. Often it is something we learn — or fail to learn — behind the marital door. At this point in your relationship, it's **not** worth beating yourself up... that energy is better spent

figuring out what to do about your situation today and how you will move forward tomorrow.

14. Ask yourself, is there is any love left? Do you still love your spouse? Love is sometimes hard to find when you are consumed by anger, resentment, or are stressed out from overworking, parenting, or a million, everyday struggles. If there's even a hint of love left, however, it's worth asking the **question**, "Can we re-ignite it?"
15. If you decide to stay in the marriage, set your intention and begin work together. Discuss with your spouse how you are going to work on your marriage, so you begin to do things differently and **not** repeat the same old story. It's unlikely that you will be able to do this without the support of a professional, so we suggest that you seek a trained marriage counselor.
16. Evaluate what you have done as a couple to repair your relationship. Have you sought good quality help? **Not** all couples therapy is created equal. If you're working with a therapist and you're **not** making progress, it does **not** mean you should necessarily **divorce**. Investigate which types of marital therapy have the best success rates and find a trained practitioner who will teach you how to communicate with each other and help you both understand that growth and change require a deep commitment from both of you.
17. Consider Discernment Counseling. Particularly helpful to couples where one partner wants to **divorce** and the other wishes to repair the relationship, [discernment counseling](#) helps couples understand if their problems are solvable. An added benefit is that the counseling is designed to be short term and to help you answer the important **question**, "Should we get a **divorce**?"
18. Think about your role in the difficulties of the marriage and do **not** isolate yourself. If you are convinced that marital therapy is **not** working or that your spouse is **not** participating, or that your efforts to try to do things differently are failing, do **not** isolate yourself. Seek to move beyond wondering [if you should divorce](#). Being alone darkens your sense of possibility and hope. It keeps you in a [spin cycle of overthinking](#).
19. Begin assembling a list of your most critical legal **questions**. [Do you separate or do you divorce?](#) If you were to **divorce**, how do you go about it? Do you know the different ways? Is Mediation an option for you? How do you find a good attorney? What are your rights? What do you **not** know?
20. Read about the **divorce** laws in your state. Laws vary and what is possible in one state may **not** be possible in yours. Most states have a section on the court website to help you understand the **divorce** process where you live. Start there.
21. Consider a Time Out. Often when there's a physical shift between a couple, it's easier to think straight and reflect on what is really important. Consider taking a

long vacation away from the other, or a house-sitting job. If you wish to live separately make sure you consult with an attorney in your state before doing anything — especially if you have children.

22. Organize and prioritize your most critical practical **questions**. If you've never paid the bills before, how would you begin? If you work overtime most days, who would be home for the children after school — if your spouse is **no** longer there? Keep a running list and add to it as you think of things.
23. Move beyond the cyclical thought process of thinking about **divorce** by consulting compassionate, professional support. We recommend your first step be a consultation with a [divorce coach](#). A **divorce** coach can help you understand the legal and emotional process you may be facing and the issues that are holding you back from making a decision. A good **divorce** coach will help you evaluate what's real and **not**, and help you take steps to face your **fears**. A **divorce** coach can also explain the different legal processes that may be available to you. Learning about your choices will allow you to go deeper and be more educated if you choose to then consult with the next level of experts ([lawyers](#), [financial advisors](#), [mediators](#)) whose hourly rate is often more expensive.
24. Ask your **divorce** coach, therapist, and friends for vetted referrals to other experts, including lawyers. You are seeking perspective and feedback on your situation, and if you think you are ready to hire someone, you are looking for chemistry and someone you can trust.
25. Schedule consultations with several attorneys and/or a mediator. We recommend that you interview several. Bring your legal **questions** from step #19, or for more information, [read here](#) for additional **questions**. **Don't** forget your notebook for taking notes and your last 3 years' tax returns ([if possible](#).)
26. Consider having your friend or **divorce** coach accompany you to some or all of these professional meetings. There is a lot to learn and keep track of at the same time you are feeling stressed. Having an ally to help you take notes and bounce ideas off after meetings will lessen your strain on trying to be on top of everything.
27. Strategize about how you might [pay for a divorce](#). Will you use joint money, a loan, a credit card, your secret stash (**#5**), or borrow money from a friend or relative or from a saving account or your IRA?

Learn the laws about “counsel fees” in your state and ask the attorneys you are interviewing how you might pay their retainer and ongoing fees.

28. Branch out and talk to more experts who can help you answer your other **questions**. Often a financial advisor experienced in **divorce** will think of things a

lawyer will **not** mention. S/he can possibly help you strategize how you might pay for a **divorce** or what might be in your interest to ask for in the settlement. A child therapist who has counseled other parents through divorce may do much to help you support your child. A real estate broker might advise you on your practical housing **questions**, such as the pros and cons of renting vs. buying if you **divorce**, or what your house might be appraised for. When a **question** comes to mind, think about who is out there and who might have the answer for you.

29. Understand there will come a tipping point and you will make a decision about **divorce**. Despite your best efforts to get educated beyond just thinking about **divorce**, rarely will you know 100 percent if you should or should **not** follow through. Usually there remains some portion of ambivalence, but know that at some moment in time, you will reach a saturation point of information and either you'll be ready to make the decision to stay or go — or the decision will be forced upon you.
30. You are **not** ready for **divorce**. If you **cannot** accept changes. If you **cannot** accept there will be a change to your finances, lifestyle, friendship groups, or traditions, you are **not** ready for **divorce**. If you **cannot** accept uncertainty ... that at times there will be **fear** and unknowns, then you are **not** ready for **divorce**. On the other hand, you may have **no** choice. In which case, you must face your greatest **fears**. Seek support.
31. If you decide to move ahead with the **divorce**, set your intention. Determine how you want to conduct yourself throughout this difficult passage and beyond. Remind yourself you will have **no** control over your spouse, but you will try your best to control how you act and react. If you have children, ask yourself what is the model you want to show them? Write down the image of yourself as the parent you want to be. Establishing a clear image of who you want to be and what you want to demonstrate for your kids will help you in this next often-difficult stage.
32. Understand that you want to avoid **divorce** court if you can help it. Rarely is anyone completely happy with the terms of his/her **divorce**, but to avoid getting a judge involved, you will have to be flexible, negotiate in good faith, and compromise on tough issues. Being stubborn or vindictive is what drives people to litigation. That means court. (**The truth is that less than 10% of cases end up in a full-blown trial; but those that do, end up with massive legal bills and a destroyed relationship.**)
33. Start collecting your financial information. If you choose to begin **divorce** proceedings, you will be required to disclose your finances early in the process. Most states have a required financial statement form (**though different states have different names for it — check your state court website**). Begin filling it out or hunting down the information to get a head start.

34. Learn what your next steps are and what the process will look like. A **divorce** coach will act as your guide throughout the process, but if you are **not** working with one (**or cannot afford one at this time**) consider a good **divorce** support group that is professionally facilitated and where you will learn from the experiences of other women. Read this article to learn meaningful criteria for a [good divorce support group](#), and find [one on-line](#) or near you. Feeling supported and heard, will lessen your anxiety and stress.
35. Be kind to yourself. Understand that there will be times you feel crazy, like you've returned to your old loop of contemplating **divorce** and wondering if you are doing the right thing. But because you followed many of these steps, you are **not** embarking on this path lightly. You have taken every opportunity to be thoughtful about facing this major life-change, **divorce**, and though you many **not** desire this outcome, you have done your homework.
36. Know that there is life after **divorce**. What stands directly in front of you is moving through the divorce process and ensuring your [divorce recovery](#). It will be challenging. But for you and your family to stand the best shot at a healthy life afterwards, you must continue to step forward mindfully and with intention. There is [life after divorce](#). You probably **cannot** see it yet. You certainly **cannot** feel it. But it's there, bigger and better than you can imagine, waiting for you.

Whether you are considering a **divorce** or already navigating the confusing experience, one thing we see making a significant difference for women is the conscious choice to **not** do **divorce** alone.

Since 2012, smart women around the world have chosen SAS for Women to partner them through the emotional, financial, and oft times complicated experience of **divorce**.

SAS offers women [6, FREE months of email coaching](#), action plans, checklists and support strategies for you, your family, and your future. "A successful **divorce** requires smart steps, taken one at a time." – SAS for Women

<https://sasforwomen.com/36-things-to-do-if-you-are-thinking-about-divorce/>

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A new Web Site: <https://marriagesecondtimeplus.org/>

Also: may like to visit: www.Tri-CountyRegion.US

Also: may like to review books: <https://tri-countyregionbooks.com/>

May E-Mail: LehrLionsClub@bektel.com

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6 Mistakes Divorced Couples Make When Co-Parenting Teens

It is really hard, but you can make it easier.

Co-parenting teenagers **isn't** easy, especially because adolescence can be so stressful.

If you want to raise your teens right after a **divorce**, there's a few bits of relationship advice to keep in mind.

You and your **ex** are **not** the only ones deeply affected by the dissolution of your marriage.

Your children also have to re-do their life after divorce and for most teens, they already have enough on their plate as they go through adolescence.

For most **divorced** parents, co-parenting with each other sucks.

Somehow, you're supposed to go from **not** being able to make a marriage work to being able to communicate and work on your parenting skills together in order to raise your children, especially when you have a teenager.

Why is parenting teenagers so hard?

The adolescent years bring with it amazing physical and hormonal changes which result in **sexual** and other physical maturation. And all these developments mean that teens have behavioral changes and mood swings.

Teens are gradually able to think more abstractly, make plans, and set long-term goals.

They may become more interested in philosophy, politics and social issues. They'll likely also begin comparing themselves to their peers.

They want greater control of their own lives and independence from their parents. So, their friendships and romantic/**sexual** relationships become very important to them.

Developing a sense of personal identity is one of the major tasks that teens undertake.

And many try out lots of different ways of being — including ways that fly in the face of what their parents hoped for them — before settling in.

Parenting a teen is typically a tumultuous experience. It's often fraught with **fear**, hurt, and pride — sometimes all within the span of an hour. There are **no** two ways about it — parenting a teen is tough.

With the added stress of also going through their parents' **divorce** process, it just gets even harder.

When you're **divorced** and trying to parent your teen, it can be so much more difficult than parenting in an intact family.

The surprising thing is that the difficulties **don't** arise because of your teen. They arise because of you and your **ex**.

Divorced parents often have different parenting styles and follow different parenting advice. Thus, it can be a source of stress for everyone involved.

Here are the **6 ways divorced** parents make co-parenting teens more difficult than it needs to be.

1. You dam up the information flow

Co-parenting sucks and because it can feel like the finish line is in sight when your child is a teen, you start to feel like you can ease things up a bit.

You may even begin believing they are more responsible and mature than they were before — because sometimes they are.

This belief leads many co-parents to **stop** sharing as much information with each other about their teen.

They each assume their teen will naturally share the information and/or exhibit the same behaviors with both of them.

By **not** continuing to regularly communicate with each other about things going on with your teen, you and your **ex** could be keeping each other in the dark about events and/or behaviors that your teen needs support and guidance with.

2. You **stop** talking with each other

Instead of continuing the often unpleasant or even painful communication with your co-parent, you and/or your **ex** may choose to start passing messages to each other through your teen. Unfortunately, this can lead to messages **not** being delivered or delivered late or incorrectly.

It also gives your teen a lot of power.

3. You coordinate less

When your teen learns to drive, you can experience a sense of freedom. **No** longer are you worried about coordinating with your **ex** about getting your child from place to place — including from your place to your **ex**'s.

But this lack of coordination gives your teen freedom that they could take advantage of.

RELATED: [9 Things Kids With Divorced Parents Desperately Want You To Know](#)

4. You strictly maintain a parenting schedule

A lack of flexibility in the parenting schedule can cause undue conflict and stress for you, your **ex** and your teen.

Your child is trying to juggle spending time with friends, school, activities and, maybe even a job on top of spending time with both you and their other parent.

Learning to let go and be a bit more flexible is one of the toughest parts of parenting a teen.

5. You make assumptions

Making assumptions is almost always a **bad** idea. But when you make assumptions when you're co-parenting it can be even more problematic.

The biggest mistake parents make when co-parenting a teenager is, they assume their child's other parent knows their teen's friends instead of knowing them yourself.

Friends are a high priority for teens. You'll want to know who your child is spending their time with so you can support the relationships that seem beneficial.

You'll also want to encourage your teen and their friends to spend time at your home so you can stay informed about your teen's world.

6. You provide inconsistent guidance

Despite how independent your teen is trying to be, they still need consistent guidance, expectations, and home life. When things are reliable and steady for your teen, they are more likely to experiment with building their identity in safe ways.

On the other hand, when things are unstable at one of your teen's homes, they will have more opportunities to experiment in risky and unsafe behaviors.

If you and your **ex** ease up on co-parenting when your child becomes a teen, you could be setting yourselves and your child up for a much more difficult few years.

Teens can take advantage of poor co-parenting. They can learn to criticize, **lie** and use other unhealthy methods to get their needs and wants met from one parent or the other as they pursue their independence.

However, when both parents work together, co-parenting a teenager after divorce doesn't have to be dramatically harder than parenting a teen in an intact family.

Dr. Karen Finn is a **divorce** and life coach. Her writing on marriage, **divorce** and co-parenting has appeared on MSN, Yahoo! & eHarmony among others. You can learn more about Karen and her work at drkarenfinn.com

This article was originally published at [Dr. Karen Finn's blog](http://Dr.KarenFinn.com). Reprinted with permission from the author.

<https://www.yourtango.com/experts/drkarenfinn/relationship-advice-for-co-parenting-teenagers-in-adolescence-after-a-divorce>

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10 Brutal Truths About Raising A Teen That ALL Parents Should Know



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A little bit of humor goes a loooooong way.

Most parents of typical toddlers are constantly challenged, mentally drained, and extremely exhausted. **Not** much changes when you're [raising a teenager](#).

Though unlike the "Terrible Two's," teenagers are extremely verbal and, while you will still hear the emphatic "**No**," are like well-versed little lawyers: ready, willing, and able to defend or plead their case.

Just because they can feed themselves and wipe their own tushies, it **doesn't** make you home free. You still worry about what they eat, what they drink, if they play nice with others, and pray they sleep in their own beds.

Here are **10 truths** of [parenting a teenager](#):

1. Curfews are meant to be broken.

Taking a page out of my parent's handbook: "Better late than never." There really is **no** excuse **not** to call or text since their cell phones are — if they're born after 1990 — practically second skin. However, you'd rather they be late than driving like **mad** to get home on time. Deep breaths help while you wait.

2. They will say, "I **hate** you!"

No, they **don't** really **hate** you, **no** matter how many times or how convincingly they say it. They just **can't** think of anything else as potent to say. The sooner you get used to hearing it, the better.

3. They will claim that "everyone is doing it."

Not everyone is "doing it, going there, or even allowed to do it." Teens have been successfully pitting parents against each other for years. **Don't** fall for it.

4. They're more like you than you think.

Your parents warned you that you'd have a kid just like you, and they were right. (**Don't ask me how I know**.) What they **didn't** tell you is that it would be YOU times 100.

5. Whatever you say, they will do the opposite.

Say, "**No**, you mustn't," and **no** sooner do you turn your back, chances are they're already doing it. Every. Time. Pick your battles wisely.

6. They will claim that you **don't** understand.

Why, yes, yes, I do. In fact, my generation, or maybe the generation before, invented that. So yes, I do understand, and the answer is still **NO**.

7. They always want to borrow your things.

If you have a daughter and, if miraculously, she actually likes your taste, she will go shopping in your closet and will set her sights on your most precious possessions. Lucky for me, by the time my daughter was ready for heels, her feet were larger than mine. My handbags aren't as safe. All I ask is that they come back in the same condition as they left. So far, so good.

8. They want and need you.

They want you in their life more than they will ever let on. You may feel as if you're only an ATM or a chauffeur, but **don't** be fooled. Just **don't** ever expect to hear it.

9. They **won't** bring your car back in the same condition.

If they borrow the car it will most likely come back without gas and quite possibly smell like French fries, sweaty socks, or worse. I'm just thankful they got home safely with the car and themselves all intact. As I said, pick your battles wisely.

10. A little bit of humor goes a long way, especially when trying to diffuse idle threats.

If your teen leans toward the dramatic and threatens to run away because "you are so unfair" or the "**worst** parent ever," though you know (**for sure**) they would never leave the safety and security of home and an open wallet (**not to mention a well-stocked pantry**), smile and say, "Great, I'll help you pack." Then, hum excitedly as you make your way to the storage closet full of suitcases.

Start begging or insisting they stay, and you've turned this into a test of wills they might **feel they have to make good on**. Instead, let them save face and get annoyed you're **not** taking them seriously. They'll also be relieved. They just want to bitch and moan. It's part of the territory.

I say this with authority (**though take it with a grain of salt**): my attempts at running away got me as far as the edge of our driveway. Instinctively, I knew I wasn't going to get very far with a suitcase full of stuffed animals, two dollars, and a bag of Oreos. I just wanted to be heard. Your kids do, too.

This article was originally published at carpoolgoddess.com. Reprinted with permission from the author.

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Dating After **Divorce** For Men | 7 Transformational **Tips!**

Dating after **divorce** for men! In this video, we talk about dating after **divorce**. Let's face it **divorce** sucks! So many of **divorced** men have stories about why you were **divorced** and your either.

- A. Scared to date again
- B. **Don't** even know how and where to start or
- C. Just looking for that little glimmer of hope on your next steps because you are **not** even sure if this is something that you want to do right now. Then this video is for you! If you **haven't** been **divorced** and getting out of a long - term relationship you will get some great tips from this video as well. I know **divorce** can be messy and some **not** so much so in this video I am going to give you actionable tips that you can start today and implement as you get the time so you can start to get in touch with your roots and possibly date again when you are ready! By **no** means am I telling you to date now but these tips will prepare you to make that decision. Also, if you're ready to date now then let's get started and **not** waste any more time!

Divorce tips for men.

