

[Skip to main content](#)

u/ibDABIN



Search in u/ibDABIN

[Log In](#)**ibDABIN**

u/ibDABIN

[Overview](#)[Posts](#)[Comments](#)

New ▾

**r/Divorce** • Here is my situationibDABIN replied to [Dilapidated_giraffe](#) 1 mo. ago

I understand the feelings. There is a significant amount of pain associated with the end of any marriage and it adds a new dimension of grief when you couple it with the betrayal of infidelity. I was left for someone who was my diametrical opposite as well and while I'm happier now than I can ever remember being, I'm still dealing with the pain of losing my family each and every time my children express their sadness. Let me just say, it gets better if you let it and you understand your worth. There are people you will meet that will truly see you and appreciate all that you have to offer.

As for getting back with the OP, I think you already know how absurd that would be...but in case you ever falter in that belief, just remember that what's familiar isn't always what's best. You deserve someone who chooses you; a lifelong partnership with your best friend and lover. I hope you'll never settle for less than that and you'll always remember your worth. 🧡



1

[Reply](#)[Share](#)**r/Divorce** • Here is my situationibDABIN replied to [Dilapidated_giraffe](#) 1 mo. ago

I'm not sure how this relates and think you might be lost...but I'm nonetheless sorry for your grief. Betrayal is always a challenge to navigate.

Edit: wait...are you the wife of the OP 🤔? If so, let me just say that he did you a favor. Someone who thinks this way and will cast away their relationship was never authentically loving you in the way you deserve.



1

[Reply](#)[Share](#)

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

A pick disliked by people across the political gamut. Truly, Trump is finding ways to bring people in this country together.

↑ 1 ↓ [Reply](#) [Share](#) ...



r/AmlOverreacting • AIO? My partner says I'm love bombing them and I feel like I'm just being affectionate

ibDABIN commented 2 mo. ago

NOR. You shouldn't have to hold back and be someone you aren't. You clearly want to express your love through physical intimacy and your partner isn't receptive to that which is only going to create greater distance and disconnect. If you cannot express your love with your partner, you will eventually find yourself misaligned and out of touch with yourself...don't fall into the trap of appeasement and self abandonment.

↑ 1 ↓ [Reply](#) [Share](#) ...



r/politics • Megathread: Donald Trump is elected 47th president of the United States

ibDABIN replied to **MetamorphicRocks** 2 mo. ago

I'm here for it 😊 you are not alone!

↑ 1 ↓ [Reply](#) [Share](#) ...



r/politics • Megathread: Donald Trump is elected 47th president of the United States

ibDABIN replied to **MetamorphicRocks** 2 mo. ago

It's super effective!

↑ 3 ↓ [Reply](#) [Share](#) ...



r/politics • Megathread: Donald Trump is elected 47th president of the United States

ibDABIN commented 2 mo. ago

America hurt itself in its confusion!

↑ 4 ↓ [Reply](#) [Share](#) ...



r/Divorce • What to tell the kids?

ibDABIN replied to **DenseYogurtcloset278** 3 mo. ago

I agree. Mitigating the shittiness is really all you can do and I hope you find a way to navigate it effectively for you and your childrens' sake!

↑ 1 ↓ [Reply](#) [Share](#) ...

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

My earliest memory in life is of my parents fighting and making me choose who I wanted to be with...so I get it. Be the person you needed your parents to be when you were a child. Remember what it was like to be that sad, scared (and lonely if you didn't have siblings) child. You won't be able to fix this problem for them but you can be there for them.

3 Reply Share ...



r/Divorce • What to tell the kids?

ibDABIN commented 3 mo. ago

You tell them the truth in age appropriate terms. Tell them that you aren't able to work together as a couple anymore and that you have to focus your energy on being mom and dad, separately. Don't disparage each other and be unified in what you tell the kids...that is what it means to show a united front in this situation.

You need to be absolute and do not leave wiggle room for hope, even if some should exist. You both need to be very clear about what the future looks like for you and them. Tell them you both love them very much and ensure they know they are not to blame in any way.

It's going to suck worse than you likely realize so prepare for that. Unless your children anticipated this, there will be a tsunami of tears. Be emotionally honest with yourself and them but be careful about what you say in your emotionally charged state.

Good luck OP.

4 Reply Share ...



r/Divorce • Husband sharing nude photos without consent.

ibDABIN replied to **Wandering_aimlessly9** 3 mo. ago

I don't disagree with any of that. It's definitely a violation of trust and inherently wrong. There's going to be a hundred people ready to point that out and to simplify it down to "leave him" and I don't blame them. That's the most obvious answer here...but I think if OP were completely confident in that choice, they wouldn't be here.

