

Impact Letter

Thank you for respecting me enough to be honest with me by sharing your disclosure. I'm sure it must have been difficult to be so vulnerable, and I hope that you know that you are now fully known and fully loved and that this will give you the courage to be honest in the future. I would like to think you would have done better all along if you had the tools/skills to deal with your own emotions. At multiple points in this letter I will reveal that most of the information was not completely new, so please do not regret sharing it.

I acknowledge that I have not been perfect in this marriage. My insecurity has frequently caused me to freak out, declare the marriage a mistake, and threaten divorce. However, I have never left or cheated. Even after everything that has happened, I am still here and trying to work on myself.

Here is why I am writing this letter: to explain the process I have been going through ever since I learned about your sex addiction. I am hoping that you will hear this letter with humility and honor for where I am with it. My hope is that as you listen to it, you will allow any defensiveness that arises in you to be put aside so that you can step into my experience. I am being vulnerable in this letter. I have worked hard to share it with you. It takes a lot of courage to share it with you. My hope is that through this process, you will have a better understanding of my experience. Are you willing to listen to my story? (Warning: It's a bit long. You may have heard some of this before, but I wanted to share it all in one place.)

I want to talk about the experience of sexual abuse that occurred when you were 12 years old. All of my tears at the disclosure were from this incident and getting triggered due to what happened to [REDACTED] in our home. I hope you know me well enough to know that if I had been your mom, foster mom, teacher, or youth leader, I would have called up an army to protect you and to show you that that behavior was wrong. I know that no one protected you or helped you to heal, and I'm sorry that happened to you.

I have approached this rather analytically as I have been trying to understand your "why." I have been able to compartmentalize you and recognize

that you have always been very mature when it comes to responsibility and intellect but more like an adolescent regarding emotions in n in and your sexuality. On the Therapy and Theology podcast they say that we tend to get stuck at the age when our trauma happens. I am trying to be curious, not furious (to quote Jim Cress), and wondering if you got stuck at 12 sexually and emotionally because of what happened to you and not having the support to process it. I have great compassion for that 12-year-old but also recognize that no 12-year-old is ready to be a husband.

I've learned that a wife knows when something is wrong, but she may not know what. Sometimes she can just tell that "He's just not that into you."

I want to go back to the time of your divorce, which is the first time that I was deceived. In March of 1999, I came here on a mission trip and stayed at your house shortly after [REDACTED] had left. [REDACTED]'s family and friends at church were extremely upset that she had left you, so I viewed you as the victim. There were many empty areas in the house where she had taken things, and she came and took more while we were there during the day and you were at work. The night we arrived, I will always remember you sitting in the kitchen making a grocery list. I felt so sorry for you. When I moved here in 2000, you were still presented to me by [REDACTED]'s family and the church as the victim of the divorce and as a wonderful father and person (with the implication that you had been a good husband in your sobriety). It was giving "poor Phil" vibes.

In light of the information that I have now, I think, "Poor [REDACTED]." I know that she was not blameless, but I believe that your addiction led to the end of your marriage to her and that it was not just you losing your job. [REDACTED]'s sister told me that [REDACTED] never complained about you losing your job and the family having to live off her tips. All of her complaints had to do with you not giving her enough attention. I saw an email where she said, "When was the last time you saw Phil being physical with me?" Both of these details make sense in light of the behavior you disclosed. [REDACTED] knew something was wrong, but I don't think she knew what. Her family said, "What more do you want in a man?" and the church thought you shit ice cream. In essence, they were unintentionally gaslighting her and telling her that she was crazy, but she wasn't crazy. Something

was very wrong, and in some way she knew it. It feels very needy and embarrassing to say, "I need more attention," and more concrete and legitimate to say, "I can't forgive you for putting our family in financial jeopardy." I wonder if not thinking your sexual behavior led to the end of your marriage caused you to not work as hard on addressing it sooner.

The gaslighting of [REDACTED] led to the deceiving of me. All I ever heard about was what a wonderful man and father you were and how devastated you were by your divorce. A male friend said once, "If I was a woman, I'd marry that man." I have no knowledge of you ever correcting the narrative to be more fair and accurate. I chose to date you based in part on the glowing recommendations from everyone who knew you. When we started dating and I realized how little self-control or morals you had, I wanted to tell them, "You know, he actually doesn't walk on water."