Tip #1: Reconnect with your old friends. Typically, when you are married you might have lost touch with some old friends. Try reconnecting with them and going out with them from time to time. If for some reason you do **not** have old friends that you can reconnect with then start involving yourself in an activity where you can meet people. There is a site depending on where you live called [meetup.com](https://www.meetup.com) that will really help you meet some new people in your area. Also, if you already started reconnecting with some of your friends and you have started going out and doing something with them then great.

Tip #2: Understand that you are okay with yourself: This is how to start dating after **divorce**. Look at this new phase of your life as an opportunity process the old relationship. Do something that you have been wanting to do for so long but possibly **couldn't** because of your time or marriage. Take this time to spend alone and get back to who you are. **Divorce** has a real emotional impact and a lot of people discredit the feeling that **divorce** brings so **don't** ignore that. You are **not** alone even if you have to reach out to other guys for help that have been **divorced** because they can be your greatest source of strength. So, if you have the means for and possibly the children are with their mom then take a trip somewhere, buy a motorcycle, go skydiving, go rock climbing.

Tip #3: Change your wardrobe and look! Revamp your style and start looking at fashion trends online and start dressing the way you want to dress that will give you more confidence. When you feel good about what you have on then you have an inner confidence that shines through and an energy that becomes magnetic. You might just get hit on when you are out and about! This is the best dating advice for **divorced** men.

Tip #4: Date someone who is exactly opposite of your wife but has the same goals. If you want children again or in the future, then date someone that wants the same. If **not**, then look for a woman who does **not** want to have children or may already have children. Meaning physically, personality, and life goals. Date who you want to date and take this time to really educate yourself on the different women out there. **Don't** feel pressure to commit right away. **Divorce** and dating is meant to be taken slow.

Tip #5: Get re - educated more on women in general. I mean after a long - term relationship or marriage we are a little bit rocky when it comes to dating again because the world is consistently evolving and that even means when it comes to dating. It might **not** be as easy as it was for you before so start watching videos and reading blogs about the attraction process and dating again so you can get comfortable with the idea.

Tip #6: Give Online Dating a shot: This is the #1 way these days to land a date and start talking to women. You can use online dating as a tool to learn how to talk to women again and see what women are out there. **Remember** take your time into the online dating and when you feel ready do it! Specially if you are seeking dating after **divorce** in your 40's.

Tip #7; Design your own life! How do you want to live the next years of your life?

<https://www.youtube.com/watch?v=SEN6u4lQOqE> 6 min

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Dating After **Divorce** For Women | X. KKKK

More is to be placed in here

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Why Do **Divorce** Cases Get Messy?

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If you're going through a **divorce**, you might be afraid that **things will get messy**. What does that mean? A messy **divorce** is one where there's a lot of fighting and little agreement about how child custody should be managed, how alimony and child support should work, and how the assets (**and liabilities**) within the marriage should be distributed. Most people getting a **divorce** would prefer to keep it amicable, but there are some factors that can get in the way of remaining on friendly terms with your soon – to - be-**ex**. Here are some reasons why **divorce** cases tend to get messy as well as some tips on mitigating these factors.

There Was an **Infidelity** or Another Betrayal

If one spouse betrays the other **by being unfaithful**, it's natural that the **wronged** spouse would be angry and hurt. This could cause them to want to do anything they can to hurt the one who hurt them.

For **example**, they might purposely make it more difficult or more expensive to go through **divorce** cases by arguing about every item that comes to the discussion table. The hurting spouse might even try to turn the children against their other parent or argue that the unfaithful spouse should they **not** get custody of the children as part of the **divorce** cases.

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One Spouse Wants to Stay Married

In some **divorce** cases, both spouses are ready to end the relationship. In others, however, **one spouse is ready for a divorce before the other one is**. The one who would like

to work on the marriage might feel hurt, betrayed, humiliated, or devastated (**or all of the above**). They might vacillate between trying to persuade their spouse to go to marital counseling and trying to hurt the other person because they are angry.

One Parent Wants Full Custody

When children are involved in **divorce** cases, it's easy for tempers to get the best of both spouses. The parent who was the primary caregiver might worry that the other parent **won't** be able to care for the children on their own if they get **joint physical custody**. And the parent who was **not** the primary caregiver might worry that they will be unable to have a meaningful relationship with the children. This can be compounded if one parent is going to be moving outside of the immediate area; there might be fights about whether the children will also move and how the nonresidential parent will handle visitation and overnights.

One or Both Spouses Feel a Sense of Failure

When people get married, they usually plan on the relationship lasting a lifetime. When they decide, instead, to end the marriage through **divorce** cases, it's natural that they both **feel as though they have failed**. This feeling of failure can cause resentment and disappointment to bubble over into the **divorce** proceedings, making them difficult and messy for all involved. Try to **remember** that the anger that you and your spouse might be feeling could be caused by the sense of failure, frustration, and sadness that the marriage **didn't** last.

One Spouse Tells **Lies** During the **Divorce** Cases

It's **not** uncommon for one spouse, particularly if they are feeling betrayed or otherwise **wronged**, to want to hurt the other person.

In some cases, this extends to **telling lies** through **divorce** cases during the process. This behavior tends to cause unnecessary drama and chaos, and it can also end up hurting the **lying** spouse's case in the end.

One Spouse Is Left Friendless

Many couples have "couple friends." When they announce that they're getting a **divorce**, **many friends will choose one side or the other**. In some cases, one spouse is left virtually friendless.

This might be more common if one spouse betrayed the other; although the friends might **not** know what led up to the infidelity, it's common that they will side with the spouse whom they perceive to be innocent. This can cause the friendless spouse to be overwhelmed by the sudden lack of a support system and lash out.

Financial Problems Bring Additional Stress

If one spouse worked while the other stayed home or one spouse made substantially more money, it's **not** uncommon that the spouse with less money will be dealing with sudden [financial difficulties](#). If neither spouse made a lot of money and they were struggling, as a couple, to pay bills each month, both spouses will generally be left in dire financial straits. The stress caused by financial problems can cause a lot of fighting over assets, money, alimony, and debts.

Tips on Making Your **Divorce** Less Messy

While you **can't** change the past or the circumstances that have brought you to **divorce** cases and this point, there might be some things you can do to calm the waters a bit and make your **divorce** less messy. They include:

- Seek support for your new stage of life. This can be family and friends, but it can also include a professional counselor. Having people to rely on for emotional support can help you to keep yourself on a more even keel.
- [Don't badmouth your soon-to-be ex](#). Whether it's friends, family members, or your own children, it's best to keep the dirty details of your **divorce** between you, your spouse, and your legal representation.
- Get yourself legal representation. A legal advocacy group can walk you through the ins and outs of the **divorce** process. This will help you to stay calm and to encounter each obstacle as it comes up.
- Talk to your spouse. They might be feeling hurt due to a betrayal, or they might be terrified of what the future holds. Keep in mind that the two of you were once in love and working together as partners.

Although neither of you anticipated having to go through a **divorce** in the early stages of your marriage, it's possible that you can put your current differences aside and rely on the partnership you had to get through this one last hurdle. Acknowledge that they feel hurt and ask them if they could work with you through this phase of your relationship. Coming to them in a [spirit](#) of honesty just might work to diffuse the situation. A family mediator or family therapist might be able to help.

Call the legal professionals at [National Family Solutions](#) to find out whether your case can be handled by a legal advocacy group. We can help you navigate these tricky situations and more.

<https://www.nationalfamilysolutions.com/why-do-divorce-cases-get-messy/>

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After a messy **divorce** and an unfaithful husband how do I learn to trust again?: Ask Ellie

Q: My husband and I had been arguing a lot for a few years. I was raising the kids while he worked at an entry - level job. Then, he got a higher - level and better - salary job. But he said he had to work longer hours and **wasn't** at home as much, although when he was here, he was good with our son and daughter because they missed him (**ages nine and seven then**).

I began to suspect he was having an affair, but he denied it. Then I heard a rumor from his co - worker's brother that a new employee had her claws in him, and I began to **question** him every day until he said we needed counselling, or the big **bad** fights would end our marriage.

The counsellor was on his side, and there was never any admission from him about this woman who'd stolen him from me. We stayed together another two years because of his guilt over the kids, but we kept fighting because he **wouldn't** confess his affair.

We finally **divorced**. I **hated** him for ruining our family. Seven years later the kids told me that he was going to marry that same woman. So, I'd been right all along.

It's nine years later, I'm 59 and healthy, but the kids left years ago, and I'm left alone because I **can't** trust any man.

How can a wife who tries her best compete with these office predators who spot a good earner and lure a man away from his own children?

A: You were deeply hurt and it's natural that you grieved your marriage breakup for some time.

Now, with freedom and good health to create a new outlook for yourself and your future, hanging on to past hurts is a choice you can remake.

There are many opportunities for you to engage in activities that you enjoy and meet new friends (**both women and men**) — walking groups, sports teams, book and film clubs, and even in volunteering, and more.

Staying “alone” and living with perpetual distrust of all men is a cop-out when you're mature and experienced enough to assess a person's character for the purpose of having company and friendships. I understand that you may never want to marry again but **fearing** all male contact at this point is choosing **negativity** instead of looking for **positive** ways to enjoy life.

For the record, it's rare that professionally trained and experienced counsellors “take sides,” though clients may interpret things that way when they **don't** agree with the process or dislike any hint of their having had a part in the relationship problem.

Also, the belief that a predator “steals” away someone’s husband, suggests that the men involved have **no** will and left happy relationships. It may happen that way sometimes, but usually there are background factors that contributed.

Yes, people sometimes fall in love even though they’re married. From the tens of thousands of letters that I’ve received over many years, in most such cases the individuals try to repair their marriages and struggle hard with the decision to **divorce** (as they should, when children are involved).

What’s important once that happens, and certainly now, is getting on **positively** with your own life. Your children want you to be happy and strong, engaged with friends and things you enjoy doing ... **not** stuck in this story from years back.

The current operative phrase applies to you for your benefit for years to come: Move on.

<https://www.thestar.com/life/relationships/advice/2018/12/01/after-a-messy-divorce-and-an-unfaithful-husband-how-do-i-learn-to-trust-again-ask-ellie.html>

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Should You Stay Married If You **Can’t** Afford **Divorce**?

You’ve finally found the courage to admit to yourself that your marriage is in trouble. Maybe you’re arguing all the time, you’ve lost feelings for one another or you **no** longer trust your spouse. Whatever the reason is, it’s over — and you’ve accepted that.

But, now, you’ve got another hard pill to swallow: Your finances. From sky-high legal fees to the loss of half (**or more**) of the household income, splitting up can wreak havoc on a woman’s finances. Can you even afford to get **divorced**?

Here’s how **divorce** can make a monetary impact, and some expert - approved tips on weathering the financial blow of a break up.

If There’s Abuse, **Don’t** Wait to Leave

Your safety — **not** your finances — should be your number one priority when you need to end a relationship.

“If you’re being emotionally or physically abused, get the **hell** out of the marriage regardless of what you can afford,” says Aviva Pinto, a certified **divorce** financial analyst and director at [Bronfman Rothschild](#).

Ask to stay with friends or family, or go to a shelter, to remove yourself from a violent environment. Getting yourself into a safe, supportive space will help you take hold of the situation and plan your next step.

Figure Out How **Divorce** Would Affect Your Current Lifestyle

If your safety is **not** in jeopardy, you've got a bit of time to figure things out — but it might **not** be easy.

The [legal costs of getting a divorce](#) can climb into the five-figure range. While that's steep, it's nothing compared to the potential long-term financial ramifications of a messy ending with your spouse.

The good news is that with some advanced planning, you can make a much more seamless transition to splits - ville. Start by taking stock of your current lifestyle, along with the expenses associated with it.

“Your analysis should consider your current assets ([liquid and those that can't be sold until later](#)), along with current and future expenses,” says Pinto. “[Examples](#) of future expenses could be your next home, college tuition, weddings for your children, vehicles and health care.”

Don't forget about long-term changes that may affect your finances. Things like Social Security benefits, possible inheritances, alimony, taxes and inflation will all influence your risk tolerance for investments and your monthly and annual spending, she adds.

As you're crunching the numbers of what single life would cost, **don't** assume that you'll only need to pay half as much to live like you do now ([even if you plan to downsize your home](#)).

“When you're married, you share utilities, rent, etc., but when you split up, you'll each have those expenses individually,” says Pinto. “That's the biggest nut to crack.”

The goal is to get a solid grip on what you're spending, how much you have in the bank and what you can potentially earn on your own. If you're feeling overwhelmed, consider consulting with a certified **divorce** financial analyst, who can review your financial documents and help you make sense of the numbers. You **don't** have to do this alone.

Plan Your Next Move

After you have a clearly defined picture of what living on your own may cost, you have some decisions to make. Should you **divorce** right now ([despite an uncertain future](#)), or wait it out until you can put some extra money in the bank?

“Maybe it’s better to get out of the marriage and you **don’t** care about your lifestyle as much. But other people suck it up and stay married, because they want to maintain their lifestyle,” says Pinto.

It may be worth buying yourself some time to get organized, build savings and develop a plan before **divorcing**. This might mean separating emotionally, while still living under the same roof.

“Some couples who **hate** each other but have **no** financial alternatives can successfully co-exist. They are able to achieve this by basically staying away from one another,” explains Melissa Fecak, a **divorce** attorney at [South Jersey Divorce Solutions](#).

“They may work different hours, keep separate bedrooms or make other arrangements that allow for them to limit contact with one another. While **not** an ideal situation, it can allow the parties to make do until their financial circumstances change.”

That situation probably **won’t** last forever (**nor would you want it to**), so take advantage of the amount of time you have left in your marriage to prepare for single life. Spruce up your resume if you **haven’t** worked in a while, open new bank accounts to start separating your finances and cut back on unnecessary expenses.

But if you feel like you **can’t** afford to **divorce** — and you **can’t** stand the idea of spending another day with your spouse — your finances may need to take a short-term hit. While **not** easy, asking for help from people you love might be necessary.

“Find ways to squirrel away money to save up and ask your parents or siblings if they can help you out in the meantime while you get back on your feet,” says Pinto.

Finances should never hold you back from leaving an unhappy marriage.

While buying yourself some time before a **divorce** will help make things easier when you’re eventually on your own, the emotional toll it takes might **not** be worth it. Be smart about your finances, listen to your heart and **remember**: This challenging time **won’t** last forever.

<https://www.exhalelifestyle.com/should-you-stay-married-if-you-cant-afford-divorce/>

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13 Ways To Be A Good Friend To Someone Getting Divorced

We [recently asked](#) members of the [BuzzFeed community](#) to tell us the best ways you can support a friend who is getting divorced.

1. **Remember** that a breakup is **not** the same as a **divorce**.

"**Don't** compare a breakup to a friend's **divorce**. I totally understand that people who date for a long time and then break up can go through very intense heartbreak and they're trying to relate, but it just **isn't** comparable to **divorce** where you have to wade through all the legalities of leaving your spouse." — Meaghan Allen-Harris, Facebook

2. Respect their privacy.

"I appreciated heartfelt apologies and help. I did **not** appreciate people whom I **haven't** spoken to since high school flooding my Facebook with 'heartfelt messages' of support ([I could virtually hear them congratulating themselves on the kind gestures](#)).

Accept that it's private, and that the person will talk if they want to talk. **Don't** press, **don't** ask them to delve into reasons. Take your cues from the person." — Estelle Nagel, Facebook

"Never assume you know why someone is getting a **divorce**, even if they're a close friend. Some have dark secrets they keep hidden behind closed doors. **Don't** pry and **don't** judge. Just be supportive and offer to listen. If they want to, they'll tell you what brought them to that decision." — [Mkrufener](#)

3. Make sure they know you **aren't** judging them.

"There may be tears; **don't** embarrass him — he's probably embarrassed enough already." — Marla Brunner, Facebook

"I got married at 18 and was terrified that everyone would take on an 'I told you so' attitude. Amazingly, **no** one has ([at least to my face](#)). They are amazingly supportive, sometimes even relieved that I **didn't** let my stubbornness keep me locked in a place I **didn't** want to be." — [dylanelizabethgood](#)

"I was never able to ask for help or for someone to just come over and be with me because my **ex**-husband had made me feel needy and pathetic. I never wanted to appear that way to friends when in reality I just wanted someone to call me up and say, 'I'm coming over.' I just needed **not** to feel alone." — [frizk21](#)

4. Include them in social events.

"Invite them to stuff. During my **divorce**, I lost all my friends except for two. Dinner invites kept me sane and social!" — Logan Penland, Facebook

"Being willing to socialize with your newly single friends is a huge mental help. Often during a **divorce**, the friends get split just as much as the stuff and finances and kids do. Unless you absolutely **hated** the other person in the relationship, there's **no** real need to pick sides; just be there for everyone you care about." — Matt Michaud, Facebook

"They **won't** say yes to everything you invite them to but **don't stop** inviting." — [mikaelag43aa73d65](#)

5. Help them establish a new normal.

"Help establish the new normal... I had a friend who literally did whatever, whenever I needed her. Which included picking me up after I had to drive the **ex** in a drunken state to a sketchy area, painting a house, random emotional meltdowns. It's good to keep moving forward but also to be in the moment of what's happening." — Krista Hill, Facebook

"During my **divorce** I felt like I should be ashamed of myself and what I was going through. I was nervous to tell my friends. When I did, one friend said, 'OK, wanna get a beer?' That made me feel human again. Knowing that I **wasn't** being judged." — Avital Klausner, Facebook

6. Know that they might **not** be interested in dating for a while.

"Some friends tried to push me to meet boys or move forward, and I think that's **not** helpful. Everyone moves at their own pace, and some people **aren't** ready to move on yet. Friends who respect the time you need to **heal** help make you feel more comfortable with your situation." — Judy Cox, Facebook

7. **Don't** tear their **ex** down in your effort to build them up.