I'd rather offer something to the discourse that isn't "man bad for doing bad thing - make leave now" and instead offer a perspective on the "why" instead of focusing so much on the "what now".

0 Reply Share ...

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

You are going to get a lot of people telling you to leave your husband but, instead of telling you what to do, I would rather play devil's advocate (and eat a bunch of downvotes 😊). Your husband has an addiction and it's ultimately to the endorphins (namely, dopamine) that he gets when he orgasms. For one reason or another, he has hidden his kinks from you and it's entirely likely that this is a result of his shame. He does not feel comfortable or safe sharing this secret with you. I'd imagine it's because he believes you would think less of him for it.

I disagree with everyone that says you could never trust this guy again. A breach of trust does not make someone forever untrustworthy and I'm sure to get lots of kickback for saying as much but it is the truth. You can believe that people don't change or you can recognize that everyone has the capacity to change. I'm with the latter school of thought as someone that has made significant changes in my life following revelations that I failed my ex-wife in profound ways. Sometimes, experiencing that shame first hand is the catalyst needed to institute lasting, positive change.

All that being said, nobody but you would know what the outcome of this situation might be. You could be strung along for a longer period of time or you could end it now. You could let this breach of trust shatter your relationship or allow it to be a challenge that brings you closer together. There's no way for anybody else to know, random internet strangers least of all. Your safest bet is always going to be to walk away because there's a million other potential options out there for romantic partners, some of whom will assuredly be better than your current...but is that what you want? Your ego will always direct you away from potential harm but that doesn't mean it's steering you towards a better, happier life.

↑ -5 ↓ [Reply](#) [Share](#) ...



r/Divorce • I hate being told to work on myself

ibDABIN commented 3 mo. ago

It's hardly nonsensical. It sounds like you just don't understand the intent. You cannot properly love someone if you can't even properly love yourself. Dating yourself instills a sense of self worth and helps you to identify what's important to yourself (as well as building self love). Ultimately, the intent is to be kind to yourself because enjoying your own company is the only way to exist within a healthy relationship and negativity, cynicism, and self deprecation are not only unattractive but wholly damaging to relationships (both with others and with the self).

You see those platitudes over and over because they are core to what's important in healing from a breakup/divorce. People that have healed (or are healing) and get it repeat these mentras because they recognize their importance in establishing the mindset necessary to effectively overcome trauma.

↑ 3 ↓ [Reply](#) [Share](#) ...

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

That's definitely not what you are being told. When you say "I miss my ex" and "I want someone else", you are signaling to everyone that you aren't ready for someone else. This is why you are being told to work on yourself.

↑ 32 ↓ [Reply](#) [Share](#) ...



r/Separation • Please don't stonewall your partner during separation

ibDABIN replied to **shameshewentmad** 3 mo. ago

Trust me. I get it. I had the same feelings. I got strung along, too, and with two kids whom would become victims to it as well. I don't think there is any particularly appropriate way to handle separation. It's generally difficult in different ways for both parties. Divorce is a death and nobody undergoes death without some scarring. I'm sure he likely didn't have the courage to completely end things with you so he turned to a more gradual form of rejection to help soothe himself. The stonewalling was probably the only way he could maintain his resolve without becoming overwhelmed with his own emotions.

None of this is excusing anything but, then again, excuses aren't really necessary because at the end of the day people are autonomous. We are all entitled to our own decisions, even if those decisions hurt the people that love us. It sucks but it's just part of being human. I think labeling it as cruel is a bit of an exaggeration, in all fairness, but I understand why you see it that way. It's so agonizingly painful that "cruel" seems like an appropriate description...but it's unlikely that he actually wants to hurt you. In fact, his approach would suggest to me that he is afraid of hurting you and afraid of facing the consequences of hurting you.

Your feelings are completely valid as is your perspective on everything. Try to focus on getting it all out so you can fill your cup back up with something more pleasant and end the rumination.

↑ 3 ↓ [Reply](#) [Share](#) ...



r/Separation • Please don't stonewall your partner during separation

ibDABIN replied to **shameshewentmad** 3 mo. ago

Then I think you might be projecting your hopeful expectations. Stonewalling is pretty typical when a relationship reaches a bitter end and it's especially common when infidelity is involved. I'm sorry you are going through this and I know first-hand how much it sucks but it will benefit you to get the process of divorce started sooner rather than later so you can begin working on the next chapter in your life.

↑ 3 ↓ [Reply](#) [Share](#) ...



r/Separation • Please don't stonewall your partner during separation

ibDABIN commented 3 mo. ago

Did you initiate the separation?