When I was staying at your house during September of 2000, I remember walking through the living room while you were having a flirtatious conversation on Web TV. I am not surprised to learn of your behavior during this time and find myself wondering if your kids were aware of it due to the TV being in the living room. Right after we were married and we were packing up the house, I found a journal from that time period in which you wrote something like, "Grateful for 24 hours of celibacy. Praying for the strength to end the relationships [plural!] that need to end." I was shaken, but we were already married, so I pushed it out of my mind. I never trusted you throughout our marriage, perhaps because of this. I kept asking God to reveal what you were doing or had done at the right time.

I remember at least one incident from when we were dating where I think you wanted me to have phone sex. I actually think I would have enjoyed phone sex with you, but masturbation was very stigmatized in my background. I realize now that you were just continuing a pattern with me that you had started with other people.

After an incident at my apartment in which we came close to having sex, I disclosed to you that I was a virgin. That seemed to temporarily get your attention, and you seemed to take it very seriously. At some point during that time period, you started to vaguely disclose that you had a history with a certain

sin. You were working through the AA step that involved making amends to the people you harmed, and you went to confession with a priest. I have an email where you stated, "I was a very dangerous person to be around, especially when we were alone." You didn't need to draw me a picture. I remember sitting on the beach talking about this, and I believe in that moment you were genuinely humble, remorseful, and sincere. I am still in love with the guy who was on that beach.

I have regrets from that time period. I should have asked for more details, specifically, "Did you cheat on your wife?" I think that at that time you were in a season of honesty. Although you may have minimized it, I think I would have gotten some truth out of you. Although I would like to think that you would have gotten help if I had pushed for it, I know in reality that we did not know about the resources that are now available, and many of them did not exist yet. I am choosing not to beat myself up for not pursuing this because of one thing I know-when a 42-year-old man needs help with his sex addiction, a 24-year-old woman who is in love with him is not the person who can help him. One thing I have to forgive you for is not being transparent with anyone in your faith community who may have been able to walk through some sort of recovery with you. The only thing I may have been able to do differently was recognize that your sexual ethic was not in line with my values, that the number of sexual partners you had to compare me to was going to be a huge cause of insecurity, and that this was not a relationship that was in my best interest.

I dabbled in purity culture in middle school and went through Josh McDowell's Why Wait program. A huge reason given for waiting for marriage to have sex is so that you will not have other sexual partners to compare your spouse to. I have heard this reinforced by sex addiction recovery experts on podcasts, that it can be hard not to think of other people while having sex with your spouse. I think that this is probably the hardest thing that I am struggling with right now. What happened while you were married to [REDACTED] was not new information during the disclosure due to the conversations I just mentioned, but I now know the extent of the problem. There are now multiple towns and types of locations that I will now associate with you having passionate sex with other women. For example, I wonder if you tend to seem hornier when we are in a hotel due to a

mental association you have with a past experience or if it is just because you don't have the privacy to watch porn or sext in a hotel room so you turn to me. I remember you telling me that you had a very intense dream in which you were at work and this sin started happening, and I wonder if you still have those dreams. I guess it just seems like you have had a good time being passionate with women who are not your wife in some way in every season of your life. (While I have almost wished I had asked for less detail about the season of your first marriage, I already knew enough to speculate wildly, so I think it was necessary.) I do find myself questioning why there was no physical cheating on me, but you passed your polygraph so I have to accept what you told me. I also believe the smart phone was a factor.

