

# **YOUR WIFE WANTS A DIVORCE**

**Here's Why It's Not Your**

**Michael Holmes**

Marriage is a beautiful thing.

When done correctly it is something beautiful to witness: two people coming together to love each other selflessly, learning to communicate effectively, and partnering together to create something bigger than themselves is a miracle in itself.

**But most of us aren't going to get there.**

Why?

We're selfish, we have baggage, we often don't have good role models, we're more committed to our feelings and/or lusts than our vows.

Truth is we're all pretty screwed up.

## **Marriage and The Modern Man**

If you are a man doing the best you can, working to navigate the daily emotional landmines, and being a good example to your children, kudos to you!

Despite what the man-haters say, you're a good man!

**However, that still might not save you.**

You still might be on your way to divorce court even if it's not your fault.

Enter the man-haters:

“Wait a minute Mike...you just wait one minute! The reason why women are divorcing men in record numbers is because the problem with marriages are the men in the marriages. If the men were doing what they’re supposed to do, women would be happy and stay. It’s the patriarchy that’s causing this.”

I originally thought that too.

I said,

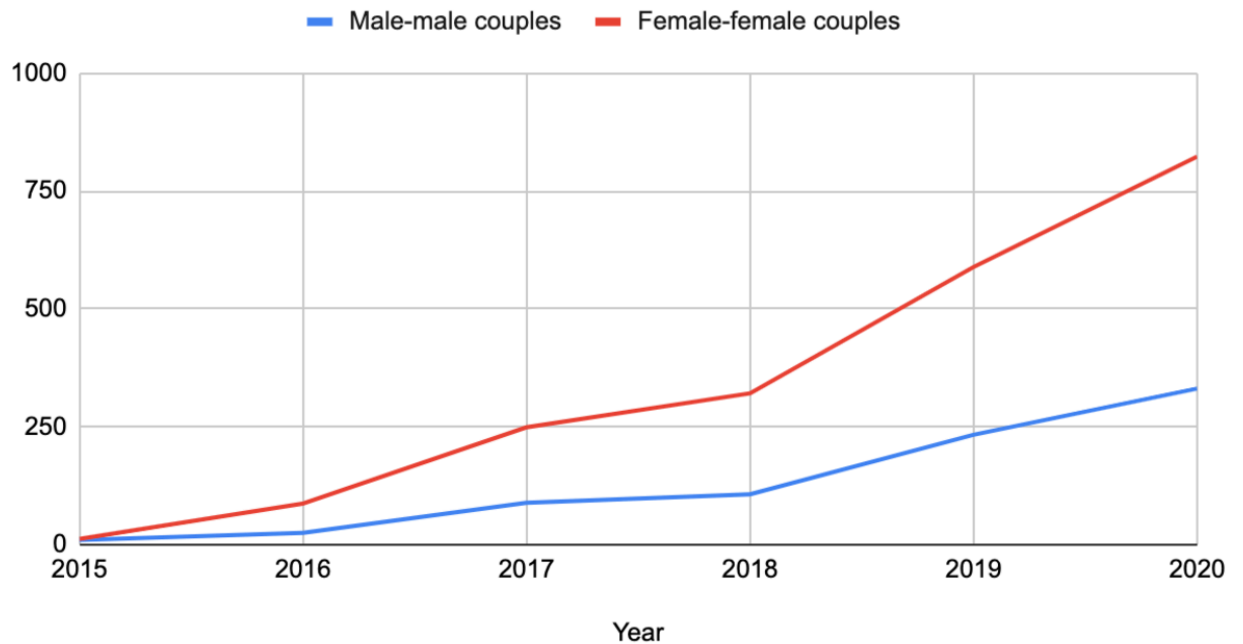
“Man, maybe the problem is with us men. Maybe we do need to get our acts together.”

Until I looked at the numbers.

Do you know the marital group with the highest rate of divorce?

**Lesbians.**

## Same-Sex Divorces in England and Wales



Lesbian couples vs Gay Men in divorce

Besides divorce, they have higher rates of [violence, rape, and/or stalking](#) than same sex gay couples (or two men).

So, if men are the issue how is it when men are removed from the equation divorce, violence, and rape go up?