"Hold off on the very unhelpful 'he/she was **no** good' line of advice. They might get back together and then you're the unsupportive friend who is judging them. Just be there for someone. Being supportive has nothing to do with your own opinions." — Marc Sauv , Facebook

8. Let them talk.

"EVERY person who undergoes a **divorce** goes through a patch where he or she just **CANNOT** shut up about it. This will be your friend at their most miserable and unattractive. Yes, he's knows he's boring you and that it's unseemly to display the dirty

laundry. But he/she **won't** be able to **stop** themselves. Let them rant. **Don't** cut her off, **don't** interrupt. This may take all evening (or probably several evenings). It's your friend's storytelling time, **not** yours. This **isn't** fun, but your friend is probably going to be fun-impaired for a little while anyway. Things will improve after they start getting laid again." — Marla Brunner, Facebook

9. **Don't** talk about them behind their back.

"Just **don't** gossip about it with other friends and people in the community, even if they ask, 'What's going on with ____ and ____?' because the version of 'the story' you as a close friend might have gotten may be different from the one they're going to tell, like, someone from your yoga class or at church." — [Courtney Elizabeth](#)

10. Avoid placing blame.

"I would say that the best thing for me was when people reminded me that it was **not** 100 percent anyone's fault. We both played a part. I tried to take on all the blame for the end of that marriage and it took me a long time to realize that we were both at fault." — [mikaelag43aa73d65](#)

11. Know that they might **not** be **sad**.

"During my **divorce** so many people I knew would automatically say how sorry they were that my marriage was ending. I **wasn't** and I **didn't** want their apologies or pity. If we opt to leave a relationship, there is a reason behind it. Offer your support but **don't** assume the end of the marriage equals sadness." — Bethany Clariene Germany, Facebook

"Treat them like an actual person who **isn't** made of glass. While I was getting **divorced** so many people thought I **couldn't** possibly handle seeing happy couples, or they would try to downplay their own happiness for my benefit. It made me feel awkward, **not** supported." — [rosieamnell](#)

12. **Remember** it's about them, **not** about you.

"What **not** to do: what my dad did. He is against **divorce**, and he made my **divorce** all about him and his feelings." — [turtlewexler](#)

13. Make your support ongoing.

"Check in on them, make sure they're doing OK. **Divorces** make the breakup process so much longer and harder, so long-term support is key.

I am so grateful for the friends that really stepped it up and supported me during my **divorce**. Just a random text or 10-minute phone call meant the world." — Kelly Short, Facebook

<https://www.buzzfeed.com/rachelwmiller/ways-to-support-someone-who-is-getting-divorced>

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Facing **Divorce**? 7 Common Costly Financial Mistakes To Avoid

Divorce is costly in many ways. It's time consuming, emotionally draining and can end up costing you big bucks. While working with new clients who are recently **divorced**, I often have to clean up some of the financial mess that resulted from poor decisions that were made during the **divorce** process. Avoid these seven mistakes if you find yourself parting ways with your spouse.

Divorce is never easy. But these kinds of financial mistakes can make the process that much harder. Here are 7 financial mistakes to avoid while divorcing.

1) Retail therapy

Why **not** run out and buy a new car to represent your new-found freedom? New cars, new homes and new faces may impact your financial situation **negatively**. You may have easily been able to afford that luxury ride in the past. However, you may find that payment onerous now that all the bills fall onto you.

2) Cashing in investments to pay current bills

You can always put the money back once the **divorce** is final. Right? Maybe, maybe **not**. If you are selling highly appreciated assets, you may owe substantial taxes when you sell the various investments. Additionally, since those assets will **no** longer be invested, they **won't** be helping you stay on track for your various financial goals. Your goals may have changed during the **divorce** process but I'm sure you still have financial goals.

3) Forgetting the tax implications of spousal support

Back in the good ol' days and before the [Trump tax plan went](#) into effect for 2018, the spouse paying alimony would get a tax deduction for paying spousal support. The receiving spouse would be the one who was stuck the taxes on that income. Under the Trump tax plan, the person paying alimony **no** longer gets that tax break. That is for **divorces** finalized after December 31st, 2018. In most cases, the spouse paying alimony is in a higher tax bracket than the recipient. [Higher taxes](#) mean there is less money to go around. **Not** really a great thing for **divorcing** couples.

4) 401(k) distributions and ignoring the taxes

Money can be really tight during a **divorce**. With attorney bills, new home costs and that aforementioned new car payment, your **401(k)** may seem like a big pot of money that will solve all of your short-term money woes. If you do **not** have taxes withheld, you can get hit with another whopping tax bill, and an additional IRS penalty of 10% if you are under the age of 59 ½.

P.S. If you are getting a qualified domestic relations order (**QDRO**), which is basically getting some portion of your former spouse's retirement accounts, you can put it into an IRA account, in your own name, and continue to defer taxes. Taking it all as cash now could place you in a much higher tax bracket and cause you to owe more taxes. **BAD IDEA.**

5) Fighting for the house at all costs

I hear over and over, "She got the house. She is set." While it may be a gorgeous estate and worth millions, it may also come with a huge mortgage and a high-cost to maintain.

At the same time there have been recently **divorced** people stuck with a house that's worth less than what they owe. (**Negative equity**). Make sure you consider all of your options when deciding what to do with the marital home. If you've lived there for a number of years, it may be beneficial for one party to keep it. That's especially **true** if it has a lower tax base. On the other hand, if you can't afford to keep it up, **don't** end up in a Grey Gardens situation where you're eating cat food, without proper plumbing just so you can remain living in what was once a grand estate.

6) Quitting your job to avoid alimony

This is one of those chopping off your nose to spite your face situations. While it may seem like a great idea, all it will mean is more time in court, and more money spent on attorney's fees, in the long run. At some point in time you will most assuredly go back to work. If **not**, you will most likely suffer more, financially, from **not** earning a paycheck than you would writing that horrid alimony check.

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7) **Not** having a Financial Plan

You're finally free and you **don't** have to answer to anyone else. The last thing you want to think about is a financial plan. Big Mistake. **Not** having a new [financial plan](#) could be one of the biggest financial mistakes you could make after a **divorce**. It's easy to succumb to the temptation of irrational behavior during such a complex and emotional time. However, potential financial mistakes made during that time could have lasting effects on your finances.

Take a deep breath and sit down with a fiduciary financial planner who can help guide you through the maze of complex financial issues that arise during the **divorce** process.

With your **divorce** settlement finalized, the future is all yours. With a clean slate, hopefully you can enjoy your new-found freedom and be proactive by taking control of your financial life.

<https://www.forbes.com/sites/davidrae/2018/10/25/divorce-financial-mistakes/#7418ee2a7eda>

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Recovering Your Life After A **Divorce**

Like any life process, **divorce** has a beginning and an end. The end of the **divorce** process generally involves learning from the past, taking a forward-looking, present-centered stance, adapting to one's changed circumstances, and doing what one can to reinvent and reconstitute one's life.

Learn from experience (so as to **not** repeat mistakes)

Setback that it is, **divorce** offers people a valuable opportunity to reflect on and learn from the mistakes they have made so as to minimize the chances that they will make those same mistakes again. The **divorce** rate for second marriages is higher than that for first marriages. Many experts believe this is because a majority of **divorcees** leap into hasty ill-conceived second marriages out of loneliness rather than carefully planning them for success. It is wise to do one's homework before getting involved again to maximize one's chances of success.

People tend to be predictable and are prone to repeating the same life mistakes again and again. Becoming conscious about the types of mistaken decisions one is likely to make (based on having made them in the past) is the best defense against making similar mistakes in the future. If, for instance, a first spouse was attractive because of his passionate and volatile attitude, but he later turned out to be abusive, it would likely be a mistake to get involved with a similarly passionate and volatile man in the future. If a first wife, chosen in part because of her careful attention to appearance, turned out to be an out of control shopper in part to support her attention to appearance, it would seem to be a mistake to get involved with similarly 'high maintenance' women in the future.

Become conscious of past mistakes by laying them out and reviewing them. Either alone (via **journaling**), or with the assistance of a trusted friend, family member or therapist, talk or write out the history of the marriage, from beginning to end.

It may help this task along to construct a detailed time line laying out key events, disagreements and fights that occurred. Work to identify and concisely describe the big points of conflict where compromise proved elusive or impossible. Try to figure out where your personality and values clashed with those of your spouse and where they were in harmony. Knowing this information will help you to figure out what qualities you will want in a future relationship and what qualities you will want to avoid.

With history in hand, make a list of the partner attributes your experience leads you to believe will make for a quality and lasting relationship, and then prioritize that list so as to focus in on those that are most important. If maintaining a balanced household budget is important to you, but **wasn't** to your **ex-spouse**, and this clash was a contributing factor to your **divorce**, you will probably want to make sure early on that any future partner shares your enthusiasm for budgeting. Use this list as a guide as you re - enter the dating world.

Let Go, Forgive, Embrace Change

Having learned from past experience, the next challenge **divorced** people face is that of placing their divorce in the past and deciding to move forward with life. Like it or **not**, life has chapters. **Divorce** is the end of one important chapter, and potentially the beginning of another. However, the new chapter can only start when **divorcees** reach a point where they are ready to 'turn the page' and explore what their new life can become. **Divorce** can thus trigger profound personal growth, new experiences and new attachments, or, alternatively, stagnation. It is also possible for both of these outcomes to be present at the same time.

Whether someone flowers or stagnates emotionally post-**divorce** will depend on many factors, including the resiliency of their personality and mindset, the health of their support systems, and on whether they are successfully able to resolve ties that bind them in unhealthy ways to the now-defunct marriage. Unresolved feelings of guilt and anger can become traps, as can feelings of victimization and resentment towards the **ex-spouse**. People sometimes feel that they **can't** let go of the past until 'justice' has been done. The thing is, however, that the world is a messy, often unfair place, and obtaining justice is sometimes more trouble than it is worth. It is sometimes more practical to let go rather than to remain embroiled. Working (**via therapy, friends, journaling, etc.**) to put the past relationship in perspective, forgiving mistakes and **wrongs**, accepting the finality of **divorce**, and just plain deciding to move on can help people to let go. Also, forcing one's self to participate in events, outings and clubs can help break the grip of the past by forcing attention into the present moment. In the final analysis, "living well" may be good revenge, but an even better outcome is to reach a place where revenge is **not** desired because one has moved on.

Reinvent your life

Moving on generally begins in fits and starts early in the **divorce**, in between episodes of grief or other crisis-related emotion and tends to reach full flower only as the **divorce** process winds down. Its occurrence is a sign that **healing**, and resolution are occurring, and its absence is a sign that grief and related emotions continue. Moving on involves becoming open to new experiences, new relationships, and new ways of thinking about one's self. The process is inherently proactive, rather than reactive; it involves becoming willing to actively explore options rather than to passively react. While it **isn't** necessarily a good idea to attempt to force one's self to move on (**at least in the first year**), there are ways to cultivate its occurrence.

- Think **positively**. Being able to move on with life is easiest to accomplish when one is hopeful, positive, forward-looking and present-centered, rather than stuck ruminating about the past. **Negative**, depressive or pessimistic attitudes get in the way of moving on because they are closed and do **not** motivate new approaches to life.
- **Positive** thinking comes easier for some people than for others, but anyone can learn to be more positive in outlook if they want to and are willing to practice. Getting treatment for underlying depressive or anxious problems sets the stage for **positive** thinking.
- Hanging around **positive**-thinking people, watching how they do it, and modeling one's own behavior after theirs is the best way to pick up the habit. Psychotherapy, support groups and supportive friends can help the process along by providing support and encouragement, and opportunities for practice. It's **not** necessary to become a perfect positive thinker in order to benefit. What are required are only a sincere desire, and a willingness to practice.
- Put **remembrances** away. Some people, places and things will cause one to **remember** the past marriage and keep things focused on the past. To the extent it is possible, it is a good idea to put such things away so that they **don't** automatically trigger old memories. When people places, and things **cannot** be avoided, it sometimes is helpful to force one's self to create new memories around those people places and things so that new more **positive** memories comes to mind when those people places and things are encountered.
- Try out new things. Moving on with life is also facilitated by getting out and trying new things. Exploring interests, old and new, pulls one's attention into the here and now, creates opportunities for creativity, meaningful social interaction and new relationships, and can even promote personal growth. The more one does, the more their identity as a single **divorced** person coalesces, and the more the previous marriage can recede into the past. There are as many possibilities for things to try out, but a short list of things to consider doing might include:
 - looking for a new job
 - redecorating one's living space
 - returning to school for classes, or even a degree program
 - exploring new hobbies and social or service clubs
 - changing wardrobes, or getting a makeover
 - beginning to date
 - finding ways to help others through similar life crises.

<https://www.mentalhelp.net/articles/recovering-your-life-after-a-divorce/>

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A new Web Site: <https://marriagesecondtimeplus.org/>

Also: may like to visit: www.Tri-CountyRegion.US

Also: may like to review books: <https://tri-countyregionbooks.com/>

May E-Mail: LehrLionsClub@bektel.com

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14 Men Open Up About The Devastation Of Divorce

There is a common misconception that women are more heartbroken after **divorce** than men are -- picture [the cliché divorcee](#) trying to put her life back together after being left.

The **truth** is, **divorce** is just as hard on men; they too made vows, lost their best friend and saw their futures disappear before their eyes. Thanks to [a recent Reddit thread](#) that asked men how **divorce** compares to a breakup, we got to hear from the guys. Here's what they had to say:

1. "Regular breakups suck. Separation or **divorce** is weeks [of crying yourself to sleep](#) into a pillow in a rented room."
2. "It's [just awful](#). The betrayal of someone rolling you over and taking all your stuff and realizing that all those promises you made at a fancy ceremony surrounded by your family and friends mean nothing if she falls out of love with you."
3. "All your dreams **die**. Think about [how that feels](#). You stand in an empty home that was supposed to be filled with laughter, good times, children, a future -- and now it's just an empty home ... Everyone puts on the brave face. But you know deep down that

you are broken on a very fundamental level. Its pretty scary. Its very lonely, it changes you."

4. "Emotionally it was devastating. I was with her for 24 years, 18 of those married. In my heart and my head. I was committed forever.

We have kids who were hurt very **badly** and are still struggling nearly seven years later. It is a brutal thing -- I **didn't** give a shit about the financial aspects, that lasts a few years and then you move forward. It is the destruction of the family that is the real disaster."

5. "The biggest thing I noticed during the **divorce** was how I was seen. I was a resource, **not** a person. I paid bills: lawyers, child [**support**] and spousal support, anyone that wanted money started threatening me, because I had the paycheck. It's lonely, and you really start to **question** why you try so hard when **no** one gives a shit about you. You start to think a lot more about what's important to you versus what's just an obligation you've carried out of familiarity."
6. "It hurt more deeply than other breakups. All of the legal stuff was a pain in the ass of course but giving up altogether was extremely difficult for me. When you're just dating someone, it's sort of understood that it's possible to decide things **aren't** solid enough to put a ring on and go your separate ways. Once you sign that contract and swear those vows, it just feels like a more binding commitment."

7. "**No** matter how much you want to be friends and be amicable, it always turns messy.

You have to **divorce** half of your stuff, half your money, and in some cases a good chunk of your future money. But by the time you are done you might **not** even care, because you just want the nightmare to end so **badly**. If you have kids... it never ends."

8. "It was far and away the most depressing few months. I lost my moral compass and started doing all sorts of terrible things to good people. I was taking it out on everyone while pushing everyone away. I hope to never go through something like this again. I was broken by the **divorce** for a long time."
9. "It's a living hell."
10. "Emotionally it was horrible. I lost **not** only my wife, I lost my lover, my best friend, my teammate, and my 'family.' To me, **divorce** just was never an option, until it happened. I felt lost. I had lost the one person who I felt I was allowed to confide in."
11. "It's a lot like a breakup except the emotional repercussions are **worse** because the person that you thought you were going to spend the rest of your life with is suddenly **not** in your life anymore."
12. "For the most part it's the difference between falling off a bicycle and by a truck."

13. "I think the difference is in a marriage, you've relaxed into it completely because it's supposed to be for life. You've let the commitment completely envelop you. And then the rug, and the earth beneath it, get yanked from under you."
14. "It sucks. We are brought up in society to believe that marriage is good, and **divorce** is **bad**. We're taught that we should try and try and try and try again to make our marriages work. When we **can't** make it work, all this societal pressure to remain married makes you feel like a total failure, even if you absolutely know you're doing the right thing. **Divorce** is a GOOD thing. It allows unhappy people the chance to become happy again."

Keep in touch! Check out HuffPost **Divorce** on [Facebook](#) and [Twitter](#). Sign up for our newsletter [here](#).

https://www.huffpost.com/entry/divorce-confessions_n_5999050

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5 Tips for Fixing a **Hot** Mess: Life After **Divorce**

Divorce can feel like a **hot** mess. You look polished and put - together on the outside but feel like you're crumbling on the inside. So, what can you do to get back to good after a breakup? These **five tips** will get you several steps closer to the proverbial [other side of your divorce](#).

Avoid Empathic Overload

It's easy to internalize the feelings of others about your breakup, especially if you have children. [Grokking](#) what what others are going through can be helpful in understanding them. It's also draining and exhausting to the max, sowing the seeds of anxiety and reducing your confidence and competence. Find ways to [flex your emotional muscles](#) through resilience. Harness your inner strength to protect your energy and avoid overloading on others' emotions.

Practice Creative Self - Care

Accurately naming your pain on paper or in the notes section of your phone can be cathartic. So, can singing out loud to favorite music while dancing in your living room or filling in an adult coloring book. **Don't** try to avoid your feelings. Invite them in. It's the first step on the road to letting them go.

Know That the Present is All You Have

“The present is all I have.” Try using this phrase to detach from inner dramas if you find yourself continually going down the rabbit hole of pain and drama. Your physical symptoms -- nausea, headaches, back pain -- could actually be due to emotional pain.

So, try to decode your body’s messages as a way to live fully in the present. **Don’t** wait for things to be better tomorrow. Walk outside. Do yoga. Go for a run. Stretch. These activities can alleviate physical and psychic pain, making the present moment more tolerable -- and perhaps even wonderful. Taking control of your body allows you to regain control over your life.

Mind Your Budget

You might crave an image change – In the form of a haircut or new wardrobe -- as a way to transition to your new post - **divorce** life. But **don’t** drown your sorrows in retail therapy. When you feel tempted to overspend, note your body’s zones of pressure: the head to throat, shoulders to chest and mid-back, and low-back to belly. The body **doesn’t lie**. Know that hurt, sadness, **anger**, and **fear** may affect how these areas of the body feel. So [before you break out the credit card](#), hit the pause button. Take care of your body and mind instead. Your future bank account will thank you.