↑ 2 ↓ [Reply](#) [Share](#) ...

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

The simple answer is ego.



3

[Reply](#)[Share](#)

r/Divorce •



Kids of Divorce- what do you think worked well for you when your parents got divorced and what do you wish your parents did differently?

ibDABIN replied to **SoggyEstablishment8** 3 mo. ago

Im going to set the example that I love her, I'll always love her and I'll always treat her with respect

This is absolutely CRUCIAL. Divorce gives us the opportunity to show strength and courage and to prove to our kids that sometimes good things fall apart but we don't have to let it darken our hearts. By telling them you will always love her and showing them that, you are instilling in them the significance of love and what it means. I did the same thing because it's the truth I live and the way I love. I believe that real love is unconditional and that when we make room in our hearts for people, they become part of us forever...for better or worse...and how that impacts us is entirely up to the way we perceive the value of that experience. In other words, love big and live happy. Fixating on the negative aspects of life will only ever bring misery.

I am sorry you are having to go through this but I believe you have a very wise and mature perspective on your situation. I never knew what it was like to have an intact family but I heard no shortage of slander from my father towards my mother because she was unfaithful...but at the end of the day, people are unfaithful because they have unmet needs. There is a deficiency that exists in their lives and it's often within themselves. Externalizing our happiness and fulfillment is always a trap and the issues that manifest differ from person to person. Some people abandon themselves while others abandon their loved ones. It's tragic but it's part of the human condition and it's almost never born from malice. People are neither inherently good nor inherently bad. We are all just doing our best to live our lives and be happy and using divorce to highlight this will only benefit your children in the long term.

I wish you luck, brother. That is going to be a hard conversation. For me, it was the most emotionally devastating thing I've ever had to do. Prepare yourself but don't be afraid to show them your humanity. Crying is entirely healthy and will help them feel less alone in the process of their grieving.



7

[Reply](#)[Share](#)

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

differently?

ibDABIN commented 3 mo. ago

Child of divorce and recently divorced man here.

My advice on custody would be to split the time evenly if possible and to allow your son to make his own decisions about who he wants to spend his time with once he matures a bit and you have all had an opportunity to adjust to the new normal.

Aside from custody though, I don't know that I would suggest you be dishonest in how you portray your divorce to your son. Hiding your feelings is unlikely to be very effective and it's likely that your ex is going to be very outwardly content and with a new woman. Your son will be able to perceive that difference in contentment and will wonder about the truth of your situation. I believe it would behoove you to just be honest about it in age appropriate terms. If you didn't want the divorce, you don't have to slander your ex but you don't have to pretend that you wanted it either. I'm sure there will be those that disagree with this approach but this is what I did with my children and it has improved my relationship with them in addition to helping them to understand that their mom wasn't happy and was just doing what she felt was best to better show up for them. It's an opportunity to teach your child the value of forgiveness, resilience, and emotional intelligence.

11 Reply Share ...



r/datingoverthirty •

Question for men - do you feel that you know immediately or very quickly when you want to marry a woman?

ibDABIN replied to **mrskalindaflorrick** 4 mo. ago

Exactly right! It's that "gut" feeling that people talk about that we usually attribute to intuition which is really just all the little things we notice but don't consciously consider.

1 Reply Share ...

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

ibDABIN replied to **MermaidNeurosis** 4 mo. ago

Most of my relationships weren't actually me using my heart...

It sounds like you know what the issue was a lot of the time. I do completely understand where you are coming from...it was my belief for so long that logic was the only way to acquire a suitable relationship.

I'm tired of all the analysis and strategy. I want it to just be easy and flow. I'm a unique and particular person so its hard to find someone that fits well with me. I hope I do.

This was exactly how I felt...and it's why I just stopped trying to formulate an approach to finding the right partner and started leading with my heart instead. I shared everything upfront about who I was and what my journey through life has looked like. This definitely won me my fair share of rejections but it ultimately led me closer than I had ever been to "my people"...and now, yes, I'm in a relationship that is as effortless as breathing with a partner that completely matches my energy. It never would've happened if I hadn't been willing to make myself vulnerable though and one of my big requirements for anybody I was dating was that they would be willing to be completely vulnerable with me, too. I did not want to do the whole horse and pony show of having to tear down walls to get to know the person I was spending time with. I think a lot of people struggle with this but there is no better way to finding a relationship that will work for you than to be completely open with somebody else. When you extend that trust to someone, it often inspires them to do the same...or it can have the opposite effect in which case you know that other person isn't ready for a serious relationship.