And if men are the issue, how is it when women are removed (i.e. two men are married) [divorce is often the lowest?](#)

**But I digress.**

I'm not here to bash women.

I'm here to make you realize you're not as bad as society is making you out to be.

But what are the reasons your wife is going to divorce you? Unfortunately, they're many.

## 1. You're Doing More Housework and Child Care

Dr. Samantha Rodman Whiten is a clinical psychologist and author. She noticed a cultural shift: **more men were doing housework and childcare than in previous years.**

Here's what she also found: *their wives were equally unhappy if not more so.*

### Did you get that?

Women asked their men to step up and help, their men heard, stepped up, and the women were still unhappy.

### You can't make this up!

In a since deleted Medium post [he said it like this](#),

“I see and hear about men doing lots of chores during their work-from-home time now. This is in contrast to prior years, when wives would complain that, on the days their husband did work from home, they didn't throw in a load of laundry or anything else to help out.

Yet, women in my virtual office, both when they are speaking to me alone and with their husband present, seem no happier now than a decade ago. Their complaints have shifted from unfair distribution of housework and childcare responsibilities to unfair distribution of emotional labor, or some other arbiter of perceived inequity.”

Now obviously I’m not saying to NOT do housework or childcare...that would be ridiculous.

But understand your wife has higher emotional expectations and standards than you do...“helping around the house” just might not be enough.

## **2. Your Wife Doesn’t Believe in “Settling”**

There’s a quote that’s incorrectly attributed to Jada Pinkett Smith,

“Don’t let your husband stop you from finding the love of your life.”

Even though it’s satire, it doesn’t mean your wife’s not thinking the same way. Kristen Tseti, [told the time](#) when she first “settled:”

“When I left my first marriage, I was 22, and Bill (not his real name) and I had been married since I was 19. I went into the marriage, as many do, not feeling the kind of love, I knew I wanted to feel for someone, and not feeling loved the way I knew I wanted to be loved. “That kind of love,” Bill told me before we got married, “is the love of books and movies. It isn’t real.”

I wanted to believe it was, but he convinced me it wasn't. Part of me, at 19, figured, "I guess this kind of love, whatever it is, is good enough, then." Bill was good looking, warm-hearted, sexy, funny, and he smelled good. Plenty of girls had wanted him, and he chose me. I would have been an idiot to walk away from someone like that, to not love him. Right? Of course what we had was good enough.

Wrong. Contrary to what Lori Gottlieb wrote in her infamous Atlantic article "[Marry Him,](#)" settling is never good enough — particularly if it's conscious settling. If you have even the slightest inkling that somewhere out there something better could be waiting, eventually something or someone is going to crack."

*In the case of my first marriage, I was the one who experienced the cracking first."*

I'll be the first to admit: this is a far-out reality. But it's a reality, nonetheless.

### **3. Your Wife Is Having a Mid-Life Crisis**

Though we think of men as the ones with these crises, women have them too.

Victoria Corindi, shared [the story of her own midlife crisis](#):

"I know women have midlife crises because I had one. Somewhere in my mid-40s, I began asking myself questions that I hadn't before. "Is this all there is?" became a common refrain playing on repeat in my head during moments of quiet.

Even though I would have called myself happy, I started evaluating everything in my life to determine if it was what I truly wanted. I looked at my remaining years as a way to get things right before the clock ran out. There was no time to waste.

Unfortunately, my husband was at the top of my list...My marriage was stable and comfortable — something I valued, but I missed the intensity of the early days.

With my mid-life crisis brain running the show, I decided the best thing to do was divorce my husband. That would surely fix me.”

Thankfully she evaluated, got help, didn't make a rash decision, and didn't sacrifice her marriage on the altar of her feelings. What was interesting was not just her story but the number of women that resonated with it:



Ccgordon 

7 months ago



Girl I've been there! Mine lasted a bit longer and I really almost screwed things up terribly. Thankfully my husband is a very patient man and gave me all the space, time, and understanding I needed to get through it. He's my best friend and lifelong partner- I absolutely want him by my side forever and can't imagine life without him. It would've been the worst decision I ever made, not just for myself but for my kids too - he's such a good dad! Thanks for sharing your story! Glad you reached out for help and had a happy ending too!