Pay Attention to Self - Talk

Everything circles back to love. We are who we come home to. The way we talk to ourselves, especially after interactions with provocative people, can be instructive. Replacing “I **can’t**,” the stance of the victim, with “I **won’t**” turns us into someone who takes action. **Not** conflating talking with doing is also instructive. Remind yourself that you have the power to author your own life. Replace defeating self-messages with empowering ones. Slow down your thoughts enough to notice these **negative** thoughts and harness the power of more powerful messages. All you have to do is keep going. **Don’t** give up.

<https://www.itsovereasy.com/insights/fixing-a-hot-mess-life-after-divorce>

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Divorce Settlement Questions

Below are some of the common **divorce** settlement **questions** that often arise when people are going through a **divorce**.

As you read through the responses from the legal advisor, you can gain insight into your own situation and understand some of the issues you need to consider before you sign your **divorce** papers.

Is there a timeline for responding to a settlement offer?

- Should I sign off on the retirement if financial matters were reserved for a later date?
- Will we have a trial if we **can't** reach a settlement?
- What should I expect at the settlement conference?
- Is the settlement hearing necessary if we can reach an agreement?
- Do I have to attend the settlement conference?
- Can I jeopardize the settlement if I spend the weekend with him?
- Would a verbal settlement agreement be enforceable?
- Can we have a notarized agreement in addition to an uncontested **divorce**?
- Is an agreement that's **not** part of the court order enforceable?
- Is a settlement agreement valid if it's **not** filed with the court?

- We **didn't** have a settlement agreement and now it's a mess.
- Do we need lawyers to reach a binding financial agreement?
- Should a lawyer review the settlement documents?
- Do I have to claim and pay taxes on the **divorce** settlement?
- What if the proposed settlement agreement is **wrong**?
- What can I do if his lawyer changed the settlement agreement?
- What if I **don't** agree to finalize the settlement?
- What happens if I **didn't** sign the agreement at the final court date?
- Can he revise the signed settlement agreement if I **don't** agree to it?
- I signed the settlement agreement. Can I have it changed?
- How do we change the signed settlement agreement?

- [Can I help my parents change the alimony part of their settlement?](#)
- [Does my **ex** have to comply with the **divorce** agreement?](#)
- [When does the settlement agreement become effective?](#)
- [What are my options if he **doesn't** pay the settlement?](#)
- [What if he **didn't** pay the settlement before my move-out date?](#)
- [Is it non-compliance if his email says I **don't** have to pay?](#)
- [Can I request the settlement money be paid through a 3rd party?](#)
- [Can a settlement agreement be changed if we **didn't** use a lawyer?](#)
- [Can I get a copy if I lost my final **divorce** settlement papers?](#)

Is there a timeline for responding to the settlement offer?

<https://www.womansdivorce.com/divorce-settlement-questions.html>

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Making Marriage Work | Dr. John Gottman

Here's the science behind happy relationships! Dr. Gottman outlines the findings, tools and techniques that have helped thousands of couples from around the world build a "Sound Relationship House."

<https://www.youtube.com/watch?v=AKTyPgwfPgg> 47 min

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WHY God Allows Many Marriages to **FAIL**

Summary of **Divorce** and Remarriage Points **Not** Seen By Legalists

1. **Not** all marriages are put together by God ([Joshua 23:12 - 13](#), [Ezra Ch. 9:13 - 14](#), & [10:2 - 3, 10 - 13](#)) ... **not** to mention "David and Bathsheba or Samson and Delilah"
2. There are many unequally yoked marriages that God **Hates** even MORE than **divorce** ([Exodus 34:14, 16](#), [Deuteronomy 7:3 - 4](#), [Deuteronomy 13:6 - 10](#), [1 Kings 11:1 - 4](#))
3. Jesus Christ is the same, yesterday, today, and forever ([Hebrews 13:8](#))
4. This means that God **STILL** commands us to separate from the **disobedient** and **wicked** ... ([Psalms 1:1, 26:5](#), [Psalms 101:4, 7 - 8, 119:113, 115, 118](#), [Proverbs 13:20, 19:19, 22:10, 22:24 - 25, 23:9](#), [Matthew 7:6, 10:34 - 38, 18:17](#), [Mark 3:25, 8:22, 10:14, 12:30](#), [Romans 1:32, Romans 16:17](#), [1 Corinthians 5:11 - 12, 1 Corinthians 15:33, 2 Corinthians 6:14 - 17](#), [Ephesians 5:3 - 7, 5:11 - 14](#), [2 Timothy 3:1 - 5, Titus 3:10 - 11](#), [Hebrews 1:8 - 9, 1 Timothy 5:22, 2 John 1:11, Revelations 18:4](#))
5. **NONE** of the above commands are abolished by the temporary institution called "marriage"
6. Jesus' teaching on **divorce** was specifically to a Jewish audience {Just as each of HIS messages to the 7 churches in [Revelation 2 - 3](#) were specific to each church in accordance to THEIR unique issues and **sins**, so too was HIS teaching in the Gospels on **divorce** specific to Jews who were in a **divorce** crisis, **divorcing** for any foolish reason, because their hearts were hard. ([Matthew 19:8](#))
7. Even still, Jesus did **not** fail to give this concession to those Jews who were quick to **divorce**, saying, "Except for Adultery" regarding remarriage in [Matthew 19:9](#)

8. Jesus intentionally chose a woman who was **divorced** and remarried FIVE times to evangelize an entire town. Never once did he say to her, “God **Hates divorce** or you can never marry again, or you are going to **hell** because you remarried FIVE TIMES!” ([John 4:1 - 25](#))

9. The same word used in [1 Corinthians 7:39](#) to describe the widow who is **no** longer “bound”, and thus free to remarry is the exact same word used in the phrase “**no** longer bound” in [1 Corinthians 7:15](#), to describe the new condition of the believing spouse who has been left by a believing spouse.

10. The greater principle in the NEW Covenant than “physical **death**” which can separate a marriage, is “**spiritual death**”. Many people are indeed in marriages, living with **spiritually dead** people who have once and for all rejected Christ and that **death** is slowly spreading to the “living spouse”, which is EXACTLY why God placed all the commands listed above to SEPARATE from the **disobedient** ... HE is trying to preserve a **Holy** uncontaminated remnant. This **cannot** be done when a person is living with a “**dead** body” yoking their light to the darkness. Passages showing **Spiritual death** in Scripture: ([Matthew 8:22](#), [23:27](#), [John 5:24](#), [6:63](#), [12:40](#), [Romans 7:10](#), [8:2](#), [8:6](#), [Ephesians 2:1](#), [2:5](#), [Colossians 2:13](#), [James 1:15](#), [2:26](#), [1 Timothy 5:6](#), [Revelations 3:1](#))

11. Anyone who has **doubts** about **divorce** or remarriage should **NOT** move forward in either, until you have heard clearly from the Lord and can move forward by faith. Anything **not** done in faith (**with doubt**) is **sin**. [Romans 14:23](#)

12. Only God, by HIS **Holy Spirit** can give Revelation on the deep things and matters of HIS heart on subjects like this. God reveals them to Babes but hides them from the clever, the proud, the legalistic and the “wise and learned”. [Matthew 11:25 - 26](#)

[Luke 7:33 - 35](#) NIV [33] For John the Baptist came neither eating bread nor drinking wine, and you say, 'He has a **demon**.' [34] The Son of Man came eating and drinking, and you say, 'Here is a glutton and a drunkard, a friend of tax collectors and "**sinners**.'" ' [[Michael Chriswell came and remarried after his first wife had an affair and then years later **divorced** him for serving God rather than money, and you say, 'Here is a lawbreaker and **adulterer**.']] [35] But wisdom is proved right by all her children."

UPDATE: You may download my new book called, "God **Hates Divorce**, But HE **Hates** Many Marriages Even More", for FREE at www.RelentlessHeart.com and click BOOKS tab.

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Why does God allow so many marriages to end in **divorce**?

Why **didn't** God answer my prayers to restore my marriage?

HE has some VERY GOOD reasons, but since today's Christians have been taught to idolize marriage and taught that marriage is the answer to all of society's problems, we are missing the GOOD reasons why God refuses to answer so many of our prayers for the restoration of our marriages.

<https://www.youtube.com/watch?v=dvygKgnF0cs> 40 min

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Can Believers Remarry After A Divorce?

Can a Christian remarry after getting a divorce? We answer this question on this week's episode of Real Truth. Real Quick.

Subscribe to our channel by clicking here:

<https://www.youtube.com/c/realtruthre...>

https://www.youtube.com/watch?v=_Cun0ZLOInI 7 min

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What Jesus Taught about Marriage and Divorce

Follow Me! Following Jesus through the Storms of Life :: Matthew 19

<https://www.youtube.com/watch?v=ab7eBk7NI5s> 46 min

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Myths about Christianity | Christian Divorce Encouragement

There are a lot of myths about Christianity. One of these common myths is about Christian divorce.

So, many people have repeated the incorrect statistic that 50% of all marriages end in **divorce**. Unfortunately, people also are under the impression that this statistic is just as **bad**, if **not worse** when to Christians. Is this **true**? Or can it be that being a Christian actually makes a difference?

<https://www.youtube.com/watch?v=RIKXPz4aTRY> 7 min

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Understanding the Law of Attraction

**For more visit our website: <http://goo.gl/kYTfZp>

** Bob Proctor talks about the Law of Attraction, how it has impacted him, and how it can impact you. Join Bob in this 40-minute information video.

FREE Law of Attraction Webinar here: <https://bit.ly/2IKV9xh>*

Subscribe for more: <http://goo.gl/VL0Smo>

<https://www.youtube.com/watch?v=opOXFCYWuDU> 40 ½ min

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Undoing **Divorce** with God at the Center

Brian and Tracy were young, married, and expecting their first child. But when the stress of life and parenting became too much, they decided to **divorce**. After finding Christ individually, they are now remarried to each other, have three ...

<https://www.youtube.com/watch?v=4PVuyzdp60s> 6 ½ min

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Should a Christian **Divorce** their Unbelieving Spouse?

From the sermon - **Lies** We Believe about **Sex**, Singleness, and Marriage

<https://www.youtube.com/watch?v=t8rkOgo-1vs> 6 min

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Can the **blood** of Jesus cover over my past **divorce** so I can remarry?

Dr. Joseph Webb series on **divorce** and remarriage in the Church. For more information: www.cpr-ministries.com

<https://www.youtube.com/watch?v=MgPSBOaxWwI> 7 min

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7 Secrets About Men Most Women **Don't** Know

Have you ever taken a moment to think what dating must be like for... men? Many women believe, when it comes to dating, men hold all the cards. This could be because they've been rejected by men in the past, been played or cheated on by men, or simply brought up to believe that's just the way it is.

Whether or **not** you think men have the power overall, I write today to increase your awareness of some ways in which men definitely **do not** have the power. Many of these may never have even occurred to you. The more you can understand men and where they are coming from, the more success you'll have in dating and forming relationships with them. So, here's 7 disadvantages men have in dating you might never have previously considered.

1. Men have to risk rejection a lot more than women

If there's a standout advantage women have, this has to be it.

The fact is, women must deal with a lot less rejection in dating than men. If a woman is unwilling to make a move on a man, she can sub communicate to him she wants him to make one, without risking a real rejection. If that **doesn't** work, a different man will try his luck. She can meet and get chatting to a lot of men, without having to risk a direct rejection. While women are just as vulnerable to rejection, once in a relationship, a woman can have a successful dating life, without ever being rejected. She may **not** have quite as many options, but she'll still have options, especially if she knows how to give men proper **green** lights.

If a man **doesn't** – at some point – ‘man’ up and make a move, then generally he’s going home alone. **No** matter how much he gives a woman eye contact, it will usually be him who has to walk over, him who has to kiss her, and him who has to ask her out to lunch.

Even if he’s **not** approaching you in a bar, wherever he meets you, he still must take the risk in asking you out. For many men, confidence does **not** come naturally. Unfortunately, in dating, where men must risk rejection regularly to have success, confidence is required. This can be a huge, sometimes insurmountable, obstacle for some men to overcome.

No matter how you cut it, for men to get results in dating, they have to risk rejection much more than women. **Remember** this next time you’re getting frustrated with a guy’s hesitancy to make a move on you and help him out by making sure you make your signals to him clear.

2. Men **cannot** get a date or romantic attention easily

If a woman wants a date, **sex**, or even just a little ego kick, it’s **not** exactly scarce. It could be as simple as jumping on Tinder or getting dressed up to go out for the night. A woman has the security of knowing romantic attention – at least in some form – is always available, should she want it. Each time a man has to move the relationship forward, there is a chance of you rejecting him.

Spare a thought for men, who, even if they jump online or go out, are **not** guaranteed any of the above. A man always has to risk rejection to earn a date or more from a woman. Many men, especially those who are good guys but **aren't** necessarily confident or good looking, never know where their next hit of romantic attention might come from.

3. Society puts enormous pressure on men to be good with women

Like it or **not**, more pressure is on men to have skills with women than the other way around. Growing up, boys who can flirt and interact with the girls are heroes by their friends, whereas girls who show extraordinary social skills with men are often shamed by their jealous peers. The underlying message given to men is that they are **not** a **true** man and should be ashamed if they **cannot** attract a woman.

Take a moment to think about the gravity of pressure this message puts on men.

If a guy is around his mates at a bar, how does this pressure effect the chances of him approaching you?

He's likely to shy away, **not** wanting to risk failure at something so 'important' in front of his friends.

If he's sober, and you reject him harshly when he asks you out respectfully, how is he going to feel?

Probably, like never approaching another woman again and taking his feelings of rejection out on women in the future.

And, if a guy **isn't** good with women, what is he likely to believe about himself?

"I'm **not** much of a man; am I, Yes, I'm pathetic."

The underlying message given to men is that they are **not** a **true** man and should be ashamed if they **cannot** attract a woman.

So, before you go saying things like, "Well, I **wouldn't** date any guy who **doesn't** have the confidence to approach me," take the time to understand where he is coming from and how much pressure society puts on him to be good with women. If you're giving resting bitch face or turning your back, he might be the perfect guy for you and a great person, but he's never going to approach you.

4. Men are encouraged to be independent and **not** ask for help

When a woman asks for help with something, she generally has **no fear** of being judged for doing so. However, many men, raised with the belief that a man should be independent and strong, shy away from the possibility of admitting they may **not** have all the answers. In dating, this is especially problematic. Men are told it's shameful and disrespectful to seek help to improve their dating skills. So much so, we've cancelled the Visas of men, who've tried to come to Australia and teach it!

While some of these men may be coaching derogatory tactics, those who are genuinely trying to help men improve their dating lives and meet women, sadly, get tainted with the same brush.

This ties men's hands when it comes to improving the parts of themselves that would make them more attractive dates, lovers, and partners.

In my own life, admitting I was terrible with women and asking for help (**then being looked down upon for trying to find it**) was one of the most bitter pills I ever had to swallow, proving extremely bruising to my ego. It was worth it in the end, but such an experience highlights that men, both as children and adults, are actively encouraged against seeking help, especially in this area. So, spare a thought for the hopelessness a man, who **isn't** good with women, must feel when he sees other men walk around with natural charm.

5. Men **aren't** good 'people readers'

Men are less intuitive and socially adept than women, which works in women's favor on the dating playing field.

If the task was to carry heavy boxes upstairs, this would give men an advantage, but in the social world of dating, the shoe is on the other foot. This stems from an evolutionary background, where women relied on social skills, rather than brute strength to survive.

Your average woman can read people better, make better conversations, and be more dynamic in her ability to read people than your average male.

So, if you've ever met a guy, who **hasn't** been able to keep up with the social pace or missed a couple of cues from the group, try to have empathy. Men **aren't** born to talk and read situations the way you were.

6. From a man's point of view, all a woman needs to pick up is ... looks

And well... they're right. Sort of. A woman can pretty herself and pick up every night of the week – if she wants to.

Of course, we both know if you were to actually do that you would rarely pick up the guy you actually wanted. Still, the point is that **no** matter where you are in life, if you get dressed up and go out, you could get something.

Look at this from a guy's point of view. He **doesn't** see the reality – you struggling to get the attention of the guy you want and getting hit on by creepers all night. He just sees a pretty girl with half the bar looking at her and trying to talk to her. What is that going to register in his mind? “Jees, women really have it easy.”

Perception is reality. If he sees this (**and believes it**), then that is enough to make it real that you (**and women like you**) have the advantage.

7. Men are given mixed signals from a young age about what women want

“Be a gentleman.” “Treat a woman with upmost respect.” “Always put her before yourself.” Men are hammered with this advice growing up. Then, what happens to a guy who always follows this advice? He ends up in the damn friend zone!

It’s **no** wonder guys get confused about what women want. There are mixed messages coming from the media, their parents, and even other women (**who in their eyes ask for one type of guy then date another**) about what exactly women want. There **aren’t** too many young boy’s mothers who give the advice, “Son, open the door for her in the car and pull out her chair for her, then smack her ass hard while she moans in the bedroom.” And if someone tried to teach this en masse, someone else would take it out of context!

Young men are forced to figure it out for themselves and often get it **wrong**. So, **remember**, sometimes, it’s **not** a guy fault if he **doesn’t** know what to do. It’s because everyone has been telling him different things his whole life.

Whether or **not** you believe men have the advantage in dating – at least, in these 7 areas, there’s **no question** – women have the advantage. So, next time you get frustrated with a man, because he **won’t** make a move, **doesn’t** seem to ‘get’ you, as a woman, or seems insecure about his abilities with women, **remember**, men have pressures on them you **haven’t** been brought up to identify with. Understanding such pressures and, perhaps, having a little more forgiveness and empathy for a man’s, sometimes inexplicable, behaviors will see you approaching dating with more patience and acceptance, leading to more fulfilling experiences and relationships with men.