↑ 3 ↓ [Reply](#) [Share](#) ...



r/Divorce • Those who divorced with young kids, how did they handle it?

ibDABIN replied to **SweetBasic7871** 4 mo. ago

Very well put and I'm happy to share. I absolutely agree that a good, healthy relationship to self is paramount and demonstrating strength and resilience to our children is always helpful. Continuing that honest dialogue with ourselves as well as our children is the only way for anyone to move past the shared trauma of a family torn asunder. Trying to move past it without acknowledging it is exactly how you end up the way I did...confused and hurting with every step towards increasing self sabotage.

Relationship dynamics are not taught...they are learned...and the basis for every relationship we have in life is based off our observations. Before we have a lot of experience, we stick to what's familiar...even when what's familiar hurts us. That's just the way humans are wired. Breaking that pattern takes a lot of hard work and, as parents, we are unfortunately limited on how much of that work we can help with. That's why it's so important to carefully manage the relationships they are exposed to early in their lives.

↑ 3 ↓ [Reply](#) [Share](#) ...

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

I don't disagree with you. Dysfunction breeds dysfunction. The problem in divorce is that people are often running away from their problems as opposed to working on fixing them. Divorce hurts everyone involved and that takes a lot of time to heal from...and it seems like a lot of people aren't strong enough to do the work that needs to be done alone, opting instead to jump into a new relationship to validate themselves and hide from the pain of love lost.

2 Reply Share ...



r/Divorce • Those who divorced with young kids, how did they handle it?

ibDABIN replied to **karmamamma** 4 mo. ago

Thank you for your insight. My observations with respect to ages-most-affected definitely align with your own. My 7yr old has been doing pretty fine but my 10yr old has really, really struggled with everything.

1 Reply Share ...



r/Divorce • Those who divorced with young kids, how did they handle it?

ibDABIN commented 4 mo. ago

Get them therapy if you can afford it and be prepared for a lot of added difficulty in your life as a coparent. Everyone likes to repeat the mantra "children are resilient" and "they'll be fine" but the research very much suggests otherwise.

I was a single child and a child of divorce. I have no memories of my parents together but I have plenty of memories of the dysfunction that persisted well beyond their divorce as they navigated new relationships with new partners and I had virtually no frame of reference for healthy love. Academically I was absolutely fine. I could've done anything I wanted with my life. From the outside looking in, there were no issues that came about as a result of the divorce. Even from my own perspective, the divorce had no effect. I never blamed myself or felt like I internalized any of it...but that didn't stop it from killing a lot of good relationships all the way through until very recently when I got myself into therapy and started working on healing my unreconciled abandonment trauma.

All that is to say, you never know how divorce is going to effect your children. Focus on giving your children a healthy and loving relationship that they can model from and get them into therapy to give them the best chance. Divorce creates multigenerational trauma but the folks here don't want to acknowledge that because it dissuades others from getting divorced and makes their decision harder to sit with. I think it's important that everyone be cognizant of just how much divorce can really change things for kids. We owe it to our children to stop acting like they'll be fine and to start working on fixing the damage right away.

4 Reply Share ...

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

ibDABIN replied to **WhatLikeltsHard90** 4 mo. ago

Thank YOU 😊 I am always so grateful to hear that there are people out there that can benefit in some way from my journey.

↑ 4 ↓ Reply Share ...



r/datingoverthirty •

Question for men - do you feel that you know immediately or very quickly when you want to marry a woman?

ibDABIN replied to **Sunshine_Thing9893** 4 mo. ago

Thank you for taking an interest and for your kind words ❤️

↑ 2 ↓ Reply Share ...

[Skip to main content](#)[Log In](#)ibDABIN replied to [Sunshine_Thing9893](#) 4 mo. ago

Can you explain more about what led to your change in beliefs here?

Profound trauma, lol. I spent 12 years of my life with a woman (4 years married) and we had 2 kids together (11 and 8, now). The beginning of our relationship started when I was only 18. Long story short, we had a daughter very young and I resolved to give her the life I never had- a family intact. I was infatuated with my ex-wife and this infatuation grew into love. She was the second love of my life and our relationship was challenging and never developed a deep connection. If you are familiar with the three loves theory, she very much fit the description of the second love. We both tried hard to mold ourselves into what the other needed and we became fiercely codependent. I was constantly trying to placate her because she was very obviously unfulfilled and she was never able to get what she needed from me because I was deeply depressed due to our inability to connect and properly communicate. In the end, she left me for another man who met the needs I was unable to meet and it shattered me as a person. We divorced and our family broke apart.