I used to find your charming personality attractive, but now I am disgusted by your refusal to stop turning on the charm around other women. You don't bring beer into the house because it might cause you to relapse with your sobriety with alcohol, but you continue to engage in the friendly behavior that led to your extramarital affairs. If you were to tell me that the flirtation that led to the affairs was worse, I believe you, but even that was probably preceded by the same friendliness and charm that I have witnessed. Here are a few examples from over the past few years:

- The email you sent to [REDACTED] saying you were looking forward to welcoming her to the south side, to which she responded, "You are the sweetest!" This was completely unnecessary and just a bid for female attention.
- I found pictures of the empty hallway that you sent to a female colleague who did hall duty with you while she was out on maternity leave. This was again completely unnecessary.
- At a hotel in Cleveland, you ignored the male employee at the front desk but told a female employee in the lobby to have a nice day.
- At Barcelo's you walked up to a woman sitting at another table who was paying no attention to you and told her to have a good day.
- You asked the attractive CFC employee how her day was going.

- You asked the female parking attendant how her day was going when you were dropping me off for surgery this summer.
- At a funeral, you said nothing to the male funeral home employees in the hallway, but an attractive woman came out of the bathroom and you said something to her that I couldn't hear that made her light up even though she never looked at you.

It feels like you want to get yourself on females' radar screens. If a vulnerable woman is looking for someone to turn to for attention, she will be more likely to turn to the friendly guy than to the guy who only politely says "hello, goodbye, please, and thank you" when necessary. Knowing about your extramarital affairs makes me feel very validated in my opposition to this behavior. I have had male colleagues who were cranky and unfriendly with most women but kind and friendly with me. That made me feel special. When you are excessively friendly and charming with all women, it tells me that the attention you give to me does not make me special. I'm just another woman. Again, I feel that this behavior could lead to the same type of flirtation that led to your workplace affairs.

I did end up losing my virginity to you in September of 2002. To be fair, I did initiate. I remember you saying, "You are never getting rid of me now" and buying me roses. I felt that sex was the way to your heart. I now realize that there was nothing special about me that made you want to have sex with me, and I feel like just another one of your flings. You refused to regret having sex with me, which was flattering but also troubling from a moral standpoint. You were pretty needy and horny during that time, sometimes leaving your kids home alone to spend the night in my apartment. As our marriage evolved into us seeming more like friends and roommates than lovers most of the time, I would hear a little voice in the back of my mind reminding me of how horny you were when we were dating. It made me wonder if you were getting your needs met somewhere else. You always used your age as an excuse, which became a theme throughout all of your acting out whenever I would point out the decreased frequency of sex or you could not perform in the bedroom due to acting out a few hours before.

At some point, I was sleeping on the couch and woke up to see you watching porn on the computer that was in the living room at that time. I had watched porn

myself when I was pregnant, had a stronger sex drive than usual due to the testosterone in my body, and you were working, often opposite shifts from me. I knew nothing about porn addiction and honestly just pushed it to the back of my mind. I remember after the first D-day telling you, "Next time just watch porn and jerk off." I learned after that how harmful porn addiction was and how likely it was to escalate. However, I still feel that porn and masturbation alone (activities in which I have also engaged) are far less personal than the other betrayal that I have experienced because they lack the relational interaction that you appeared to be seeking in the cyber relationships. I have stopped beating myself up for not having more sex with you during this time period because I believe that your porn use was also a reason that we did not have more sex.

Now that I've learned more about all of this, I realize that for much of our marriage, I viewed you as the guy with no needs. You would help with the kids, the house, and finances while rarely asking for anything, including sex, in return. Based on your behavior when we were dating, I knew better deep down but pushed the knowledge aside. I now know that you did have needs but did not speak up about having them met and began looking to have them met elsewhere.

There is a picture in our den of us standing together in front of a waterfall in Utah in the summer of 2022. I posted it on Facebook on our anniversary that year with "Annie's Song" (the song you sang to me when you proposed) playing. Meanwhile, you were posting pictures of yourself solo trying to get other women to comment on them. I see a pastor of a local church repeatedly gushing over his wife (who, like me, is aging and getting a double chin) in his Facebook posts, and I grieve that my husband did not do that.

As you know, on October 24, 2022, I discovered over 400 pages of explicit messages between you and other "women." Each page had several threads, and each thread was an extended conversation. I can't imagine how much time and emotional energy went into those conversations while I had no clue. Some incidents began to make sense. Your addiction had escalated so much that if you had been using drugs or alcohol to that extent you would have been dead from an overdose.