<https://thoughtcatalog.com/mark-rosenfeld/2016/05/7-secrets-about-men-most-women-dont-know/>

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Women's Dark Secrets

There is **NO** Secret to Attracting Women

Do you want to know the secret to attracting women? Are you looking for that “Magic Bullet” guaranteed to make any woman fall in love with you right there on the spot? Well, there is **no** secret to attracting women. That “Magic Bullets” **don’t** exist. But even if it did you **wouldn’t** need it. Because you already have everything you need to attract incredible women. **Don’t** believe me? Read on to learn more.

Why you’re more attractive than you think.

If you're like most guys you really **don't** need to learn how to attract women. What's far more important than learning "the secret to attracting women" is unlearning all the bullshit and **bad** habits that is preventing you from attracting women in the first place. Let me **explain**: At an early age – based off just a couple experiences (**or perhaps just based off stuff seen on TV**) – a guy may learn that "attractive women **don't** want me". He'll then repeats this belief to himself until it becomes ingrained as in who he is.

Messages from society reinforce this belief and he starts to think he's **not** "rich enough", "handsome enough", or "cool enough" to attract women. But in reality, the only thing preventing him from attracting women is his own belief that he's **not** good enough. If that belief **wasn't** there, then being confident and authentic with women (**and therefore appearing more attractive**) would be **no** problem.

So, the most important thing any guy who struggles with women can do is change the beliefs he has about himself. How do you do this? You can start by asking yourself each day, "Why are beautiful women so attracted to me?" You **don't** need to answer this **question**, simply ask it and let your subconscious mind to seek out the answer. This will help destroy that old, outdated belief that women **aren't** attracted to you. At the same time, it'll strengthen the belief that they are.

The problem with "Magic Bullets"

Even though there is **no** secret to attracting women plenty of "Pickup Gurus" will say otherwise. They claim to have the "Magic Bullet" for attracting women and say that if you can just hit certain "evolutionary attraction triggers" then women will have **no** choice but to be hopelessly attracted to you.

And while that kind of stuff works occasionally, any attraction that is created through these methods **doesn't** last. And learning them often does more harm than good.

So long as a guy is learning "routines" to attract women he's continuing the story of "I'm **not** good enough as I am to attract women". Even when guys have some success, they soon feel empty because it's **not** them that's attracting women – it's their "routine".

But you **don't** need to say or do specific things to get a girl to like you – you're already an awesome, likeable guy. So, rather than actively trying to charm a girl or win her over, focus instead on simply having fun when interacting with women. Enjoy yourself and let your own joy and excitement radiate to her. By focusing on having fun you're going to come across as charming and attractive naturally. (For more on what this looks like, [click here](#))

Own your **sexuality**

Along with learning they're "**not** good enough" some men have also learned that they need to hide their **sexuality** around women. They're so terrified of being seen as a "creep" or "pig" who "only wants **sex**" that they bury any attraction they have towards a woman. This leads a guy on a one - way trip to the friend - zone.

Rather than learning secrets to attract women, guys like this just need to let women see them as a **sexual** being. **Remember**, women **aren't** the delicate porcelain figurines we sometimes think. They are **sexual** creatures with their own needs and desires. So, **don't** be afraid to awaken this **sexual** side of them (**and that side of you as well**).

How can you do this? There are plenty of ways: Use **sexual** innuendo in your conversations with women. Playfully misinterpret her words and behaviors and pretend as though the girl is trying to take advantage of you **sexually**. **Don't** tell a girl she looks "nice" in those jeans – tell her she looks "**sexy**". Little things like that can build the **sexual** tension between the two of you and get her to see you in a more **sexual** light.

Becoming a high - value man

Another reason why there really is **no** secret to attracting women is that we already know the qualities women find attractive in men. And you have all these qualities already – they may just need a little polishing.

For **example**, we all know women want confident, high - value men. And showing a girl you have these qualities can be as simple as adopting the right mindset. Rather than approaching a girl in order to get something from her (**like a phone number**) look instead to give her something. See if you can make her smile or brighten her day. Give her a compliment without expecting, wanting, or needing anything in return. Adopting this mindset of giving (**while needing nothing in return**) is what separates confident, high - value men from everyone else.

Be a leader

A second quality women find attractive that's easily demonstrated is leadership. Women want a guy who can take the reins and lead the way. When a man assumes that responsibility it gives the girl a chance to sit back, relax, and enjoy herself.

A great time to show leadership is when you want to take things to the next level. Rather than hoping she'll make the first move (**or signal that it's time for you to do so**), have the courage to come out and express your desire first.

Let her know you like her, you want to kiss her, you want to date her – whatever it is. There’s **no** secret to attracting women here, just be bold and say what’s on your mind (for example: “**I so want to kiss you right now**”). By unapologetically going after what you want you demonstrate the leadership women respect and are naturally attracted to.

Start getting more dates today

While there’s **no** secret to attracting women there are plenty of tips and strategies to becoming more confident, authentic, and attractive. To learn more head to <https://theartofcharm.com/>.

<https://theartofcharm.com/art-of-dating/secret-attracting-women/>

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How Confessing **Your Deep Dark Secrets** Can Free You

Read more at: <https://www.beliefnet.com/inspiration/articles/how-confessing-your-deep-dark-secrets-can-free-you.aspx#ghqWKdmSVHRozE11.99>

Let’s admit it. We all have secrets. When we carry those secrets around, it can weigh heavily on us physically, mentally and emotionally. It is extremely difficult to expose our secrets to our loved ones because we’re ashamed, **not** simply of the act we’ve committed, but of how they will view us once we reveal it. But when we find the courage to open up to others about our past transgressions by confessing those deep, dark secrets, we are freed.

In the film “In the Heart of the Sea” based on Nathaniel Philbrick’s best - selling book about the dramatic **true** journey of the Essex, the ship’s surviving crew is pushed to their limits and forced to do the unthinkable to stay alive. In the harrowing aftermath of the ship’s demise, the surviving men are forced to deal with what happened within and it becomes an internal struggle for many. After they experienced the unthinkable, they carry around “unspeakable” secrets.

The events that took place at sea and the secrets they hold weigh on the men so heavily that it calls them to **question** the value of their lives and the morality of their trade. Chris Hemsworth, who plays Essex first mate Owen Chase in the film explains that one of the most compelling aspects of the story is how the men respond to what they’ve been through.

“All of them are far different at the end from who they were starting out,” said Hemsworth. “Coming home, how do they look at themselves and at the world? How do

they look at whaling? Are they going to go back out there and do it again...? Or perhaps they are going to think, ‘Maybe this is **wrong**. Maybe there’s a lesson to be learned here.’”

For some men aboard the ship, the thought of revealing those secrets publicly is unimaginable. Thomas Nickerson is one of these men.

Nickerson is only fourteen years old when he joins the crew of the Essex and sets off on his first whaling expedition. He has prepared himself for this moment his entire life and is convinced that this profession will be his path to glory.

“He’s an orphan, he has **no** one, and he sets out on this voyage with a bunch of hardened men who have been doing this for years, and he genuinely has **no** idea what he’s doing,” said Tom Holland who plays the 14 - year-old Thomas Nickerson. “He heads into it wide - eyed and ready to go, but he **doesn’t** know what he’s in for.”

What begins as joy, particularly at the thought of journeying with the Essex’s crew abruptly shifts to a nightmare – a nightmare he will never forget. While the Essex tragedy weighs on him heavily throughout the years, he refuses to talk about what happened aboard the ship, **not** even with his wife.

The man Nickerson grows to be still bears the scars of his ordeal, although most of them are invisible. It **isn’t** until novelist Herman Melville arrives at his doorstep that he begins to open up the story, though it took much convincing that a freeing begins to occur.

Oscar winner Ron Howard who directs the film explains that paralleling the stories of a young Tom Nickerson and Thomas Nickerson thirty years later allows you to see the danger and excitement of the adventure seen through the eyes of a boy and the trauma and tragedy as **remembered** through the man. Thirty years later, he is the last remaining survivor of the Essex. Through the retelling of his story, he begins to unload his deepest, darkest secrets with a man he **doesn’t** even know. By being asked to retell the story, Nickerson is pressed to recount the events that continue to haunt him. But through the recount of events aboard the ship, you begin to see the weight of the secret lifting off of him, and it’s **not** only relieving, but it’s also freeing.

Veteran actor Brendan Gleeson, who plays the role of the older Thomas Nickerson in the film remarks “[**Nickerson**] was only a child when he witnessed this awful thing and has never spoken about the horror of what he went through. It’s something he’s suppressed for years upon years, and it’s essentially **killing** him. When he is able to bring himself to a place where he can finally confront it, it’s quite cathartic.”

When we hold onto our dark secrets, we can easily find ourselves in bondage to them. But when confess our dark secrets like Nickerson did in the retelling of the tragedy of the Essex, we can experience a similar freeing, and ultimate transform our lives.

While finding the courage to share what you’ve been hiding can be horrifyingly difficult, revealing your secrets, even with a stranger can provide the psychological relief

we need to move on. We are **not** our past, and when we share our stories, we are **no** longer defined by them.

Read more at: <https://www.beliefnet.com/inspiration/articles/how-confessing-your-deep-dark-secrets-can-free-you.aspx#ghqWKdmSVHRozE11.99>

<https://www.beliefnet.com/inspiration/articles/how-confessing-your-deep-dark-secrets-can-free-you.aspx>

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What is the **dark secret** in your life?

I **hate** my husband, but I still live with him. For my kids are in a very volatile age 9 and 13. I smile at him when I look at his face every day but deep down, I cry every night when I sleep next to him.

Mine was a love marriage. We met at work and dated for about a year and half before our parents asked us if we wanted to get married. Innocent and naive as we were just 23, we said yes. We just kissed before marriage, though we had a lot of opportunities to get intimate. I was so stupid that I never knew much about **sex**. I got pregnant in the first six months of marriage. There was **not** much internet those days (2005) and I also never had friends who would talk about love or **sex**. Love marriage was still a taboo in my family, and I was the first one to break that record and to even marry to a Punjabi.

My son was born just a week after my first wedding anniversary. Though we **didn't** want a baby so early, everybody including my husband was very happy. But motherhood **doesn't** come easy. I was working full time, had an infant, aspiring MBA student and a nagging mother – in - law at home who expected me to do all the chores. My health started to suffer due to lack of sleep and after too much struggle, I left my job. I decided to get back to work after a break of 9 - months and also moved into a separate house with my son and husband.

When my son turned one, I realized he needed more of my time, so I decided to work on night shifts. My husband was working during day and I was working nights. Since my son was too young, he became my priority. My husband felt neglected. To save time, we moved closer to work. Now our office was just 5 - min drive from our house or 10 – 15 min walk, and we had our offices in the same building. While I was busy working and taking care of my son at home during day, my husband was having fun in his office. For next four years, I had to undergo at least one termination of pregnancy every year because my husband **didn't** want the second child.

When my son was about 3 and 1/2 years old, I got pregnant again and decided to continue with it though my husband **didn't** want a second child yet. And that made him angry. He decided to take revenge from me.

How dare did I go against him. He started meeting women as a single or as someone who's undergoing **divorce**.

I did **not** know what he was doing in his office. He started coming back late from office citing work and onshore calls and what **not**. I was on maternity leaves when he mentioned that he would be late since he had a party in the office. My daughter was just 28 days old. It was 3:00 AM when I called him, he messaged stating party is still on. When he **didn't** pick my call, I called a colleague who told me that party got over at 11:30 PM.

That was the second time when I caught him **lying**. I messaged him the same and he came back home and said Sorry. I wished I had listened to my mind that night.

I caught him **lying** first time when a girl from his office called me and I heard him saying "I love you" to her in the background. On confrontation he told me that it was joke but later I got to know that she was his girlfriend while I was his fiancée.

Anyways, I forgave him that night. Fast forward, we moved to US in 2012 when my son was 7 and daughter was about 3. He was alone in the US for about 6 months before I moved in here with kids. And his mother had to go through the toughest times of her life back in - home country, fighting some legal battles when I was by her side all the time. (**He told his roomies here in US that he's single and he referred to us as his relatives**) I left my job (**I was a Manager in an MNC and earning a decent salary**) and moved to US. Even his best friends here did **not** know that he was married and had kids. Anyways, we lived in a garage turned into a two - room house for about a year and half before I got a job here and finally, we moved into an apartment. My husband had the opportunity to travel through his work to a lot of places, domestic and international. When I started to work, once again I am earning more than him (**I was earning more than him when we got married**).

My husband showed love to kids in his spare time, though he was never there to send kids to school. He would work late nights and would wake up late in the morning unless he has an office call. He would show love to me like normal and we had normal **sex** life. May of 2015, I needed the apartment lease documents to be shared as an address proof to get my daughter admitted to the school. I asked him to share the documents with me. Accidentally, he shared a folder which had pictures of his honeymoon with his girlfriend from Singapore. I was shaken to the core. She was a **divorcee** whom he met when I was pregnant with my daughter in India in 2010. He offered her a job and also told her that he's also going through a **divorce**. They dated for a while and while he moved to US, she moved to Singapore for a job. He went to Singapore in Aug 2013 from US citing office work, but he went there at his own expense to spend time with her. Poor girl, I saw the messages where she was ready to accept my kids as her own **not** knowing that my asshole husband was just playing with her.

He promised her to bring her to US on his sponsorship but all fake promises. Later she saw me posting pics with him on FB then she understood that there's **no divorce** and disconnected with him. When I got to know of this in May 2015, I contacted that girl and felt sorry for her. My husband cheated on me and also on her. I decided to separate my savings from my husband since I learned that he barely has any savings though for a really long time I was **not** even working, and he earned more than me. I also asked for **divorce** and got the forms. He never signed or filled those forms. 5 -months went by and we had to go back to India to attend a wedding. We went back together pretending that nothing happened. Returned to US after a month in early Jan 2016. Things again started to become normal. My husband knows how to make a woman happy.

He would bring flowers, gifts and show love and always ask me to go for shopping and all. I really got off him after I discovered this girl from Singapore, but I thought it was long distance and may be just a fling, so I decided to give my marriage another try.

Everything was coming back to normal again. Fast forward Feb. 2017, I was out with the family to celebrate my anniversary and kids' birthday in UK. Just minutes after landing in London when I turned on my phone. I had messages missed calls from all my family. There is an fb account who's sending friend requests to all my family and office colleagues with my husband in the pic with a girl. The account had pictures of this girl with him at various locations in India, LA, SFO, her home, malls, shopping, kissing, smooching, cutting birthday cakes, singing songs, swimming and what **not**.

Once again, I lost the ground from under my feet. I accepted the friend request from her. She was my husband's current girl friend from local area who he had been fooling around since late 2014. He met her as a single in Dec 2014 and of course the girl fell in love with him since the first meeting. They had made trips to Napa and NY in the very first month of meeting. He helped her get rid of her virginity. She told him that she's a one - man woman and he showed her the dreams of marriage (**while still married to me and fathering my kids**). They talked for hours every night, he sent her a good night kiss and a song for every morning to wake up with. It took me three whole nights to read their messages. One Monday night I **didn't** sleep at all and interesting I **didn't** feel sleepy during the day at all. I looked back at all the conversations he had with her since 2014. Every evening when he was going to gym after work, he was going to meet her at her home. There were days when he told he's working in office but spent the entire day at her place. They were so much in love. I could feel the passion and desperation to meet from their messages. They met every day, On Saturdays, my Husband would wake up at 11:30 and come out of his room ready to leave the house in the name of playing badminton. Later only I got to know about their plans of meeting out for brunch on Saturdays.

Funny or weird, she got to know that he's married around the same time when I got to know of his girlfriend from Singapore in May 2015. This asshole cried in front of her stating that he's undergoing a **divorce** and fighting for the custody of his children whom he loves dearly just so that he could continue to have **sex** with her.

She **didn't** give in easily and decided to meet only after **divorce** is done which he promised should **not** take more than 6 - months as per CA law. Being in love, it was difficult for her to **not** see him, she started following my every pic on fb and every dp on WhatsApp. My Husband deleted his fb account and all references to him and us much before meeting this girl. He made a point to **not** get clicked with me in any pic. He started meeting her again on the promise that he'll be **divorced** in 6 - months and he's asking his lawyer to expedite the process. Of course, since now she knew that he's married she was **not** giving in to him that easily. Yet, he persuaded her every time using his skills. He continued to use her, abuse her all of 2016 and she trusted him hoping for a future with him. She denied going to Europe with him until he got this resolved on an office trip. The bastard called another girl friend from India to be his ally in Europe to have fun. Unaware of his **true** side, early Jan 2016, she asked to meet his lawyer. That's when he mentioned that it's getting difficult for him to get the custody and hence the **divorce (which was not even there)**. He produced fake **divorce** documents, copying info from internet to convince her. He started ignoring her calls.

He asked to meet just once a week until **divorce** is resolved. In Feb 2017, when I was going to London, I updated my WhatsApp status to reflect the same. She saw it.

And when his phone was also **not** reachable for long time, she understood it.

That's when she created the new fb account, posted all their travel and pictures of good times and send a friend request to all in the family. I was so ashamed to see those pictures. I spoke with that girl at length that night. I feel sorry for her. She loved him so much only to get betrayed in the end. I am just living with him. I **don't** even like him.

Our London vacation was such an eye opener. I told her and my husband that I do **not** want to come in between them, but she **didn't** want to see his face. I still had to bear with him. Upon my return, I met this beautiful young lady. She's also a Manager in a big tech firm in this silicon valley. She shared all the pictures and the messages from day 1 of their meeting in Dec. 2014. It took me three days to read everything. I started at 10:00 PM on Monday night and it was 7:00 AM on Tuesday and I was only half done. I was **not** sleepy at all though. I woke up kids and sent them to school. Took an off from work that day and read through the rest.

My kids heard me lose my control and screaming and crying for the first time. I was disgusted **not** because of what he did to me but what he did to her. He literally just used her to play with her body. So far this is the second woman I discovered who my husband had abused. I thought of paying a third party (**some website and other sources**) to get more information.

I figured he was arranging for his dates by offering jobs to good looking females on linkedin, he would look for female airbnb hosts if he's visiting a city and ask for a dinner date citing, he's new to the area. He would meet them as single or **divorcee** whatever would earn him a fuck with them.

