The Good in Goodbye

Sometimes your spouse’s choices have nothing to do with you.

September 3, 2018

Five years ago, my husband of almost two years asked me for a divorce. He said he didn’t want to be married any more.

Immediately after he confessed this to me, I started to wonder whether I was at fault. Was there something I hadn’t done? Did I do something to lose his love? When I questioned him, he reassured me that I was not the problem; marriage with anyone was not for him.

He said he’d made a mistake and was sorry if he hurt me, but he wished to be single again.

At first, it was hard to accept his explanation. But as time passed, I made peace with his choice. Gradually, I realized that my former husband had made a decision based strictly on how he felt. This enabled me to move on with my life and feel good about myself.

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http://beta.docker.realhealthmag.com/article/good-goodbye-spouse