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Hide replies

Reply



Victoria Corindi  **Author**

7 months ago (edited)



Thanks for sharing this Ccgordon. I'm happy to know I'm not the only one who went through this. Sounds like your husband is a keeper, just like mine. :)



47

Reply



Merri J. Evans ☀️

7 months ago



I've been there too, wrestling with "is this all there is?" Like you, I stayed faithful to my sweet husband despite my swirling emotions and I'm so thankful I did.

I think you're very brave admitting these feelings and extremely wise not to act on them — especially not right away, but rather, giving yourself time to breathe was the best thing you could have done. 🌸



86



2 replies

Reply



Holly Emery

7 months ago



Three weeks later I felt differently and thankfully, avoided making the biggest mistake of my life.

Sometimes we think the grass might be greener, especially when we feel unhappy. But just as you said, feelings of unhappiness don't always last long.



84



1 reply

Reply



McKenna Meyers



7 months ago

I experienced something like you did during my early 30s after my father died. I wanted to make big changes in my life and I wanted to have a bigger impact on the world. My feelings were so overwhelming and intense. It just took some time for me to slow down and get some perspective. Making big decisions based on our feelings can be dangerous!



97



2 replies

Reply



Stacey



7 months ago

Most people divorce because they think they are better or can do better. It very often isn't the case. Well done to you for evaluating and taking the time to realize what you are (individually) and what you have in your partner and your partnership as a whole. That cannot or won't be replaced.



55



1 reply

Reply

Unfortunately, you might be the collateral damage of your wife's emotional landmine. Be warned!

## 4. Your Wife May Be a Chronic People Pleaser

Maybe she was raised by narcissistic parents who gaslit her through childhood and beyond.

Maybe she learned to be conflict avoidant and internalize instead of effectively communicating.

Maybe she hasn't quite learned to set healthy boundaries that benefit her and give healthy structure to your relationship. But your wife may be a people pleaser.

You're happy, she's not, and she's about to explode.

Former *Divorce Court* judge [Lynn Toler spoke about the “The False OK”](#) narrative that affects many women:

“I think a lot of women tell the very same lie for years on end. They say ‘okay’ when they don’t mean it. They tell their husbands, ‘everything’s fine,’ even when it’s not. ‘Keeping the peace’ is what they call it. They are, they tell me, getting through the day. It is all about the argument they simply do not want to have. ... I think there is a whole group of women out there who don’t do well with conflict. They are the ones with a happy husband because he always gets what he wants and she doesn’t seem to mind. But what he doesn’t see are all of the collected hurts stored up in her emotional closet. Not because she doesn’t ever get what she wants but because that lopsided equation makes her feel unloved.”

Unfortunately, you might be on the receiving end of an explosion you don't see coming.

Now to be fair: this is different from hearing grievances, ignoring them, and being shocked by the inevitable outcome. I'm talking about unsaid grievances that you can't see because you're not a mind reader.

And because you're not a mind-reader you obviously don't care. (Sarcasm) Some women will take accountability for not being able to communicate effectively, but some will not.