After giving your all to a person and coming to the realization that it was not enough, it crushes your spirit completely. Due to my codependency, I lost my sense of identity, my purpose, my confidence, and my sense of self worth. It utterly broke me and I cried, largely uncontrollably for months. Eventually, a combination of things helped me escape that funk and led me back to self love. I nurtured my relationship to self and spent a lot of time growing myself spiritually...something I had neglected entirely for more than a decade. This led me to some profound realizations about who I am and who I want to be.

I began casually dating again in an effort to find out how others see me and to understand myself even better. This was the first time in my entire adult life that I had dated anyone and I was now in my 30s so I was very ambivalent. Well...it went much better than I expected as someone that has always seen himself as a slightly-better-than-average-looking guy. As it would turn out, I had a lot of success and this helped me to recognize what others saw in me. Eventually, I met a woman who I felt connected with my soul. It went beyond "the spark". She was someone I felt like I knew my whole life and she felt the same about me. She changed everything for me. I can see my whole life when I'm with her and it truly feels like I've finally come home. I could expand on this feeling but the most succinct description I could give is blissful peace. I had long ago resigned myself to never finding a love like this.

After so many years with someone that I learned to love, I was of the opinion that relationships should be logical and a secure marriage required investment of time because I couldn't reconcile how anyone could be so sure of another person in the absence of that time. Now I realize that time is just an illusion. Everything happens in the moment and nothing that has ever happened will happen any time other than now. There is no denying that the heart knows best and while there is a lot of validity to the argument that you should spend a lot of time getting to know someone before committing yourself, that argument only applies to those whom are unwilling to be vulnerable and cannot enter a relationship without the bias of past experience. When two completely authentic people open their hearts to one another and shed themselves of embarrassment, shame, and all the other faults of their ego, everything else falls into place naturally.

My ex-wife use to tell me, "Love is not enough." and this confounded me. I honestly believed her at the time. What I eventually discovered though was that she was wrong. Love *is* enough. I could launch into another tangent but I'll spare you another giant wall of text 🙄

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

ibDABIN commented 4 mo. ago

32M here. My answer for this question even just a year or two ago would've been completely different...entirely logic-based. "No. It takes time to get to know someone and to be sure that the relationship isn't viewed through the distorted lens of infatuation or emotional instability. You need lots of time and history with a person to be sure that things can work."

My answer now couldn't be any more different.

People are all too quick to self-identity with the mind and use logic to make determinations of the heart. The truth is that the truly authentic and magical relationships do exist and make themselves known quickly...and while you can fool the mind with lust, envy, and projection, you cannot fool the heart. So my answer now? I absolutely know very quickly and the reason for that is I know who I am and what I want. I trust myself and I do not spend so much time in my mind that I ignore what my heart is telling me about a person. I live authentically and unapologetically. When you start living your life this way, genuine people find you and you recognize the sincerity in their words and actions. It's the old adage: it takes one to know one. You cannot know what it really means to be seen unless you can see yourself...similarly, you won't recognize a truly remarkable relationship unless you have one with yourself, first. It's the only way to know what you want and deserve and the only way you can be sure that someone else isn't projecting the image of what they believe you want to see.

People really need to spend more time getting to know themselves and what they want. Without boundaries, we remain formless and persistently conforming.

↑ 17 ↓ [Reply](#) [Share](#) ...



[r/absolutelynotme_irl](#) • [absolutelynotme_irl](#)

ibDABIN commented 4 mo. ago

See you over in [r/divorce](#), friend! 😊

If you are in the US, you are entitled to half of everything, generally speaking. It sounds like you are the sort of person who will glow up after your divorce and I'd highly encourage you to do some reading over in the divorce sub before your emotions lead you down the wrong path.

↑ 2 ↓ [Reply](#) [Share](#) ...

[Log In](#)

As this comment says, keep your dating casual. I had a serious issue with my self esteem as well in the wake of my separation. Casual dating helped a ton and I was really surprised at how many very attractive women I was able to talk to and go on dates with. The trick is to not invest so much in it and avoid validating yourself based on your success.

I'll also add that now is the time to take better care of yourself in all the ways. Work on a skincare regiment. Start eating healthier. Read more and work on becoming a better conversationalist. Now is the time to decide who you really want to be...a husk of a man who's wife left him or a better man who's wife made the greatest mistake of her life. It's entirely up to you, OP!



2



Reply



Share

**r/badtattoos** • [deleted by user]**ibDABIN** replied to **Weary_Common9187** 4 mo. ago

Well...I definitely recognized this as being from Tokyo Ghoul. Kaneki carrying Hide.



1



Reply



Share