I discovered that he has used and abused at least 18 - women and they all left him after discovering his **lies**. There were times when he was sleeping with three different women around the same time. I have spoken to at least 11 of them and have copies of emails and texts exchanged between him and them. He would **not** leave any opportunity, a co-passenger in plane, a colleague in office, every vagina is welcome.

It was very difficult for me to keep my cool when I discovered his **truth** and confronted him. He agreed to all his doings. My kids got shocked and cried when they saw us fighting. My daughter loves him. They **don't** know his **truth** yet. My son is 13 - years - old now, very fragile age. He has promised me that he'll never do it again. It **doesn't** make any difference though. I am waiting for my kids to grow up before I tell it to them. To them, he is a hero. I **don't** want to break their trust yet. And honestly, he's good with them now (**they are not high maintenance anymore**:)

I am embarrassed to be his wife. His family knows everything, all the girls he had gone through but I am stuck with him. I love my kids. I **hate** myself when I look at him and smile. I do it so my kids could see us smiling together.

I feel so lonely. I am **not** able to make **true** friends since I am afraid that anyone who would know this side of him would **not** like to stay in touch with me or my family. I **don't** talk to my old friend anymore since they all know his **truth**.

Reply - Thanks everyone for reading through my blabber.

As someone rightly commented, I needed to vent out. I am absolutely open to **divorce**. It's just that I have tried it twice in the past, got the forms, filled and signed and waited for him to sign. But it never went beyond that wait. He **doesn't** want to let me go. Since I'm earning more than him, I would **not** get any alimony or child support even if I keep the kids (**that's what a friend has told me**). And I **don't** have the energy to fight for it.

He's a great talker. He's fair and looks cute but I would **not** call him dashing. He looks like young Rishi Kapoor if you know this actor. Everyone around him loves him. And he shows love and care for everyone. He would always buy flowers and other gifts for all his girlfriends. In 2015, while dating this girl, he threw a surprise birthday party for me at my home and invited my college friends to make me happy. After few weeks, he took her to a cruise dinner in SFO for valentine's evening. At home, he always helps in chores. He has even cooked meals for his last girl friend at her home. That's why she was madly in love with him. If **not** for his **lies**, he would make a perfect partner. The problem is that I **don't** feel any love for him anymore. If anything, I feel angry and disgusted because this last girl was madly in love with him and he just used her. I understand that he grew out of love for me, but he should **not** have done this to this girl.

Moreover, my kids adore him. He would tell them stories (**he's a great story teller**) and jokes. He scolds the kids if they scream at me or say anything mean or disrespectful (**which kids usually do at this age**). He also knows how to be strict with my son who's in early teen and needs a lot of supervision.

Me and my husband **don't** fight any more. I just **don't** talk to him much and try to avoid him as much as I can without it becoming obvious to kids. If I **don't** agree to him, I just **don't** answer him. I do whatever I want to do. We are a great couple in front of friends and kids. It's just that heart connection is missing.

Edit2: Yes, I will leave him one day for sure. I like his absence. And I would never want to be in a serious relationship ever again. I **don't** trust any men and actually I **don't** trust anyone. And I **don't** think I need one. I would love to make new friends and would **not** shy away from having friends for benefits.

Even if **not** by **divorce**, once my kids are out to college, I'll leave the house. Here on quora itself I've read so many stories where kids had a bitter childhood because of **divorced** / step parents. My kids are happy kids and I want them to stay that ways as long as they are big enough to understand what happened. I will tell them all the **truth** with all the pictures and messages in front of their father once they are ready for it.

For now, I **don't** want my teenage boy to go undisciplined without his father and also lose his basketball buddy at home. My daughter loves him, and I feel great when I see them giggling together on his stories which also happens quite often.

My husband did go for **sex** addiction therapy and HIV test last year when it all came out in the open. Yes, I did have a discussion with him then and I told him that I want him to leave. He cried and went down on his knees and said that he'll never do it again and will always be there for kids and me. It **didn't** lessen any of my **hatred** for him though. I do **not** trust his words and even actions. Yes, I do break down and cry out loud when I am alone.

Fortunately, I **don't** have too many of those moments. I got myself and kids enrolled into too many things in last two years to keep us occupied.

I am a karate **blue** belt now, targeting to be black in next two years. I learnt skiing last year and went to **blue** slopes. Hopefully will do black diamonds this year. I try to cook new stuff in the kitchen, thanks to all those videos on social media. I am learning Spanish, take a small online class every day. I also planted some vegetable saplings and spend my Sun mornings with my tools. I also do a lot of volunteering activities and my office work also keep me fairly busy.

Thanks to everyone for showing your love and concern. I just want to say that I **haven't** yet made peace with what has happened to me and other girls because of him. In my mind, I am **not** doing justice to other girls by still letting him have a good family life, but if that's what it takes to give my kids a peaceful and memorable childhood, then let it be.

This's my first post on Quora and I am glad to read so many supportive comments. Thank you for all the guidance. Gratitude!

<https://www.quora.com/What-is-the-dark-secret-in-your-life>

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12+ People Reveal Their Deepest, Darkest Secret

Buckle up, friends – you may be about to read some things you can never unsee.

#15. I realize now.

“I was really horny, but my family was around so my solution was to go take a shower and choke the chicken in there. At the time I **didn't** have a phone case on my phone since my previous one broke. I was getting pretty close standing in the shower so, I went to set my phone in basket on top of the toilet where my wallet and stuff was, but instead I accidentally dropped my phone on the tile floor and the screen was completely shattered.

I immediately realized I **couldn't** easily explain this to my dad, so my solution was to finish my shower and get dressed, then go to the basement stairs and slip down the stairs and get scratched up and let my phone fall. I then went upstairs with my **bleeding** knee and broken phone and say I fell down the stairs, and that it broke my phone. I immediately got sympathy from my family and I **didn't** get in trouble. Nobody knows that I threw myself down the stairs and **didn't** just slip. I realize now that I probably could have just said I fell, but at the time I felt I had to actually do it.”

#14. **No** one knows.

“I had a threesome with a couple I met online.

I was arrested last year, and **no** one knows.

I cheated on my taxes.”

#13. I'll never forgive myself.

“I blame myself for one of my best friends passing away. He lived across the country, but I **stopped** talking to him when we both delved way too far into hard drugs and I blamed him for it secretly. A year later he was found **dead** and the last time I saw him I was barred out on Xanax. I'll never forgive myself for that. I could and should have been there for him.”

#12. Religious disbelief.

“I would probably never consider myself an atheist, but I certainly **don't** believe in many of the core tenants of my professed religion and I have very serious **doubts** about most of the others. The biggest problem is I've come to these conclusions only after recently marrying my very conservatively religious wife and taking a job at said religious institution as a minister. I'm in a **bad** place right now.

Edit: Thanks a lot, to everyone who has commented with advice, philosophy, and consolation. I have read every comment up to this point, and it has honestly put me a bit at ease to hear from you all. I'm going to turn off my notifications, but I love all of the open discussion so feel free to continue commenting!"

#11. I find it annoying.

"I'm a mom but I **hate** being around other moms. I'm **not** even sure why but I find it annoying? I also **hate** talking about our kids all the time and nothing else.

Edit: I also have part of a tattoo that I secretly like even though I give people a BS excuse as to why I got it so I **don't** seem like an idiot."

#10. Just in case.

"My wife has a ceramic mug that she uses all day every day to drink water. As long as I've known her, she's used the same mug. 5 - years ago, shortly after we moved in together, I found the same mug on eBay. That replacement mug sits in a box at my office, just in case the day comes that I accidentally break the original."

#9. Still ashamed.

"I was never fully potty trained until age 7

I cringe at that every day."

#8. Family secrets.

"I was molested by my grandpa from about age 5 - 9. I never told my parents or friends but did tell my therapist.

I drunkly told my (**also drunk**) fiancé after about 2 weeks of dating but he's never brought it back up. I **don't** think he **remembers**. I **don't** plan on telling him again.

As payback, my step grandmother left me a diamond ring that just appraised for over \$30k a year ago among other jewelry that appraised for about \$5k. **No** one in the family understands why she left that to me and I'm **not** saying a word."

#7. Extreme measures.

"I faked a seizure to get out of a wedding once."

#6. Fantasy Al Gore.

“The very first time I ever touched myself in a **sexual** way I was in the 4th grade and fantasizing about Al Gore.”

#5. Someone knows.

“I have only one testicle.”

#4. Small sense of satisfaction.

“I peed in my dad’s bottle of Bacardi. He drank from it every night and was a raging alcoholic when I was younger. Anytime he acted like an asshole, I’d have this small sense of satisfaction in the back of my mind that **no** matter what he said or did, he drank my piss.”

#3. The last laugh.

“If anybody **remember’s** the toy “Sock’em Boppers”. Basically, they’re blow up boxing gloves that are shaped kind of like lawnmower tires. They **didn’t** need to strap or tie around your wrist to stay on because at full inflation the hand insert was tight enough to snug your wrist.

Well one day I’m lying on the couch and my little brother decided to wack me in the side of the head with one when I **wasn’t** paying attention. His fun was cut short however: he immediately took off the bopper and lamented that it was wet inside the hand insert and that it stunk. Confused, he walked away.

I had been using it for a pocket vagina.”

#2. A light reminder.

“When I was 15, I tried to **kill** myself. My parents were out of town for the weekend and on that Saturday night I went into their medicine cabinet and took an ungodly amount of every pill in there (**to this day I have no idea what I took**) wrote out a long drawn **suicide** note, locked my door and fell asleep on my bed. Sunday morning my parents came home much earlier than I expected.

I had left a small desk lamp on in my room and when my parents got home, they tried to get into my room to turn off the light. I was obviously unresponsive, and my parents freaked out so much that my dad broke down the door to my room. My dad shook me awake asking me a million **questions** angrily like why the door was locked, why I **wasn’t** responding and what was **wrong** with me. I groggily **lied** and told them I was super tired and **didn’t** feel good. They hesitantly believed me and left my room. When they left, I grabbed the note and destroyed it. Went out into the living room and cried on my mom’s shoulder for what felt like hours.

When she asked me, what was **wrong** I just told her I had a really **bad** weekend and nothing else. To this day my parents joke about how I sleep like the **dead**, **not** knowing how close I was to actual **death**. I have never told my parents what happened that weekend, or how they unknowingly saved my life. To this day I still own that little desk lamp that I left on that night and turn it on whenever I'm feeling depressed as a reminder that all you need is a little light to get you through the darkest of times. This was 16 - years ago next month."

#1. Painfully aware.

"I've lost weight in the past year and have been exercising and packing healthy lunches for work. My friends and co - workers' comment about my weight loss and fitness level. But I dread my days off because then I'm home alone and I binge eat massive quantities of food and then throw it all up. Multiple times throughout the day until my husband comes home. I'm an RN and I am painfully aware of how I am damaging myself.

Edit: **holy** shit, I did **not** expect this much support. I'm overwhelmed! I was sitting on the swing in my back yard with my husband and 3 - year - old son when I switched accounts to share this. It physically hurt just to type it out and read the words. It's heartbreaking to see how many others are suffering and hiding their own ED. I know I need help, but I've always been the "strong" one in our family and I feel ashamed to admit that I am such a god damn mess. Thank you all for taking the time to reach out, its oddly comforting coming from total internet strangers ❤️"

<https://uber-facts.com/12-people-reveal-their-deepest-darkest-secret/>

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A new Web Site: <https://marriageseccondtimeplus.org/>

Also: may like to visit: www.Tri-CountyRegion.US

Also: may like to review books: <https://tri-countyregionbooks.com/>

May E-Mail: LehrLionsClub@bektel.com

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19 Anonymous People Share Their Darkest Confessions

What's your deepest, darkest secret?

Have you told anyone?

Is the burden wearing you down?

Maybe you need to visit the [confessions page](#) on Reddit and release yourself.

I combed through there and pulled 19 that stuck out.

I'm **not** usually one to tease the ending, but I did save a crazy - ass one for last:

1. **Bad Dad**

I **don't** want to be a father anymore.

24 M **divorced** with 4.5 – year - old son.

Almost 6 - years with the **ex**. Lots of fighting and a generally shitty relationship. Went on for too long, trying to “stay together for the kid”. We broke up last October and continued to live together until March this year when I called the cops and evicted her.

Now that I’m single (**and a dad**), I just want to sign away my parental rights. I resent my **ex** for still being able to get laid and find a new LTR while I’ve had less – than - stellar results (**one crazy who I dated for a couple months that ended up wedging herself between me and my son / my ex / my family**).

I want to selfishly just say “fuck it”, let her take over as sole provider of my son and be able to do the things I want to do (**ie. meet women my age without being red - flagged immediately on account of my single parenthood**).

I’m struggling with alcoholism, guilt of kicking out my **ex**, debt we incurred together, the apartment we got together that I still live in but can **no** longer afford, and unable to meet someone new (**whom I know I will be infinitely happier with than my ex but who I can’t since I feel like I’m forever marked as undatable**).

I’m reminded by my friends and family that I have my son ‘there for me’ and I’m lucky since I have a good job / career prospects... But it **doesn’t** help me sleep at night, since I constantly obsess about being alone and single. Maybe I’m just a selfish prick. Maybe my son would be better off without me.

2. Poof!

I just lost 60% of my family’s money. I’m in shock. It was on a stock called ziopharm (**ziop**). **Didn’t** expect them to release results so early, planned on selling out before they did. It **wasn’t** greed about holding through results I just **didn’t** think they would release so early. This is money I can afford to lose but it hurts. My wife knows about my trading but what do I tell her? Tell myself?

3. Dreams

So, there is this girl at my school, and she’s super gorgeous, but I recently found out that she has a boyfriend, and ever since then, I’ve been having dreams (**not nightmares**) where I murder the dude.

I’m worried about this, because when I wake up, I feel **no** remorse.

4. Get a Room

I’ve always had a fantasy of getting a hotel room and inviting strange men over.

I want it so **badly**.

5. Just Cuz

I had **sex** with my cousin last night. There has been some somewhat obvious chemistry of the years. We're in our late 20's and both single, both a little bit emotionally screwed up.

I **don't** know about other places, but here in the US, this is mostly frowned upon, I would guess. We rarely see each other, maybe 2 times a year, and since early childhood, I spent about 10 - years **not** seeing her at all.

Last night over some drinks, one thing led to another... Now, in the cold, grey light of day, I'm **not** sure how I feel about the whole thing. It was incredibly **hot** and very passionate. It may happen again sometime, because it was good in the moment.

7. "I've never been attracted to her before."

Let me get this out of the way right now, I am in **no** way attracted to my girlfriend's mother. I mean yeah, she has pretty face and a nice shape but thinking about her in that capacity is kinda icky.

I've never been attracted to her before, in fact this is the only time I've had something like this happen. It **wasn't** anything hardcore just some heavy groping and kissing. Anyway, I'm rambling, and I'm just weirded out about this and just had to tell an impartial party.

7. A Pirate's Life

I **haven't** been able to find a job, I'm so scared of disappointing my dad that I told him I found a part time job in data entry when really I've been making my money off of selling premium accounts on file sharing websites to download pirated pornography and writing erotica for the amazon store.

I make about a \$1,000 a month but it's very dangerous and could be shut down any day now.

I wake up at 7:30, shower, put on khakis and a nice shirt and shoes and go somewhere they **won't** find me and just write or browse or game all day, then go home.

8. Sink - hole

I pee in my bathroom sink. But I'm clean about it, and I never pee in the sinks of others.

When I do it, I run my hand under the water so the water spreads all over the inside of the bowl and use my other hand to aim into the drain itself. When I'm done, I make sure water runs long enough to wash it all out of the pipes. Then I use some water to rinse off my goods.

It all started a few years ago when I was running to the bathroom and **didn't** make it and went for the kitchen sink. It was the best piss I ever had. Being able to pee into something that was waist level, as well as **not** really needing to aim, being able to push myself into the side of the sink in relief, and even using a splash of water to wash off my cash and prizes was a religious experience.

9. “Awkward Teenage Brain”

When I was 15, I kissed a horse's penis in a pathetic attempt to appear **sexy** for its keeper.

We were visiting a farm in Louisiana, and this guy that worked on the farm was showing me the stables while my parents were talking to the owners.

It was that horny time in a lady's life, and I kept flirting with him. During the naughtier parts of the conversation I mentioned the horse's cock and squatted down.

He said something like, “Uh, yeah, it's pretty big,” and somehow my awkward teenage brain thought it would be **sexy** of me to play with it, so I stroked it a couple of times and kissed it. The poor guy just stood there and watched in horror.

10. No Statute of Limitations?

My boyfriend and I have been together for almost a year and I love him with all my heart. He's very against cheating and we would never **EVER** cheat on each other. He's made it clear that he'd never date a cheater. If he ever found out that I cheated on my last boyfriend, our relationship would be over.

11. Falling

I **can't** go outside if there's **not** enough clouds because I genuinely feel like I'm going to fall into the sky.

I know in my rational mind that it's a ridiculous **fear** – unfortunately my rational mind **doesn't** have a chance to say anything before the adrenaline sets in at which point, I feel like the universe is going to suck me up into it.

It's the most helpless and dreadful feeling and as a long - time mental patient I'm fairly certain there's **no** help I can get for this so it's something that I'll just have to live with forever.

I want a new brain because life is too much for this one. I **don't** know how many people have **killed** themselves out of sheer **fear** of existence but I'm circling the drain.

There were actually several comments after this post from people who suffer from the same condition, and the OP seemed to find comfort in that.

12. Not Poly

I realize I **can't** share someone in a polyamorous relationship.

I was new to this different relationship type. I only fell for one guy in the relationship (MFM) but he is married to the other guy (**who isn't sexually interested in me at all**) and they live together, and I have to live on my own for a while till something is suppose to happen. I **hate** the fact that they are together every day and I am **not** with them until we plan something. I am confused by all of this and I might erase all my feelings for the other guy, this sucks ass -_-.

13. Rounding Down

I (29 m) have had between 70 -100 partners from age 18 until now. I have spent 5 - years in 3 different relationships. I was never once unfaithful. That means I've averaged, while single, between 1 - 1.5 new **sexual** partners a month.