Right before that, I had been extremely stressed out over a male student of mine threatening to put a bullet in my friend's granddaughter's head for rejecting him. Police found a bullet with her initials on it and guns in the home. I had spoken to you about it, but when I gave you an update on the situation, you acted like you did not know what I was talking about. I later realized that you were too consumed with your addiction to be there for me in that situation. Meanwhile, at work I had a male coworker speaking up for me, hugging me, and saying he loved me when I was crying about the situation. It made me feel that my alcoholic coworker was being there for me more than my husband.

I had a great time at the Mother Mother concert, but that memory is tainted by the knowledge that you were acting out while we were gone. I kept sending you pictures of the venue because you are the person I think of sharing things with, but you were thinking of someone else. I now realize that you "loved" the pictures I sent so quickly because you were already on your phone. It feels like you just wanted to get the notifications out of your way so you could go back to what you were doing. I also noticed that you often quickly granted our son's extra screen time requests when you were communicating with other "women" instead of questioning him about what he should be doing. It feels again like you just wanted to get the notifications off your screen so you could go back to communicating with the "women."

I remember at some point asking you about something suspicious and your response making zero sense. The trauma has hijacked me cognitively and I do not remember specifics.

The week you had COVID, you did not seem to be that sick but were not doing things you normally do, such as reading. That Friday was my birthday. When I took the rest of the day off after my infusion to spend with you, you did not seem enthused. I realize now that I was cramping your style. I later discovered that you had said, "I love you," to a profile called "██████" on my birthday. I cannot unsee this.

I would like to share other things that I cannot unsee or unhear and the impact that they have had on me.

You gushed over how attractive these women are and how into them you were. You almost never compliment my looks. Because of negative influences that I am working to counteract, this made me feel that you loved those women more than me and that they have more value than me.

You asked these women about their pubic hair. When they said they did not have any, you graphically described the oral sex that you wanted to have with them. This made me feel that you had been resenting my pubic hair for years and that I had to put great amounts of time, energy, and pain into removing mine to be worthy of you. Meanwhile, you never did anything to clean yourself up down there. This feels very unfair.

You went on and on about these women's orgasms. This made me feel that you have had a deprived sex life with me due to my inability to orgasm with you.

You sent voice memos to these women, speaking to them in a very loving voice. I cannot unhear that.

The relapse that occurred from September to December 2025 is actually more painful than what occurred in 2022. In 2022, I was ignoring you and content to be housemates. In 2025, I was doing my best to pursue emotional, spiritual, and physical intimacy with you. Furthermore, you had seen the carnage after the 2022 D-day and knew how much it hurt me. I also know now that you were lying in weekly check-ins for three months. I don't know how to move forward in building trust since I now view check-ins as completely useless when you're dealing with someone who can lie so easily and repeatedly. In the one thread that I found, you were still gushing over how attractive the other woman was and saying that you dreamed about going out for cappuccino with her, something that we did frequently. You have ruined that date for me. There were also incidents during that time in which you could not perform sexually, weren't feeling well enough to have sex, or were overly understanding about me not feeling well enough to have sex. You used the age excuse at least once. Now it all makes sense, and I don't know if I will ever be able to buy the age excuse ever again.

I thought that the messages we received after your acting out in 2022 threatening to send nude pictures of you to everyone we know would have made

the behavior repugnant to you or at least made you be more careful, but I guess not.

I am also feeling overwhelmed with work and life right now, and I know I was last September also. I know that I was not able to give you the attention that you wanted, and I now realize that you dealt with that by turning to other women. I was sick and sleeping on the couch on my birthday last year, and after the disclosure I found myself wondering if you were acting out that night.

For in-person affairs, compartmentalization can explain the behavior. You take down the affair partner box when you're with her and the wife and family box when you're at home. This explanation does not help me to understand your ability to chat with other women when I was RIGHT THERE.