Author and award-winning journalist Vicki Larson [had this to say](#),

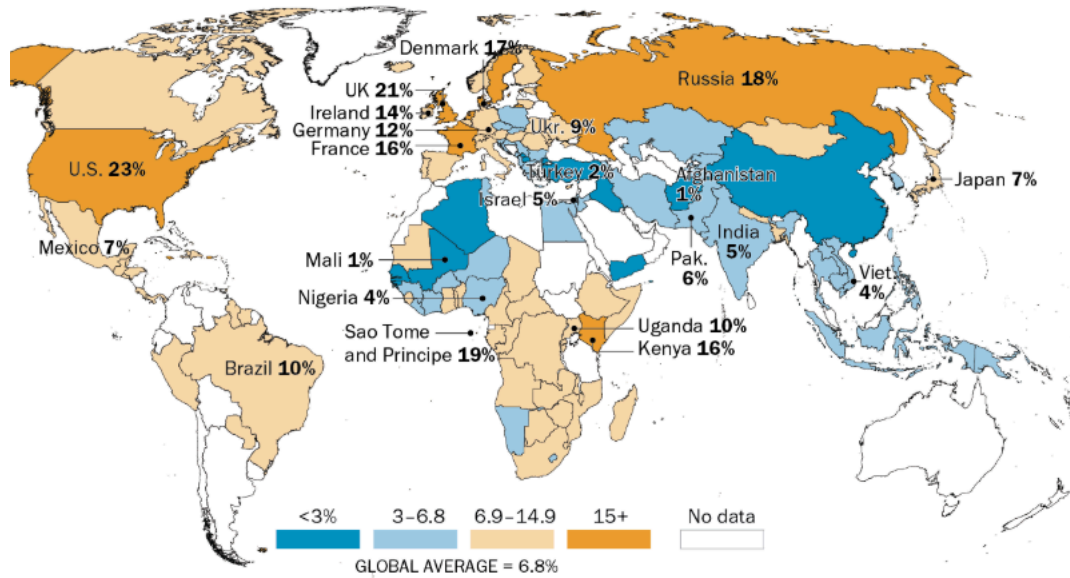
“There are a lot of us who just aren't eager to look at our own crap. According to a study by psychologist and author Terri Orbuch, research professor at the University of Michigan's Institute for Social Research, 65 percent of divorced individuals blame their former spouse for the problems in their marriage, but here's the kicker — women are much more likely to blame their former spouse than men are, 80 percent compared with 47 percent. And while 16 percent of men blamed themselves just 4 percent of women do the same. (Although some researchers suggest women invest more energy and resources into maintaining our relationships than men do and thus might resort to finger-pointing because we believe our partner wasn't investing as much into it as we did.)”

## **5. She Is Incentivized to Leave You**

Do you know the US leads THE WORLD in [single parent fatherless homes](#)?

## Almost a quarter of U.S. children live in single-parent homes, more than in any other country

*% of children under age 18 in single-parent households*



Note: Single-parent households include one adult and at least one biological, step or foster child under 18. Adult children may be present, but no other relatives or non-relatives.

Source: Pew Research Center analysis of 2010-2018 census and survey data. See methodology for details. "Religion and Living Arrangements Around the World"

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Do you know how good you have to be at something to lead THE WORLD in it?

### How did this happen?

In 1969 then Governor Reagan of California enacted the nation's first no-fault divorce bill. (He later admitted it to be one of the biggest mistakes of his political life.)

That bill gutted marriage of its legal right to bind husband and wife. Now either any spouse could dissolve the marriage for any reason at all.

And **MANY** of the problems we encounter today stem from this phenomenon of divorce. [According to one sociologist](#), if the US had the same level of family stability today as it did in 1960, the nation would have:

- 750,000 fewer children repeating grades.
- 1.2 million fewer school suspensions.
- 500,000 fewer acts of teenage delinquency.
- 600,000 fewer kids receiving therapy.
- And approximately 70,000 fewer suicide attempts every year!

**Yes, your wife IS incentivized to leave you.**

Let me ask you a question...

...if you took 100 people and gave them the option of:

1) Work for 30 years and build substantial wealth.

**OR**

2) Win the lottery.

**Which do you think they would choose?**

Right!

You probably got some lottery tickets in your pocket now!

I'm not saying women are the problem to marriages — quite the contrary — the laws are.

When a woman enters a marriage partnership, she is basically given that option: work and sacrifice to build a marriage with another imperfect human being...while simultaneously trying to raise other selfish human beings (especially when young).

Or “cash out” and get the kids, the house, as well as child and/or spousal support.

Which do you think she would choose?

**Which would ANYONE choose?**

## **In Conclusion**

Marriage is hard — there's no denying that.

While you may not be perfect, the narrative that men are the sole reason for failed marriages doesn't hold up under scrutiny.

If you're a man doing your best — loving your wife, showing up for your kids, and shouldering responsibilities — know this: **the outcome of your marriage isn't always a reflection of your worth.**

**You're not defined by the misogyny of a society that undervalues your sacrifices or by a system that often works against you.**

But here's the good news: regardless of what happens, you can rise above.

Focus on being the best version of yourself — not just for your marriage, but for your own growth, your children, and the future you're building. Invest in your emotional health, surround yourself with supportive people, and remember that your value isn't determined by others' actions but by how you choose to live.

**You're not alone in this journey.**

Together, let's shift the narrative and remind the world that good men still exist — and they matter.