The only girl I've told the whole **truth** to react fairly (**she thought it was a big number, but not a big deal**), but how on earth do I tell someone who has maybe only had 2 - 10 partners what a tremendous whore I am? Instead I have consistently **lied** to every girl (**minus one**) who I've ever dated when asked about my number.

I usually say, "I **don't** really keep track, but I'd guess around 25."

This makes me a shitty person.

14. "He's **not** young and **hot**, he's 40 and balding..."

I have a crush on my history teacher. I **don't** get it... He's **not** young and **hot**, he's 40 and balding... It's been bothering me for almost a year now...

I know It's **not** normal, and I even have a boyfriend, but I still have a thing for this guy... I think there is some underlying reason why I like him so much, but I **can't** figure it out. I have **no** clue what to do...

Maybe it's just me, as a balding almost 40 – year - old, but I kinda feel like this about it:

15. Minnie

The real reason I broke up with my boyfriend is because he told me that he draws pictures of himself having **sex** with Minnie Mouse.

16. Wasting Time

I'm a 24 – year - old girl, and my boyfriend **doesn't** want to have **sex** until he's married. At first, I was alright with that, but it's been 3 - years, and I'm getting frustrated.

Recently it was also made apparent to me that our difference in religion will be an impediment to us getting married. I am Baptist but he is Catholic, and his mother refuses to set foot in any church other than her own. They **don't** even attend church every week!

I **don't** know what to do. It should be my wedding so I should get to decide where I get married, **not** his mother. If I want to have **sex** with him, I have to marry him. If I want to marry him, I have to become Catholic and abandon all of my beliefs.

He keeps telling me to wait and that a solution will come. I just think that I'm wasting his time. Other than the fact that we will never have a future together we are perfect for each other.

17. Emotional Infidelity

I **didn't** realize it until today, but for the last couple of months I've been emotionally cheating on my girlfriend with a good friend of mine. There's **no** overt flirting and the conversation is generally just dumb snark or politics, but it kind of feels like she's filled a void my girlfriend should be filling (**lol**). While we've been physical in the past it's a line conversation never really crosses. We live far enough apart that there's **no** realistic chance of that happening again.

My girlfriend knows we talk frequently, and is okay with it, but probably because she **doesn't** get the full picture. If she knew how important my friend was to me, and that we've slept together before things would be different. I only feel guilty because I know it would upset her, otherwise I feel like this is kind of harmless. The right decision would involve cutting contact and essentially choosing between two of my best friends.

But I **can't** do that. For now, I'm oddly okay with that decision.

18. "I'm **not** that interesting."

I'm just your average middle - aged single guy. Well I'm on FB and have only a modest amount of friends. Mostly just family, church friends, and some co - workers. I **don't** do much accept occasionally post inspirational stuff. So, I was updating my photo album and selected all. It worked perfectly. Almost too good because I accidentally uploaded an old **sex** video too in the process.

Well now I go through the week and notice that I'm getting some strange looks from folks that normally **wouldn't** look at me much less talk to me. I think nothing of it because **no** one says anything. Fast forward to now I'm updating my Facebook profile. Then I see it and it's got a few views. I'm **not** embarrassed but I did hide it now.

So, I believe that should do it. I'm going to be okay, as I'm **not** popular, so this should blow over, as I'm **not** that interesting.

19. Catfish

Feel like getting all this off my chest. **Not** sure why, might help some people avoid getting into situations like people I've known and duped get into and also maybe help understand why some people catfish. It **isn't** always romance.

I'm a catfish. Or I was. Given it up for the most part. It started about four - years ago. I should probably tell you about me. I am 25 - years - old, gay male living in Europe. I am decent looking, so **not** a usual fat / lonely / ugly type of person who does this. I was bored and on chat sites, just text ones and looking for partners to cam with, specifically ones that would do what I wanted to see on camera.

I found it easy to find them and they were fine to do whatever I wanted. I got bored of this, the gay guys were all too happy to do my bidding. I changed who I was. I started saying I was female.

I browsed a few social media sites (**not giving specifics since do not want to be traced**), found a girl who was pretty but **not** too pretty that I **wouldn't** be believed and who had plenty of photos I could call up if I wanted. I also **didn't** know this girl. I started talking to guys who were looking for girls.

The thrill was instant, of them **not** knowing who I was. I kept my personality mostly the same since I found it easier. In the early days I found trying to make up a whole new person was too easy to be caught out on. I'd send a few photos and have my fun. Many of the guys who "one and done" never speaking to them again on the site. I made my "new self" an E-mail and Skype account, and started talking to some people more than once. They suggested a few BDSM style social media sites to get profiles on. I made them under female self and continued talking to many guys. It was part the show, but also part pushing them. Seeing how far they would go.

For the most part, I saw it as a victimless crime. The guys were more than happy to do the things I wanted, and they went away thinking they had been doing it for the girl they thought was pretty. As long as they never found out, everything was fine.

I did this when I was bored and found it more enticing and erotic than pornography. It was interactive. I could login to Skype and have one of the guys do a personalized show. I deleted people who asked too many **questions**, or who I thought maybe got too close.

One or two sadly did end up liking me too much. But why **wouldn't** they? A kinky girl who also could talk movies and games. A few times I did own up to who I was. Once, the guy was so into my personality, he kept talking and performing, but the thrill of it was gone.

After about two years, I got bolder, pushing guys into doing more things. And also, a few got more needy for attention that they offered money. I accepted, in the form of gift cards. This has brought me some guilt.

Over the last few years, I have taken around \$14,000 from them. I have **not** blackmailed them. I have **not** forced them to, in most cases they enjoy this practice, and again, they think they are talking to a girl and it excites them.

In this day and age, people have cellphones with cameras, and I believe they actually **don't** want to know the **truth**. I would never talk to anyone who **couldn't** do a Skype call ever.

Anyway. This is my confession. I have few regrets really. I am giving it up for the most part, it took up too much time, and people are getting more tech savvy for the most part. I continue to speak to a few people just in E-mails, purely because they have repeat gift cards setup to send and I want to keep them going as long as possible.

So, it is **not** always for romance. For me, it was the thrill, the excitement and later, the money.

<https://didyouknowfacts.com/anonymous-darkest-confessions/>

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Sharing Your Deepest Secrets With Your Spouse

Having open and honest communication with your spouse is essential to a healthy relationship. This was drilled into M and I during our pre - marital counseling, as well as the marriage classes we have attended at our church during our 2 and 1/2 years of marriage. Like many of you, we feel we have a strong, communicating relationship and can talk to each other about anything... or just about anything. Even though I fully trust M with anything, there was one deep, dark secret that I was too ashamed and hurt to tell him about. Are there some secrets that are just too taboo to tell your spouse? Do you risk throwing your whole relationship away when you dig up trash from the past?

In the following post, I will tell you about how my deepest, darkest secret resurfaced itself and how my husband reacted. If there is something you are struggling to share with your spouse, then read on.

I have held a secret from my early childhood for my whole life, until 2 nights ago.

My pastor had started a new marriage class on Wednesday nights on the book "What Husbands and Wives **Aren't** Telling Each Other." We were assigned to read the first chapter in the book as "homework" before the first class. We read the chapter together, out loud. It focused on how every person coming into a marriage has some type of baggage they bring with them, possibly caused by some kind of family dysfunction or traumatic experience as a child.

The book listed several different scenarios that may cause future marital issues, such as being **raped** to feeling you **couldn't** do anything right for your parents. The book continued to talk about how identifying these situations from your past and talking with your spouse about them will help the mending process, as well as giving your spouse a better understanding of you. Needless to say, while M read the book to me, memories from a hurtful past kept running through my head, and I tried to hide my tears. I **didn't** want M to know what I'd been through.

At the end of the chapter were a series of discussion **questions**, in which we had to identify the emotion we struggle with the most in our marriage and where we thought it rooted from. After sharing with each other, I became very outwardly emotionally distressed, and M could tell something was really bothering me. I knew I needed to tell him what happened to me, but I was scared and felt ashamed. Somehow, I managed to muster out, "I was messed with." And then the real crying started. I had just told the person I love the most on this earth what I had never told anyone, and I was so afraid of his reaction. Would he be angry I **didn't** share this painful part of my life with him before we got married? Would he feel like I've **lied** to him this whole time? Would he be disgusted with me and put blame on me? Sharing this secret with him was the hardest thing I have ever had to tell anyone.

So how did he react? I was amazed! He **wasn't** angry one bit, but open and understanding. He held me and wiped my tears and told me **not** to cover my face in shame. And most of all, he was patient. We stayed up until early in the morning until I was able to tell him exactly what happened to me. It took a very long time for me to tell him everything, from when, to where, to how, and the hardest... the who.

But he waited patiently beside me the whole time, telling me it was okay, and waiting for me as I cried until I **couldn't** cry anymore.

Yes, I was exposed to **sexual** experiences at a young age. M now knew that. After patiently waiting and listening, he found out a family member was the cause, which was the hardest thing for me to tell him of all. All this time we had been together, almost 7 - years since we started dating, I was afraid to tell him thinking he'd reject me and blame me for what had happened. But do you know what he said? "It **doesn't** change a thing with us." That's exactly what I needed to hear: total reassurance of his love for me.

Through the whole process, he kept telling me how much he wanted to be able to help me with whatever has been bothering me all these years. And now that he knows my deepest, darkest secret, it is almost as if a weight has been lifted off my chest. Even thinking back to my experiences **doesn't** hurt near as **bad**. My husband knows all about it, and he still loves me and accepts me, and is there to help me through rough times whenever they pop into my head again.

If you are struggling with an issue from the past and you know you have a strong, loving relationship with your spouse, **don't** be afraid to tell them! Yes, it will be very hard to bring up those past hurts and feelings, but the reward at the end is so great!

I feel so much closer to M. He can now pray for **healing** in that specific area in my life and help me through it. If you **can't** trust your spouse, the one you have vowed your entire life to, who can you trust?

<http://www.brauchtalk.com/sharing-your-deepest-secrets-with-your-spouse/>

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How Your Darkest Secret Can Empower You

Throughout much of our lives, instead of following our bliss, we're busy trying to avoid being seen a certain way. Perhaps we're designing our lives to make sure we **aren't** perceived as selfish, arrogant, weak, incompetent or something else. Whatever way we **don't** want others to see us, the compulsion to make sure others **don't** think of us like that feels overwhelming. Our **anxiety** about being viewed the **wrong** way can be so intense that it's almost as if we'd be hurt or destroyed if others ever learned the "awful **truth**" about us.

We **don't** want people to hold these beliefs about us because, on some level, we're convinced that those beliefs are **true**. We'd have **no** reason to **fear** someone calling us incompetent, for instance, if we **didn't** have a deep-seated conviction that we actually are. **Not** only that — we believe, consciously or otherwise, that if people discovered our "dark secret," **no** one would want anything to do with us. We'd be left completely alone and helpless.

Given how scary this is, it's **no** surprise we put so much effort into making sure **no** one finds out the "awful **truth**" about us. Each person's approach to covering up their dark secret depends on what the secret is. For instance, people who believe deep down that they're powerless might strive to accumulate possessions and prestige to convince the world they're actually powerful. People who see themselves as weak might go out of their way to act tough and convince others they're actually strong. People who think of themselves as insignificant may talk loudly and incessantly to make sure others know that they matter. And so on.

Unfortunately, the strategies we use to prevent others from seeing us in certain ways often achieve the opposite of what they're supposed to do. Human beings are highly empathic creatures, and we can readily tell when someone is trying to prevent us from seeing something about them. Even if we **don't** know exactly what they're trying to conceal with their behavior, we get a vague sense of unease, as if something **isn't** quite right about them.

For instance, when we see someone bullying or being overly critical of others, we can often tell immediately that they're trying to compensate for their own feelings of weakness.

When we see someone talking loudly and nonstop, we can easily see that they're trying to conceal their feelings of shyness or unimportance. In other words, by trying so hard to make sure others **don't** think something about us, we often ensure that they think exactly that, or at least that they feel uncomfortable around us.

Even more unfortunately, often we've been using these behaviors to cover up the "awful **truth**" about ourselves for so long that we've forgotten that other approaches to living are possible. The bragging we do to conceal our sense of inadequacy, the overwork we use to hide our feeling of laziness, and so on become unconscious and automatic, and sometimes we **aren't** even aware that we're doing them.

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A Process of Self - Knowledge

The good news is that, if we can find the places where we're trying to conceal a perceived inadequacy in ourselves, we can make great strides toward achieving our goals in life. When we let go of the strategies, we're using to make sure people **don't** perceive us a certain way, life becomes easier and more fulfilling.

How do we gain this valuable self - knowledge? In working on myself and with clients, I usually think of it as a three - step process, which I'll describe below. This type of self - discovery can take a while — you **aren't** likely to come up with definitive answers the first time you ponder these **questions**. Moreover, it's sometimes difficult to answer these **questions** on your own, and the outside perspective of another person or a group can often help you arrive at the answers where your own efforts **cannot**. However, I've found that the rewards, if you follow through with this process, can be tremendous.

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1. Find Your **False** Core

We can start by pondering this **question**: what's the **worst** thing someone could find out about me?

Or, to put it differently, what do I try to ensure that **no** one thinks about me?

For instance, am I determined to make sure **no** one thinks I'm irresponsible, unattractive, helpless, or something else?

When you come to the answer, you'll likely have a strong, instinctive feeling that you've found the **truth**, and perhaps a sense that many of your behaviors and hang - ups "make sense" in a way they **didn't** before.

Psychologist Stephen Wolinsky, in his book [The Way Of The Human](#), has a great term for the "darkest secret" each of us believes to be **true** about ourselves: the "**False Core**." The **False Core**, in his view, is a belief we unconsciously adopt as infants to explain why, in the process of being born, we were physically separated from our mothers. In other words, our young minds assume we must have been detached from our mothers because something is **wrong** with us, and the **False Core** is what we believe to be the problem.

Whenever something happens to us that "proves the **False Core** right" — when someone really does see us as incompetent, selfish, or whatever our **False Core** is, we relive the suffering we endured in being separated from our mothers.

The threat of this pain is the reason we try so hard to conceal the **False Core**. But ultimately, the **False Core** is, as its name implies, **false** — it's an incorrect conclusion we draw about ourselves when we're too young to understand how the birth process works.

Of course, you **don't** have to accept Wolinsky's ideas about how the **False Core** comes about to find the concept useful. You can just think of the **False Core** as a deep - seated negative belief you hold about yourself and are designing your life to cover up.

See if you can find your own **False Core** by asking the **questions** I described above. If it's hard for you to think of what you're most **afraid** of people finding out, think for a second about an embarrassing or painful moment you regularly replay in your mind. And ask yourself: what did people say, or believe, about you in that moment that created so much suffering? Or what were you most **afraid** that they'd concluded about you?

Answering this **question** may help reveal your **False Core**.

For instance, one of the ways I recognized my own **False Core** was by thinking about a particularly painful argument I'd had with an **ex**-partner and tended to find myself mentally reliving. One day, I recognized that, when I replayed the interaction in my mind, I kept having the thought "she **wouldn't** have said that to me unless she thought I was powerless to get back at her." In that moment, I recognized how deeply I **feared** being seen by others as helpless or powerless. "I'm powerless," I realized, was my **False Core**.

2. Find Your **False** Self

In Wolinsky's terms, the "**False** Self" is the face we show the world, or the set of strategies we use, to make sure people **don't** see our **False** Core — i.e., perceive us in ways we **don't** want to be seen. For **example**, someone with a **False** Core of "I'm helpless" might create a **False** Self like, "I never ask for anything from anyone, and I always take care of everyone else." This person might do all the chores and pay all the bills in their family and refuse to allow anyone else to take responsibility for those tasks, **no** matter how overworked they became.

To discover your own **False** Self, ask yourself: what behaviors do I use to make sure **no** one sees my **False** Core? In other words, what do I do to ensure that people never see the part of me I want to hide? For instance, if your **False** Core is, "I'm bothersome to people," perhaps your **False** Self is meek and quiet, and shies away from interacting with people to make sure you **don't** "bother" them. Similarly, if your **False** Core is, "I'm too emotional," maybe your **False** Self is cold, deadpan or robotic.

In my own case, when I recognized that my **False** Core is "I'm powerless," many of the **anxieties** I'd had in my life began to make sense — and, interestingly, to feel less intense. For a long time, I was extremely driven to acquire money, prestige and credentials in my work. Lurking in the background was a constant **fear** that people would discover some inadequacy about me if I **didn't** work hard enough. My "workaholism," I realized, was an aspect of the **False** Self I used to compensate for my feeling of powerlessness.

3. Notice How Your **False** Self Is Limiting You

Once you have an understanding of your **False** Core and **False** Self, you'll likely start to see some of the ways your **False** Self has been limiting your fulfillment and achievement in life. Most importantly, when you become conscious of how these behaviors are holding you back, you start to feel a greater sense of choice around how you live — and perhaps even that you **don't** need your **False** Self to get along in the world at all.

For **example**, when I started having the intuition that I was designing my life to make sure people **didn't** see that I was powerless, I came up with a surprisingly long list of behaviors I was using to make sure no one saw my **False** Core. As I mentioned earlier, overworking was one example, but there were many others. I tended to be overly agreeable, and avoid conflict in, my relationships to make sure my partner never did or said anything that would have me feel powerless. I held back from introducing myself to strangers for the same reasons. And the list went on and on.

Making this list was initially depressing, as it showed me how significantly the **fear** that others might perceive my **False** Core affected the decisions I made.

However, this list also gave me profound guidance about the changes I wanted to make in my life and has helped me come to my activities in life from a place of genuine passion and excitement, rather than one of **anxiety**.