Since December 2025, I tried to somewhat follow Lysa Teurkerst's example of living apart from her husband for a year without trying to influence him to see what he would do. I was still in the house to actually see what you were doing, and sometimes I did influence you (usually when you complained about me not spending time with you or reconciling with you). Here is what I observed you choosing to do:

- You continued to help around the house.
- You continued to share meals with me.
- You continued to parent.
- You continued to manage our finances.
- You continued to go to church.
- You started attending a Pure Desire group (in response to an ultimatum from me).
- You continued attending a group with your Pure Desire group members.
- You started seeing a CSAT (in response to an ultimatum from me).
- You disclosed what had happened to SOME people.

I greatly appreciate these things. I would like to think you would have done better all along if you had the tools/skills to deal with your own emotions. However, you also wanted to do the following:

- You kept the same phone number. The fact that you have kept the same phone number makes me feel that you value Pokemon Go over our marriage. I

refuse to play the bad guy who takes away Pokemon Go from you. It seems that if you truly wanted to stop getting the messages from other women, you would have gotten a new phone number. The fact that you have kept the same phone number tells me that you haven't really wanted to stop doing what you were doing badly enough. I realize that a new phone number would not totally solve the problem, but keeping the number that is in some scammer's database guarantees that these texts will continue and is like bringing beer into the house or going to a bar. You have gone to great lengths to get solar panels, fix the solar panels, buy a new car, and more. I know that you would go to the trouble to get a new phone number if you really wanted to.

- You close your bedroom door. This is very triggering to me and makes me feel that you are hiding things from me because your phone is in there with you. (You left it open when the dog was alive.)

I have intrusive thoughts and memories of your past actions and anticipation of another slip or relapse. I question so many moments of our relationship, especially during the months of acting out, wondering whom you were thinking about or communicating with. Every other woman feels like a threat who could become your next fantasy or obsession. My crippling anxiety over this has made me tempted to isolate. I do not feel safe having you around other women.

This had the effect of learning that I am married to a 17-year-old boy, which caused me to revert to the 17-year-old me who wanted to die because she was not attractive enough. The difference is that you do not at all look like a 17-year-old boy, so it feels very unjust. Chat GPT: You seem completely comfortable with your physical flaws while making me feel deeply uncomfortable with mine. I have not pursued sexual relationships with younger, more attractive men, even though you have aged and are not as physically attractive as you once were. What makes this especially painful is that this happened just as I was beginning to age, gain weight, and develop a double chin.

I thought I had married a person of substance who valued a woman's intelligence and character. Instead, your behavior shifted my attention toward the superficial. I became hyperaware of your physical flaws, which is not how I

want to see you—or myself. I look at pictures of us from the time when you had already begun aging and I had not, and I feel angry. I think, *You should have felt lucky to be with me.* I even find myself wondering whether you are lusting after our son's female friends.

Lately, I have been more upset about you sending nude pictures of yourself than about you looking at pictures of these women. It makes me wonder what you were thinking—that all of these young, attractive women genuinely wanted to see you naked? Even thinking they want to see selfies of your face comes across as an enormous ego and a profound lack of judgment.

Our pastor once said, "Aging is when beauty on the inside replaces beauty on the outside," and went on to say that he thinks being beautiful on the inside makes someone beautiful on the outside. That is what I hoped for when I married an older man: a safe person with whom I could grow older, fatter, and grayer. I gave you that, but what I got in return was not what I signed up for. I have been left feeling that I need to work out and diet to compete with your younger sexual partners, while you apparently do not feel the same obligation to do that for me or for them.

The age difference complicates all of this, and I realize that my own understanding of aging is still a work in progress. I am trying to be curious rather than furious, as Jim Cress says. I know I associate youth with getting more attention from the opposite sex because of my own experience, although I did not have sex with all of those people. I wonder whether you have come to associate youth with having multiple sexual partners and have tried to recreate that feeling as a way of feeling young.

But this has made me realize that being young isn't necessarily the goal. I would rather we focus on becoming more mature, compassionate, and substantial than we were when we were young, rather than trying to recapture a time when we were more physically attractive. (You were very handsome on the outside when your older children were little, but I now realize that you were ugly on the inside.)

I used to wonder whether my discomfort when you acted like an old man while sexting young women was ageism. I don't think it is. I want to value older people and stop treating youth as inherently superior. But if I am going to view your aging positively, I need your behavior as an older man to reflect greater maturity. I want to challenge you to make the 70-year-old version of yourself someone who makes being married to an older man feel worthwhile.

