

[Skip to main content](#)

RJ

r/retroactivejealousy

✕

Search in r/retroactivejeal...

[Log In](#)

...

 **r/retroactivejealousy** • 1 yr. ago  
Zamparall

...

## How did you forgive your partners past

[Discussion](#)

And move on



9



19



Share

[+ Add a Comment](#)Sort by: **Best** ▾

Search Comments

**throwaway19670320** • 1y ago •

Did she do something TO you? Like lied about it when you asked, or cheated on you with an ex? If not, what are you "forgiving" her for?



20



Reply

...



2 more replies

**Narrow-Currency-8408** • 1y ago •

There's nothing to forgive unless you go back in time to tell her that everything she does will created a mental illness for you. The truth is everything she has been through created who she is. And if you don't like her why are you with her?



19



Reply

...



[deleted] • 1y ago •



[deleted] • 1y ago •

[Skip to main content](#)

RJ

[Log In](#)

1. I used to ask specific questions before going on a date with a guy (I have met most people I dated online). This time, I reframed from asking those questions until later. But I'm sure if you're in a relationship you are past this stage.
2. Try your best not to bring up the past. Including your own. This is less likely to bring up topics that can trigger RJ. At least in my experience.
3. Know that chances are you are thinking of their past more than they are. Unless they have a child with their ex, the ex is a ghost from the past.
4. Not everyone regrets their past but if they do, know that everyone has made choices they are not proud of (including me and you). IF they are not happy with their choices, they may not want to be reminded of it. If you love your partner you wouldn't want to intentionally hurt them.
5. Their past made them who they are. Maybe if it wasn't for those choices of life events, they wouldn't be the person you (I assume) love. They could be someone VERY different.

I hope this helped a bit and good luck! 😊

↑ 4 ↓ [Reply](#) ...



**Throwaway4356768932** • 1y ago •

By realizing I don't need to forgive them they didn't do anything wrong the problem is within you.

↑ 4 ↓ [Reply](#) ...



**amw727** • 1y ago •

I'm not sure forgiveness is the word. Accept is more accurate

↑ 3 ↓ [Reply](#) ...



**SalmonBeenadick** • 1y ago •

I didn't. I still don't. The cool thing is I don't have to. She is not less of a person for what she did before me. I just don't like some of said history. I've chosen to work toward indifference. I have my opinions about it still, but she doesn't deserve to suffer just because of that.

↑ 8 ↓ [Reply](#) ...



**throwaway19670320** • 1y ago •

If she had a different past, she probably wouldn't be with you. She'd have had a different set of values, or more self-respect, or better boundaries, or more choices in general, all of which would have led to her choosing her current partner differently. Edit to add: this goes for the genders being flipped obviously.

⊖ ↑ 6 ↓ [Reply](#) ...



**Anon1mouse12** • 1y ago •

[Skip to main content](#)[Log In](#)

2 Reply ...

1 more reply

**New\_Big\_9802** • 1y ago •

I just say "I forgive you for having life experiences before me. Just don't do it again, ok?"

2 Reply ...

**[deleted]** • 1y ago •**Emotional\_Meat1679** • 1y ago •

There is nothing that needs forgiving

2 Reply ...

**[deleted]** • 1y ago •

It's not my place to forgive it. It did not involve me. It is my place to assess a persons values for compatibility with mine. Beyond that the rest really isn't my business. My rj would like to make it my business but that's a me thing I work on.

We focus so much on this old stuff it's just a monumental waste of time. Sigh

1 Reply ...

**agreeable\_actuator** • 1y ago •

You don't need to. You need to get over the belief your parents partner needs to be forgiven.

0 Reply ...

**Baby\_Mango2** • 1y ago •

Time is all you need! It will eventually go, you'll always dislike it it's normal but with time you'll accept it. If he/she's really a nice person, it won't matter later on.

1 Reply ...

**FOMOb0y** • 1y ago •

Masturbate to it :)

-3 Reply ...

[Skip to main content](#)

RJ

[Log In](#)

---

### You're just better

71 upvotes · 31 comments

 r/retroactivejealousy

### Should I break up with my otherwise perfect girlfriend?

24 upvotes · 26 comments

 r/retroactivejealousy

### You are the present

19 upvotes · 15 comments

 r/retroactivejealousy

### Is it not normal to care about your significant others past?

15 upvotes · 33 comments

 r/retroactivejealousy

### I can't get over her ~100 body count...

14 upvotes · 51 comments

 r/retroactivejealousy

### Marry or run

14 upvotes · 34 comments

 r/retroactivejealousy

### great gf but her past fucks me up

14 upvotes · 30 comments

 r/retroactivejealousy

### She gave it to others quickly but was hesitant with me

14 upvotes · 28 comments

 r/retroactivejealousy

### Is it just me or do people who suffer from RJ tend to also have less sexual experience?

13 upvotes · 16 comments

 r/retroactivejealousy

### Shocking discovery about bfs past 6 months in

[Skip to main content](#)

RJ

[Log In](#)

## Sex&Drinking..

11 upvotes · 12 comments

 r/retroactivejealousy

## How to stop my bf from talking about his ex?

11 upvotes · 13 comments

 r/retroactivejealousy

## My(40F) BF (43M) had a year long affair with my coworker before we met and I just found out

11 upvotes · 14 comments

 r/retroactivejealousy

## Why do you think you have RJ?

9 upvotes · 21 comments

 r/retroactivejealousy

## Feelings of RJ ultimately ruined my relationship because my partner didn't respect my boundaries

8 upvotes · 2 comments

 r/retroactivejealousy

## How to get over my girlfriends past when I have don't have one.

8 upvotes · 24 comments

 r/retroactivejealousy

## Just some thoughts. Feel free to discuss either right, wrong, or whatever.

7 upvotes · 28 comments

 r/retroactivejealousy

## How to not hate the bed I'm sleeping in now

7 upvotes · 13 comments

 r/retroactivejealousy

## RJ inducing a lot of suffering

7 upvotes · 18 comments



RJ

Log In

---

7 upvotes · 3 comments

 r/retroactivejealousy

### Obsessive thoughts/ disgust

6 upvotes · 11 comments

---

 r/retroactivejealousy

### How do you cope with it in a practical way?

6 upvotes · 21 comments

---

 r/retroactivejealousy

### I feel like the thoughts are eating away my brain

6 upvotes · 3 comments

---

 r/retroactivejealousy

### Update of my previous post, We always assume the worst when we let our mind run wild

5 upvotes · 12 comments

---

 r/retroactivejealousy

### Are my feelings and thoughts valid?

5 upvotes · 8 comments

---

#### TOP POSTS

 Reddit

reReddit: Top posts of August 30, 2023

---

 Reddit

reReddit: Top posts of August 2023

---

 Reddit

reReddit: Top posts of 2023

---