

How my divorce came about via e-mail:

On Friday evening, July 30, 2010, Doug started in with the bullying and his yelling and blaming once again. It was strange because he was fine until he went to the 7 p.m. meeting where I chaired. I guess he wasn't the center of attention? He continued on with it the next day from the moment he got up.

I went for a bike ride around his bitching and moaning and pointing out what was wrong with me. I came back home after the bike ride and he came home shortly thereafter from the store.

Then late morning I went out to Roland to check out the place where I was hosting an open house the next day. I took the dogs with me. He left for N.C. while I was gone. Thank heavens!

So, I had Saturday and Sunday with much peace and quiet and got up Monday morning to this e-mail:

From: Douglas C. Hollxxd
Sent: Monday, August 02, 2010 8:14 AM
To: Barbara J. Sallxx
Subject: US

Dear Barb,

I hope your open house went well. The drive to Wilmington was uneventful and provided a lot of time to think about you and about us. And to wonder why it is that I have such a hard time discussing our relationship with you. Maybe it will be better to put it in writing; hence this email.

I believe the reason for my inappropriate behavior is a resentment that is constantly reinforced by the way we live and my perception of your treatment toward me. No matter how hard I work at dispelling and preventing this resentment, it continues to surface.

The primary reason for this resentment is that in my opinion, I have made and continue to make a great sacrifice working by myself in the basement so you could stay in the house and in LR to work on your recovery. While doing this, I have depleted all my savings, allowed my business with Jarrod to not develop anywhere near its potential, and have missed watching my grandchildren grow up. For this I feel I have received nothing in return – no warmth, no affection, no desire for me physically, and (up to now), no sharing of the financial burden that our current living arrangement requires. I also feel that I am being judged by you regularly.

In short, I feel you do not love me, and have merely used me to pay the bills while you spent time recovering. That continues today as you now work on developing your business. Whether I am right or wrong about this, it is how I feel, and is how I have felt for a long time. It is getting worse as your behavior toward me remains devoid of love while I am now out of funds. So things must change.

If you cannot tell me that you love me and agree to show it more often, then we need to go our separate ways. If you will not take some of the financial burden

from me now, then we must go our separate ways. I am agreeable to doing certain things you require if you wish to let me know what these are. Let me know what you would like to do.

Love,
Doug

Nice, huh? Doesn't this person just make you want to have a relationship with him? HA, HA, HA!

I forwarded this message over to a trusted friend and she told me that I didn't need to answer it right away.

On Thursday, four days later, I sent this response:

From: Barbara J. Sallxx
Sent: Thursday, August 05, 2010 4:11 PM
To: 'Douglas C. Hollxxd'
Subject: RE: US

Dear Doug,

I appreciate you letting me know what you are thinking.

I had a feeling of sadness when I first read your e-mail Monday and I needed to process what you wrote.

My perception seems to be a bit different on these situations that you brought up here.

I've spent over 25 years with you. I do love you - but I also know that we are not communicating in a healthy and productive way.

Love,

Barb

And the next day I got this as his reply:

From: Douglas C. Hollxxd
Sent: Friday, August 06, 2010 1:30 PM
To: bjsallxx@gmail.com
Subject: RE: US

Dear Barb,

Thank you for your reply. I understand your feeling of sadness. I live with it too often lately.

You are correct that we are not communicating in a productive way. That is why I am writing to you; so I can think about what to say first. But talking about how we communicate does not address our problems. It becomes a diversion. So I will stay on message.

In my email I mention two major problem areas – finances and our love. Your email did not address these. I need to know that you are going to help pay bills now. And I need to feel that you do love me. Let me know about if you will start paying some bills. It's OK if you can't or won't. But if that is the case, then the house needs to be sold – fast. After that I am not so sure how we stay together.

As for our love for one another, this is more complicated. I love you and feel sad away from you. But these days I am sadder when I am with you. And that is unacceptable. Maybe you are not aware of how you treat me; it is similar to when I was with Nu-Skin toward the end. You are cordial and good with small talk. You will accept a hug from me, but rarely do I get one from you. There is no kissing, no "I Love You's", no affection, no warmth, no desire, no passion, no contact, no sex. I don't feel loved by you. Nor do I feel much respect from you. This is not a recent thing. You have not told me you love me in many, many months. And since my accident on December 17 of last year (nearly eight months), we have made love once. I will take some responsibility for this. But not all.

Can you change your behavior toward me? Do you want to? It is really OK if you do not. If that's how you feel, then that's how you feel. But I do not care to live with it any longer. However, if you are interested in preserving this marriage, then I suggest you think about what you might do different. If that requires that I too do things different, then tell me what those things are. I can act very different if I feel loved.....

I plan to leave Wilmington Sunday and be home either late that night or before noon Monday. It would be good to have a response from you soon.

Love,
Doug

And there we go – communicating is a diversion. I was glad he brought me back on track – his track.

And now we wrap it up with my last reply late in the afternoon the next day:

(BTW, I was on the phone before I sent this last message with my trusted friend and she told me that this opportunity might not come in this way ever again – so I took it while it was here. After all, why not arrange for a divorce via e-mail? HA, HA, HA! At least I didn't have him in front of me yelling and screaming.)

From: Barbara J. Sallxx
Sent: Friday, August 06, 2010 4:45 PM
To: 'Douglas C. Hollxxd'
Subject: RE: US

Dear Doug,

You've stated your issues and what you require.

Ok, I'm done too.

I will start doing some market analysis on this house ASAP so we can get that process moving forward and get the house listed and sold quickly.

Barb

And barely 30 minutes later at 5:19 p.m.:

Just to clarify, I did not say I was done. I said I was done if you could not help with the bills and show me love. Apparently you choose not to or cannot do either, and I accept that. So do the research on the house and we will discuss next steps soon.

Doug

Now here what is so funny about this last wording: “We will discuss next steps soon.” WE don’t discuss – he yells and demands. I use to drink and today that is not an option anymore so he has to finally go. I can’t change him. I can only change myself and the change that has to happen is divorce.

I bet his Dad, Herb, is quite proud of the bully with an anger problem that Doug has grown into. I’m thinking that I will be taking off a year to drive around the country like I have heard that his Mom did after his Dad died. Woo, woo!

(I never met his Dad, but I’ve heard many stories about his bullying and I’ve seen what his parenting did to Doug and his two sisters. He left a lasting legacy. So sad.)

I feel like a 200 pound weight is being lifted off of my shoulders.