The sexual interactions themselves also made me question your judgment. A friend pointed out that these women could presumably have their choice of men and would be unlikely to pursue a genuine sexual relationship online with a man in his sixties. I have also had enough conversations with women to know that most of us are not sexually interested in seeing men's nude pictures, even from men we find attractive. If someone is actively soliciting them, that should at least raise questions about her motives.

Your failure to investigate any of this seriously diminished my respect for your judgment and competence. I struggle with the fact that you genuinely believed you were having sexual relationships with numerous young, attractive women.

Think back to the 25-year-old you. Would he have wanted naked pictures of 67-year-old women? There is a reason this kind of online exploitation targets older people. And ironically, this behavior did not make you seem younger to me—it made you seem older, naïve, and vulnerable. At times, I have even wondered whether I need to tell Jarrod and Rachael that their father is losing his judgment.

Most of all, this has been profoundly off-putting. It is behavior that makes an older man seem creepy rather than attractive. To put it in perspective, imagine Mike Mullen sending naked pictures of himself to Avery. You would think it was gross. (End of ChatGPT)

Then I discovered that you had sent money to some of these accounts, which turned this into a financial betrayal as well. As I learned about romance scams, I

began noticing things you apparently hadn't: one account seemed to contain pictures of three different women; some of the pictures weren't selfies, raising obvious questions about who took them; and many of the followers appeared to be older men who might be particularly susceptible to flattery.

This experience affected me cognitively. In 2022, I was juggling foster care and a challenging work load teaching middle school, and adding this to the mix caused my brain to go into freeze mode more than once. Since the disclosure, my brain has been mush.

I have been struck by the hypocrisy of criticizing our foster son for not handling stranger danger appropriately. No, he did not have appropriate boundaries with strangers, but he was a young child with autism who had never been taught any social skills. He also only talked to strangers, and they were at least real people. You were an adult with a professional job AS A TEACHER, and yet you sent nude photos and money to strangers without even knowing who exactly was on the receiving end. I have to take responsibility for being so hard on him and so easy on you.

I am also struck by the hypocrisy of criticizing [REDACTED] for his attention-seeking behavior. While he seeks it in a different way than you do, you are constantly seeking attention from women in some way, whether it's by being charming to women you see out in public who are paying no attention to you or pursuing digital conversations with total strangers. I really don't want to hear another criticism of him. He's not my favorite person, but he at least spends his time serving at church, which is better than what you have been doing.

Overall we have both had a critical spirit toward people at church considering what we both need to work on in our own lives. We criticize anyone who disagrees with us politically, and we turn up our nose at church activities. There is something going on at church every day/night of the week except Saturday, and while it might not all be our cup of tea, it's better than the way you have spent your time.

I frequently neglected both kids to focus on learning about sex addiction, recovery, and how to heal our marriage. I was listening to podcasts, reading books,

and attending groups. I probably should have been doing all of that for parenting a teenager, foster parenting, and raising a child with autism. It was like I had a third child to raise. I appreciate all of your help around the house. I truly do. But what I really needed was for you to be responsible with my heart and with your own sexuality so I could focus on the kids without worrying about what you were doing. I learned from the Betrayal Healing Conference that helping with housework addresses a division of labor problem but does nothing to heal an infidelity problem.

I believe that I developed a trauma bond with you in 2022. After you hurt me, I was willing to do anything for you even though I know that doesn't make any sense. This basically rewarded you for hurting me. I somehow projected most of my animosity toward our foster son that should have gone toward you. I ultimately turned my back on him and on foster care because that was what you wanted. (I take responsibility for my personality conflict with him that probably would have happened no matter what.)

I feel extremely triggered when I see you on your phone. I know that there have been times when I have driven by you when you were walking and you did not see me because you were chatting with a woman on your phone. Now whenever I drive by and you don't see me because you are on your phone, I wonder if that is the reason. I also feel triggered when you take a bath even when you leave your phone outside the bathroom because I know that you would say you were taking a bath sometimes when you were acting out.

