

#MENTOO

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Never in a million years did I believe I could become a member of the #METOO movement, but, even as a man, it's possible. One could actually argue that it's easier for a man, than it is for a woman, to have their claims of abuse dismissed as nothing but lies.

Case in point, I spent five years in a Mentally & Emotionally abusive relationship with my now ex-wife. Then, over the last 2 years of that relationship, she added the Physicality abusive aspect.

But, I was tough. I bit my tongue. I refused to reveal to the world, or my family, what I was going through because I didn't want to tarnish her reputation &, I could deal with it.

Until, of course, I could deal with it no longer. & then I tried to kill myself, &, guess what, though it was 100% her actions that had driven me to attempt suicide, she was able to manipulate the situation & make herself out as the victim. I'm in the hospital bed, near death, & she's the victim.

Fast forward, & shortly after surviving my head injury (TBI), the suicide attempt (I'm now seeing & hearing things, & paranoid that I'm being prosecuted by all those around me), & I snapped & tried to kill her and to the surprise of only me, when I tried to explain that:

One, I was out of my freaking mind when that had happened, and

Two, I'd been the victim of her abuse for no less than 5 years.

My claims were summarily dismissed by my family, & the Courts as nothing but fanciful lies crafted by a homicidal maniac that deserved to go to prison for the rest of my life, To same in my family's credit, they just didn't/don't believe me.

& then, the shoe dropped: #METOO. I was officially a member. Interestingly, I didn't/don't feel like celebrating.

Twelve years later, and not much has changed. Recently I asked a family member about my children. Initially, I received no response, so I asked why the response, though well meaning, was in fact a confirmation of everything I'd believed.

See, they told me, in so many words, that because my children were in the custody of my ex-wife, that they didn't feel comfortable with telling me too much about them, at least not without her permission.

Now, one might say, that's reasonable. Which, I'd agree, if, however, you believed I was the criminal, and not the original victim. If, you didn't believe anything I've told you, then yes, 100% reasonable.

See, my ex-wife attempted to kidnap our children & run off with different men, which eventually pushed me to attempt suicide. Then, when I'd finally had enough & tried to leave, she used the system against me & screamed He Hit Me; after assaulting me and guess what, because I'm a man, I was the one arrested, with her laughing as they took me away.

And so, I explain all of these things, and so much more, to my family, with police reports, medical reports, & accounts from family members to substantiate what I claimed & yet, they still don't believe me.

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To be sure, today, in 2026, it's all water under the bridge, but, I'm writing this essay because there are men out there, men like me, whom also are victims of domestic abuse. Sure, many of us can handle ourselves physically, but physical abuse is only one aspect.

It was the Emotional & Mental abuse that pushed me to try to commit suicide. It was. her ability to lie so smoothly that turned everyone I've ever Loved against me, or at least to change their views of me. I spent over 30 years as someone that did everything humanly possible to avoid conflict, & yet, my ex-wife easily convinced the people that have known me since birth, that secretly, I was an abusive man.

But, today, I know better. 90% of the people that read this essay won't believe a word of it. They'll dismiss it, like most have, but, for the few that do believe me, that won't just dismiss what I say, just know, women aren't the only victims of domestic violence.

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PBSP!