



"Post Separation Abuse, Betrayal & Abandonment, What Type Of Man?"

by Loren Keeling

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FREE CHAPTER

A double life, how and why? (It's like Goodnight Sweetheart)

I had written a very long email to Phillip, because I felt unable to speak with him when he was here in Spain with me. Mostly because I knew that he would react angrily towards me, he did not like to be reminded of his disrespectful behaviour.

In his "Dear Loren" letter.

He accuses me of not wanting to discuss things face-to-face, yet time after time he has shown me that he is unable to discuss anything meaningful face-to-face. Why? Mainly because he flies into a rage, says hurtful things, and I end up crying and upset. So after my failed attempts to talk to him, I received a very long letter by email. It read:-

Dear Loren,

Yesterday, I had a very long day. Didn't sleep well the night before. Still got this chesty cough. I talked to you on the way to work, as best I could. I talked to you on my way home, a call which you terminated. I stopped on the way home to eat because I needed to get out of the car and walkabout. When I got home I let you know I was safe and then I crashed out. My phone was on do not disturb as it always is when I go to bed.

Then when I check my phone in the morning I get an avalanche of text messages and missed calls. I know you are upset and hurt, but I need you just for a moment to try and think about how I would react. We have had ample opportunity to talk about the situation, and you have

chosen not to. You also chose not to ask questions and said that you would rather not know. That was an agreement we made, and after that things settled down and we got along fine. Your view of this was if you can't cope with thinking about Katrina and me, then you don't think about it. Distract yourself.

You have known me for a long time. It is obvious to anyone who knows me, and I make no secret about my need for freedom and independence. I can't abide being controlled or manipulated.

(I can't for the life of me see how he would be controlled or manipulated. Plus we did not make any agreement)

Email continues...

Your sudden appearance at my house (despite what you say this has not been your home for 2 years) was not only a shock, it felt like an infringement of my privacy. OK, I understand the various reasons why you did it. Up until you kicked off again I thought perhaps it was a good thing that we spent so much time together as you have seemed to settle down. But inside I am still annoyed about it.

Never do this again Loren.

Then, when I am again preoccupied with work, you send me a long email with an itemised list of things you want me to agree to.

(Perhaps, I am trying to set some boundaries after he caused me so much pain and hurt. Maximum damage, Maximum hurt)

Email continues...

After we have had weeks to discuss this face-to-face. How did you think I would react? Don't get me wrong, these are important things to discuss but would have been best done face to face. I am writing this now because I want you to be able to listen to what I am saying – but I can't check for your understanding.

I am still thinking about your list of things and I will get round to responding. But I am still concerned that you have decided you want to know the detailed truth 'rather than live a lie'. I really don't think this is best for you.

Best done face to face. Yeah, like his come and sit next to me on the sofa, face to face confession. Yet, unable to have any real meaningful face-to-face discussions. This next phrase appears from time to time in his communications and also in his phone conversations!

"I am writing this now because I want you to be able to listen to what I am saying – but I can't check for your understanding."

Email continues...

The couple of weeks we were together at Las Zinas we were barely separated.

But we got on OK, didn't we? Just as we did that first week at Christmas. When I am in Spain, everything is OK, we get on with being together and Katrina is not an issue. I do not phone her when I am with you. It's just me and you.

You and Katrina live in two separate worlds. I move between them.

So our situation is more like the Goodnight Sweetheart programme than a polygamous household where all the wives and children live under the same roof and have to cope with all the in your face competition and jealousy that creates.

And yet many (and not only Muslim and Mormon) families cope with this. (personally, I can't imagine anything worse than having 2 or more mothers-in-law). Also, our situation is not a polyamory 'threesome' where we all sleep together, although, unlike the Mother-in-law that sounds like it could be fun.

Equally it is not as if I was shagging my secretary after work then coming home to sleep with my wife with lipstick on my collar. A relationship which 'the community' know is going on behind your back. This type of affair is so widespread it ought to be considered normal. It happens in more relationships than not – as we both know.

How do the betrayed wives cope with this? I can only speak for what I have seen – which is they pretend it isn't happening and hope it will go away. Although it often doesn't – it can last for decades, my own mother and my uncle Sid are just two examples. I can think of other ones that I will not tell you about because you know the people involved. I am sure you know examples of your own.

Yes, I do know of examples, but quite often the betrayed wives or partners do not cope with this. Why? They bottle up the situation, they do not seek help, and they start abusing alcohol, food, or even medications as a way to cope with or forget the trauma and the hurt. They can bottle up stress, anger and resentment and that can lead to all manner of things. Including physical illnesses, like cancer, heart disease, and many other mental health issues. It is well documented. Not to mention the crimes that may be committed when one party is taken by jealousy and in a fit of rage murders the other party.

Email continues..

It seemed to me that you had accepted this situation, not liked it, but accepted it was happening. And yet I am now getting these emails, panicky messages and phone calls.

When we are together everything can be as normal. You are safe and secure in Las Zinas, you have plenty of money/work issues of your own to resolve, but buying food and diesel, and paying all the bills are not part of it. Until I am able to retire we can't be together all the time. That's just the way it has turned out.

Mainly, it turned out this way because he did not want to make a commitment to me. He would not listen to any other solutions of how he could work from Spain and have his UK house rented out, reducing his overheads and providing him with a monthly income. Allowing him to spend more time enjoying himself, going diving, swimming

in the pool, and living in the retirement home we were meant to be sharing.

Email continues...

When I am in England I have to work some of the time. When I am not working, I want to spend some time with Katrina. This isn't in your face. You would not even know about it had I not decided to tell you. It isn't affecting our relationship in any material / physical way. For example none of your friends in Spain can see it going on.

All I am asking is that you give me the space and freedom to be with Katrina sometimes. Cope with it by distracting yourself. Don't fret about it. Try to keep it in perspective – yes it is 'infidelity'. But I can't imagine a less harmful or intrusive type of infidelity. You might think this is a big ask – and emotionally I suppose it may be. But then, your end of the bargain ain't so shabby.

Then I am seeing Katrina this weekend. This means that I won't be calling you on the phone. This will give you plenty of time to read this. Try to put things in perspective and come out feeling positive. Count your blessings, please. Just give me a little space for 48 hours. I will talk to you Sunday evening.

DFILY x

So he tells me, my end of the bargain ain't so shabby. Apart from the panic attacks, the anxiety, the feelings of being trapped, not knowing what to do, spending a lot of my time here on my own. I started to take risks, I would go out when he was not here with me. Going out usually means going to the local bar. The local bar means having a drink or two.

Monday evenings - Quiz Night

Tuesday - Intercambio & learning Spanish

Wednesday evenings - Darts

Thursday - Intercambio & learning Spanish

Friday - 6 O'clock club then maybe the 8 O'clock club So, yes most nights I tried to get out of the house and do something which also involved drinking beer or wine.

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Blogger, digital creator and author of her first non-fiction book.

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