I would like to point out that even after I was back in bed with you 60 days after D-day in 2022, you still gave me grief for mentioning that it takes couples 2-4 years to recover and accused me of intentionally taking 4 years. This was extremely hurtful and unfair, especially in light of the fact that just over three years later you were hurting me again, and you only stopped because you got caught.

The July relapse while I was out of the country was a huge step back, but the fact that you disclosed it when I got back was a huge step forward. Please just keep in mind that this was just two short months ago and that I may need to travel frequently this year.

When you talk about how upset you are that I'm spending time with other people and not with you, I feel that you think that you're the victim when you're the one who caused the problem. You're feeling sorry for yourself, and you're not seeing my pain.

I refuse to give up ministry to stay home and babysit you, but I also refuse to be out and about doing ministry while wondering what you're doing at home and whom you're talking to. You will have to figure out what you are going to do about this.

If I were to walk away, it would be a loss. The two became one, and I would be losing a part of myself. You are extremely helpful, and I would miss that. There are also places I would like to visit with you that would grieve me if I had to visit alone.

However, I would also never have to worry about measuring up to hot young women or any of your other sexual partners ever again. I wouldn't have to worry about my aging, my weight, my personal grooming, my appearance, or my sexual performance ever again. If we stay together, I may always have to struggle with these issues even though I will be married to an older man. When I am your age, I will be married to an 85-year-old man. I do not feel seen by you, but I am also afraid to be seen because I don't measure up to your other partners. It's really hard to think that it takes a 12-step program, expensive therapy, and multiple phone apps to get you to stay faithful to your wife. Sue is helping me learn to be okay with myself whether or not you think I'm the best lover in the world.

We are so far from God's design for marriage, and I don't know if we will be able to find our way to that or not. Sex feels to me like a performance in a competition, NOT intimacy. To an extent, it always has, and I think that has affected my ability to experience pleasure. This is really hard, and I don't know how to fix it.

Before I make my requests to you, I am going to remind you of what I have done to work on this with you. I have been willing to spend great amounts of money on therapy for both of us. I did not correct you when you were talking about being "committed" at a 4th of July party. I have been very strong and have continued to show you grace and compassion.

In order for me to feel safe I request that you:

- Do some soul-searching, and ask yourself if deep down you might want to get out of this relationship. If we divorced, you could either indulge in as much cybersex as you want without worrying about getting caught, or you could move on in sobriety to find a woman closer to your age who might feel more comfortable with your family. Ask yourself if you would pursue a 49-year-old woman with a double chin if you weren't already married to her. Review the other items on this list. If you aren't willing to do them, PLEASE tell me so that we can both move on. Also ask yourself, "Why be married?" You seem to love new-relationship excitement. You cannot have both that and a committed marriage. You have to choose one or the other.
- Be a good role model for our son. Make sure he knows that I am not the reason that we are "having problems." Tell him about the havoc that sexual misconduct wreaks on a person's life.
- Think about how you want your son-in-law to treat your daughter. How would you feel if he did this to her?
- Consume a steady diet of education on romance scams (a.k.a. catfishing) by reading one article or listening to one podcast per week and sharing with me and your counselor one thing you have learned and how it applies to your situation. Although you claim to realize that a romance scammer is probably on the other end, your initial Pavlovian reaction to getting flirtatious texts is to picture an attractive woman who wants you on the other end, not a guy sitting at a computer in Nigeria. I would like to change this. You called them "women" during the disclosure, so I feel that you still think you were exchanging messages and pictures with a beautiful young woman. You also need to learn how many of these women may have been trafficked and forced to pose for pictures against their will. Do I have permission to send you an article?
- Change the narrative with everyone who knows what happened and tell them that you fell victim to romance scammers as that narrative is more fair to me. I will not stand for the narrative that my husband was having relationships with young, attractive women. Also, everyone is targeted by

romance scammers at some point, so you are doing a good deed by raising awareness.