I invite you to try making your own list. Write down the **False Core** and **False Self** you've discovered within yourself, and then put down all the ways the **False Self** you've adopted has been holding you back in life. A brief **example** of such a list might look like this:

I must never be seen as: (False Core)	To make sure people don't see me that way, I: (False Self)	My False Self limits me in these ways:
Obnoxious	Keep really quiet and make sure I never upset anyone	1. It's hard for me to meet people 2. I have trouble asking for a raise at work 3. I have trouble taking leadership positions 4. I feel like others take advantage of my meekness

When you have a clear idea of the behaviors that are limiting you in life, and the **fears** that motivate those behaviors, you experience **not** only a sense of freedom to choose different behaviors, but also a sense of peace.

With an understanding of the **false** ideas about yourself that have held you back comes the realization that what you are, in your essence, is far too extraordinary and beautiful to be expressed in any idea or belief.

<https://possibilitychange.com/darkest-secret/>

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Why you should write down your secrets to move on from the past

In the past five years, more than 25,000 people have posted to Kevin Hansen’s blog, [Secret Regrets](#). They’ve shared their thoughts on opportunities lost, abusive relationships and addiction issues.

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In the past five years, more than 25,000 people have posted to Kevin Hansen’s blog, [Secret Regrets](#). They’ve shared their thoughts on opportunities lost, abusive relationships and addiction issues. Hansen has just published a second collection of content from the website: *Secret Regrets Volume 2: Moving Past Your Past*. Here, he **explains why sharing your deepest darkest secrets with strangers can be cathartic.**

Q: What kinds of things do people most regret?

A: The most common regrets have to do with relationships — either giving up on one too soon or staying too long. Overall, people regret giving in to a **[fear of the unknown](#)**.

Men regret relationships as often as women, but women are more likely to post regrets. Men regret letting one love of life get away. A lot of people are also struggling with some kind of [addiction](#) — food, alcohol, drugs, eating disorders — and they regret the inability to break free. And a lot of people **can't** find a way to get past **depression**.

Q: Have any particular regrets really struck a chord for you?

A: I always **remember** the ones where people are hurting a lot — where they're really [depressed](#) or **suicidal**. We've had numerous **examples** of people who were thinking of ending their lives, but because of the support they got from the Secret Regrets community, they've changed their mind. One of the most memorable regrets is in the intro to my new book: One woman confessed that she **couldn't** get her drug addiction under control. She was a mom and she felt that she was letting her family down.

Later, she wrote back and said that writing down her regrets helped put things in perspective. She's now clean, and that's been incredibly rewarding to see.

Q: Do you think that sharing these regrets, even anonymously, unburdens someone?

A: We all wish that we had a second chance to do things differently, but I think writing things down and being able to see it helps you to see possible solutions more clearly. I call it "[healing](#) through revealing."

Q: Has this work changed your perspective on life at all?

A: It really has. Looking back at everything everyone has confessed has really shown me that you never know what's going on in someone's life. Just because they're **not** talking about something, **doesn't** mean it's **not** there. I try to give people the benefit of the **doubt** and treat people with a little more grace because you never know what someone's struggling with.

Q: What do you think others can learn, what are the broader life lessons to be taken from Secret Regrets?

A: The biggest thing is that **no** matter what you personally are going through, [there is hope](#). People think they're the only person going through that particular situation, and then they read that someone else is struggling with the same thing. Someone else has gone through it, and they've come out the other side. We can really learn from other people and move forward.

What's your biggest regret? Share it anonymously on the Blog.

<https://www.chatelaine.com/health/why-you-should-write-down-your-secrets-to-move-on-from-the-past/>

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The Right Way to Share a Deep, Dark Secret with the Person You Love

Don't let shame rule your relationship.

It's a crappy fact of life: **Bad** things can happen to good people.

Maybe something shameful happened to you as a child or you did something you deeply regret. You may have moved beyond it, but there's a good chance it still impacts you on some level.

Whether you're getting the help you need to deal with the trauma or want someone to hold your hand as you go through that process, there comes a point where you will need to tell your significant other about it.

And obviously, it's a scary prospect. "Shame has the tendency to rule us," says licensed marriage and family therapist David Klow, owner in Chicago. "We **worry** that if we share something dark from our past that our partner will **not** love us."

As a result, the things that we regret doing or are ashamed of (**even if they weren't our fault**) are often the things we hide from our partners because we're scared on some level **they'll leave us** if they find out.

But it's important to open up about a dark experience from your past for a slew of reasons, says licensed marriage and family therapist Lesli Doares, author of [Blueprint for a Lasting Marriage](#).

"We **worry** that if we share something dark from our past that our partner will **not** love us."

First, keeping a secret is hard and stressful AF. Second, it has the power to ruin your relationship. "Once the secret is held back, it becomes harder to share and, thus, gains more power to bring harm to the relationship," she says. And if you **aren't** the only one who knows your secret, there's a chance your partner will hear about it from someone else, which can cause some serious issues between you.

Third, your secret could be holding your relationship back. “Whatever this thing is helped make you who you are today,” says Doares. “If they **cannot** accept your past, then how can they really accept you?”

Finally, if your secret is something that could impact your partner down the road, like an STD, it’s especially important that he or she know about it.

So, when do you have The Talk? Klow says there’s **not** really a set schedule, but a lot depends on where you are in the relationship. Obviously, a first date is too soon, but if you find yourself **worrying** about whether or **not** to share, it’s probably time for a talk.

“If they **cannot** accept your past, then how can they really accept you?”

And if an STD is involved, it’s important to bring it up before you get intimate, says Doares.

It’s best to give a heads up to your partner that the talk is coming, says Klow, so let them know that you’d like to have a more honest conversation later that week.

Since that might make them think you’re about to break up with them, tell them you want them to know more about some of the difficult things that you went through and how it made you the person that you are today (but save the details for later).

For the talk itself, Doares says you should be as direct and to – the – point as you can. “It is also important that you be calm in the face of whatever reaction occurs,” she says. “While it may be hard to be quiet while your partner processes what you shared, it is one of the most mature and respectful things you can do.”

Being willing to **explain** the circumstances and what you learned from the experience can go a long way to having them accept and come to terms with your secret, she adds. It’s also important to try **not** to excuse or minimize the event.

“While it may be hard to be quiet while your partner processes what you shared, it is one of the most mature and respectful things you can do.”

Once you’ve opened up, be willing to talk to your partner about it again. “It may take more than one conversation for your partner to fully process the information,” says Doares. “Resist the urge to push, or you could push them out the door.”

<https://www.womenshealthmag.com/relationships/a19961088/confessing-something-dark/>

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27 People Confess Their Darkest Secret

There are days that I wake up and I feel like I'm **not** a real person.

Yes. "There are days that I wake up and I feel like I'm **not** a real person.

"You know that feeling you get when you're at a wedding or a party and you have your drink in hand and you're passing and you're blending in and everything is cool but there's this strange melancholy in the back of your head because you feel detached from everything around you? That feeling when you're throwing rice at a wedding as the newlyweds drive away and you feel happy for them and it's fine but it's like... **not** happening?"

I hid in the closet and watched my dad strangle my mom to **death**.

"When I was little, I was woken up in the middle of the night by some noise and ran to my parents' room to walk in on and watch my dad strangle my mom to **death**. He **didn't** see me, and I hid in the closet. He turned himself in later that night. I still **remember** it as if it was yesterday. My grandma told me a lot about the two when I was a little older.

What haunts me the most is, I'm growing up just like he did. I'm going to be another broken person, finally losing it and ruining the lives of those around me, continuing the cycle. I wish he would have **killed** me too."

I am a mom of two wonderful children, and I wish I could just **die** on most days.

"I wish I could just **die** on most days... I am a mom of two wonderful children. I'm so scared of ruining their lives with my mental illness... I wish I could just **die**, so their memories of me will be **positive**."

I peed on the hardwood floor, told my sister the dog did it, and made her clean it up.

"When I was 10, my sister and I had always fought about stupid stuff. Well one day she started saying that I **shouldn't** get a TV in my room even though she got one at age 10 'cause I would become lazy, and I got pretty **mad**. We had a dog that she took care of and had to clean up after, so I went to my room and pissed a little on the hardwood floor. Went to my mom and said the dog peed and my sister had to clean up my own piss. Felt pretty shitty after a few years when I realized the kind of disgusting shit I pulled there."

"I was molested by a doctor when I was 10 when I went to the hospital for trying to **kill** myself."

“My father let his drug dealer **rape** me when I was 10 to pay off a debt.”

“My cousin gave me a blowjob before we knew we were related.”

My immediate family said we were having ‘friends and family’ over for a huge party to watch football, and this cousin was from another state so, I **didn’t** know her or her family. Well, in the basement we have a pool table and when everyone left to watch the game, my cousin and I were still downstairs playing pool and things just escalated from there. Later at dinner, my dad introduced me to his BROTHER, and I immediately was like ‘hold up... shit...’ We **don’t** regret it, but we definitely are **not** telling a single person about it.

Now that I type this out, I wonder if she knew we were related.. hmm...”

“When we were ten years old or something, my brother and I explored and touched each other’s bodies. We **didn’t** have **sex** and it was ‘consensual’ but shit, man, that feels weird and **wrong**... First time I tell someone.”

Got molested by an older cousin as a child.

“Got molested by an older cousin as a child, had horrible **depression** and **anxiety** in college when the memories of that resurfaced. It happened at a good age where everything would basically be forgotten for years, but magically came back one day and haunted me for a while.

Good thing is that cousin kind of has a shit life and is **no** longer a part of my family (**thank you, messy divorce**).”

“I’m covering for twincest. My brother and sister have been sleeping with each other probably since they learned **sex** was a thing. They went as Jaime and Cersei for Halloween a few years ago, and now everyone jokes about it so much that **no** one would believe me if I told them.

All I’ve been doing is just collecting favors from them whenever I have to bail them out or allay suspicion. I **couldn’t** think of what I would do with those favors, other than force my brother to get a vasectomy if that became an issue. I **don’t** think I could out them at this point without a good reason; they slip up and come close to revealing themselves now and then, but overall their relationship **hasn’t** been a **negative** impact on their lives.

They’re both amazingly accomplished, driven individuals. They graduate next year as civil and environmental engineers with promising futures. They have a great relationship with our whole extended family, their own friends, and anyone they meet.

On the surface, they're well - adjusted twins who might seem a little too close if you paid attention but **not** enough to arouse suspicion. TBF, it's probably because I know what to look for since I know it's still happening."

"I'm 49 - years old and have never so much as even held hands with a woman.

I'm in technology, apparently well liked and good at my job; fit enough and in case you're wondering, **not** religious. But I did have a severely mentally ill parent and another who was a distant heavy drinker. My sister is probably an undiagnosed histrionic personality disorder who went on to become a stripper.

I guess I grew up in such a way to be rather **afraid** of other people's emotions and shut down.

My guess is that I went off the rails quite early. I lived just far enough away from my grade school that I took the bus. In the fourth grade our driver arranged for us sit in specific seats rather than the usual procedure of having us jumping around and screaming the entire ride. As it happens, I was seated next to a rather aggressive personality; rather than request alternate seating arrangements, I walked. Having started, I **didn't** take the bus again until I graduated and went to junior high.

I wince as I write this, but I guess I assumed at that tender age that **no** one would care. I **remember** turning 25 and thinking as I got off a bus that I really ought to get a girlfriend. Well, decades later and I've just busied myself with work instead.

Life is a funny thing and we are complicated creatures."

I **don't** feel grief like others.

"I **don't** feel grief like others; family members **die** and I'm **sad** but I **won't** be **depressed** or angry, I just move on. It kinda makes me feel like a monster honestly."

"I was molested by my youngest brother's father, the first time around 8 - 9 and the second time around 13 - 14.

I'm **not** ashamed of the act itself, but rather why I allowed it to happen. I liked the attention. My brothers constantly got good attention from him, but the only time he had anything nice to say about me or to me was when I was being told how beautiful I looked, or even how **sexy** I was."

Sometimes we ate grass or once even baby aspirin just to have something in our bellies.

“My father tortured and starved, beat and belittled me and my three siblings. My brother **died**; two siblings remain. We are all so hurt and broken. Sometimes we ate grass or once even baby aspirin just to have something in our bellies. When I got old enough to sneak out, I went to the store and shoplifted food for us.

“We still had to pretend to be starving on those days or he would beat us near to **death**. He burned my thighs and legs, broke my bones. Sealed me in a room for days and days with **no** light or food or water...

I still fantasize about **killing** him every single day. I am middle aged.”

“I have liver damage from multiple **suicide** attempts involving pills. My family does **not** know this, and I have **no** plans on telling them.”

As a result of bulimia, my teeth are crumbling away.

“I have many teeth problems stemming from bulimia years ago (**haven't thrown up in ages**). Over the past few years repairs done years ago have fallen apart at a rate my insurance **can't** keep up with. I've lost a few; a few more are crumbling away. But I **can't** afford to fix any of it. I'm beyond embarrassed but there's absolutely nothing I can do about it now. Maybe in a few years when we're done paying for daycare. But it has to be on the back burner for a while. It will get **worse** before then and I have **no** way out. It occupies my thoughts constantly and there's nothing I can do.”

“I **don't** have a single real friend in the world. Everyone in my social group is just a person. I **don't** think I am capable of love. I feel the exact same way about my family as well. I have to force myself to pretend to care about people just to keep up appearances, but I feel totally alone.”

My brother was involved with gang - **raping** me when I was five.

“Only like two people know this, but why **not**? When I was younger (**like 5 - years - old**) my brother (**about 12**) was blackmailed into having **sex** with a couple guys. He **didn't** want to, but was blackmailed. But eventually I got sucked into it and I got **raped** as a five - year - old. I was the pass around. They even wiped my ass to make sure they could fuck me. It lasted a couple months, I think. I've blocked it out. Shitty part is my brother was involved with **raping** me. We were young, so I forgave him. And apparently the kids who did it still talk about it on Facebook. All I can ever think about is how I begged for it. It **kills** me that I **didn't** know better

Am now 18 - years - old. And I have my issues, but who **doesn't**, right?”

“I killed a man, maybe two, in a South American country in the 80’s. A buddy and I were backpacking.

“Warring factions during a tumultuous time started fighting each other. We got caught in the middle. We took rifles off a group that got hit and fought our way into the jungle to our fortunate escape.

We headed for Mexico City after that (**first plane out**), eventually came home.”

I attempt **suicide** once or twice a year since I was sixteen.

“I have several, but I’ll start with the biggest.

When I was eight years old my cousin (**No blood relation; important in post later**) was released from jail and would visit our home while **not** serving time. He was out for one week and was involved with drugs and partying again. While doing so he abducted a girl same age as me. **Raped** and **killed** her by stabbing her seven times in the neck, then dumped her body near train tracks at a new housing development at the time.

The secret is that he was my illegitimate father because my mother molested him as a child (**Sorry mom I remember the Polaroids I found and you hid from the cops**) and took care of him frequently. I was **not** aware until my wife mentioned I looked like him fifteen years ago.

There was a book written about it named Broken Doll. Thing is I am mentioned in the book several times and this is without my consent.

I worry constantly people will know me or recognize me from this as his trial was televised often and I was in many newspaper articles pictures with my mother. I have paranoia of them knowing or how it shames me that they may know. It drives me crazy.

At the same time my grandfather had dementia and eventually got a diagnosis of Alzheimer’s. He would keep me awake at night screaming my name. Momma, Sissy, or help me. Sometimes my mother would then beat him to make him shut up in frustration. While at the courtroom I would have to look after him if she needed to step aside to speak to the attorneys and also when she was called to the stand.

Other secrets are...

I attempt **suicide** once or twice a year since I was sixteen.

I have survived being eaten within my mother's womb because of her RH **positive blood**.

Survived Bacterial Meningitis at nine months of age with only minor hearing loss and coordination loss. Unsure of mental function now that I am an adult.

Have more, but I should've only listed one."

Sometimes I wonder if I actually know what love feels like.

"Sometimes I wonder if I actually know what love feels like. I've said, 'I love you' to people but I **don't** know if I ever really loved them."

I was molested by my preacher's son from ages 6 - 12 and then he blackmailed me for years with nude photos he took of me.

"My family thinks I'm this horrible heathen who **hates** God, but really, I **can't** handle organized religion now because I was molested by my preacher's son from ages 6 - 12 and then he blackmailed me for years with my nude photos he took of me. Most of the molestation happened inside of the actual church so going inside of any church just sets off this horrible panic, I usually have to run to the restroom to vomit because I just **can't** handle it. I have my own relationship with God, but I just **can't** trust organized religion. I tried to tell a few people at church when I was around 7 - years - old, but **no** one believed me because the preacher's son was 'a man of god' and would never do that. I just **can't** trust organized religion now, and I will never subject my kids to it."

I never miss people.

"I never miss people.

I've had several friends and family tell me they miss me, but I feel forced to say it back. **Not** that I **don't** love them or that I **don't** want to see them, it just feels impossible for me to genuinely miss people."

I **killed** my sister's hamster when I was about six - years - old.

"I **killed** my sister's hamster when I was about six - years - old and hid the body in the cage under the hay to pretend it was asleep."

I seem like a conservative straight man, but I'm a promiscuous bisexual.

“I am a 26 – year - old man with regular long - term girlfriends. As far as all my friends and family know I am straight and fairly conservative.

In reality, I am very bisexual and a **sex** addict. I’ve slept with what I can estimate is over 300 men in the last 3 years (**I’ve never tested positive for an STD, shockingly**). Last week I slept with a different guy every day of the week. I’ve had three or more different partners in one day who **weren’t** aware of each other. When I go through these phases it completely consumes my life and all of my time.

Then I find a GF and I’m monogamous, it’s bizarre, I **don’t** get it. So yeah **no** one knows this about me.”

<https://thoughtcatalog.com/lorenzo-jensen-iii/2018/01/27-people-confess-their-darkest-secret/>

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Join up with a volunteer non-profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.**

I've come to spend more and more of my time **volunteering, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands-down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation.**

Meet many new people and also maybe meet the next Him or Her for YOUR life. This Web Blog is sponsored by a **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this NEW “WEB SITE” and its parts so far.

As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: One may have a Subscription as over age 18 Adult (**including the open part**) or the open Web Site part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . Org => A new Web Site:

A new Web Site: <http://marriagesecondtimeplus.org/>

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This sponsoring Lions Club does **NOT** endorse all information contained this **PDF # 7** part.

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