- Continue with a CSAT for a while longer and then continue seeing your other counselor. I know that this is a financial burden, but this is a consequence of your actions.
- Attend 12-step meetings and get a sponsor.
- Delete WhatsApp.
- Do not rush me or express frustration with the fact that I am not ready to reconcile yet. I am not basing my decision on my emotions as they are not trustworthy. My ambivalence has been out of control for the past 9 months with simultaneous strong positive and negative feelings toward you. I am waiting for God to show me what to do. It takes 3-5 years of grieving after the loss of a spouse, and this has been a huge loss of what I thought my marriage was. Belittling me for taking too long or accusing me of intentionally waiting 5 years will not influence me to stay with you. It is ludicrous after all of the lying to think that you can just say, "I'm not doing that anymore," and everything will be okay.
- Do not talk to people at parties about being "committed" to the relationship when you clearly have not been.
- Roll up the welcome mat with other women. I do not want to see you saying anything other than "hello, goodbye, please, and thank you" to women unless it is absolutely necessary. You have to choose between other women thinking that you are charming (or even approachable) or me thinking that you are trustworthy.
- Stop watching TV shows or movies with infidelity or sex. These are very triggering to me, and I'm afraid they remind you of how enjoyable your workplace affairs were. I think of the many times we watched affairs unfold on a TV show making it look very exciting and appealing.
- Communicate your feelings and needs, especially for validation and attention.
- On the flip side, work on learning to live with less validation and attention, at least for your attractiveness, as you age. I cannot give you what you are seeking in this area. Find your adequacy in your identity as a child of God.

You need to learn to be okay with yourself without being wanted by young women or pleasing your boss.

- If helping around the house or depriving yourself in any way makes you feel entitled to give yourself a treat by acting out, please speak up and don't be a martyr.

For me these are boundaries that, if violated, will cause me to reconsider if I can continue to work on this relationship.

IF we stay together, my vision for the future would involve helping other people who have similar struggles. If we are not going to do that, it is not worth fighting through the pain that you have caused.

I long to never have to worry about you and your other sexual partners ever again. I long to never worry about being attractive enough ever again. I don't know if this is possible if I stay in this marriage. It would take a miracle from God.

I long for you to find healthy ways to deal with your emotions. I long for you to have what Jim Cress calls the definition of mental health: a commitment to reality at all costs. I long for you to get a text from a "woman" and immediately realize that it is textbook catfishing. I long for being faithful to your wife to not take so much work and effort and to be something that you naturally want to do. I want hurting me to be something that is repulsive to you.

More than anything, I long for you to find a sense of purpose, to use your gifts and talents, and to get healthy dopamine from that. I long for you to have a sense of identity based on God setting you apart before you were born so that you don't need to keep seeking validation from women and employers.

On your own time, I would like you to read the words of the song "Vampire" (the clean version) by Olivia Rodrigo (provided below) and listen to the song. This has been an anthem for me since the D day on December 5, 2025. I have highlighted the words that specifically apply to you in which she puts it so much better than I can.

Thank you for listening. I am hoping that you will respond to me with a Restitution Letter in a therapeutic setting within a month or two if you want to continue with this relationship.

Vampire

Hate to give the satisfaction asking how you're doing now
How's the castle built off people you pretend to care about?
Just what you wanted
Look at you, cool guy, you got it
I see the parties and the diamonds sometimes when I close my eyes
Six months of torture you sold as some forbidden paradise
I loved you truly
You gotta laugh at the stupidity

[Chorus]

'Cause I've made some real big mistakes
But you make the worst one look fine
I should've known it was strange
You only come out at night
I used to think I was smart
But you made me look so naive
The way you sold me for parts
As you sunk your teeth into me, oh
Bloodsucker, dream crusher
Bleedin' me dry like a damn vampire

And every girl I ever talked to told me you were bad, bad news
You called them crazy, God, I hate the way I called 'em crazy too
You're so convincing
How do you lie without flinching?
(How do you lie? How do you lie? How do you lie?)
Oh, what a mesmerizing, paralyzing, tragic little thrill
Can't figure out just how you do it and God knows I never will
Went for me and not her (Ina)
'Cause girls your age know better

[Bridge]

You said it was true love, but wouldn't that be hard?

You can't love anyone 'cause that could mean you had a heart

I tried to help you out, now I know that I can't

'Cause how you think's the kind of thing I'll never understand