

Scot McKay (00:00.27)

You're listening to Snippets from the Summit with your host, Scot McKay.

All right, gentlemen, I'm Scot McKay, and you're listening to yet another Snippet from the Summit as part of The Mountain Top Podcast from X & Y Communications. You're hearing a lot about so-called divorce glow-ups nowadays, but why now? And why so often? Is it just another internet meme or what? Well, it's something that particularly women are doing. What's the deal? Well, they're showing memes of themselves.

Happier, healthier, and well, ostensibly better off because they got divorced. Well, all right, fair enough. Women are gonna do this sort of thing, but I find this particular trend specifically somewhat disturbing. And I'll tell you why. But first of all, let's go ahead and acknowledge there's probably something good about this. There's a public proclamation of one's intent to be okay, as it were.

after a divorce. That can be cathartic, liberating, and it feels good for the soul, frankly. Also, you know, women in their yaya sisterhood girl power thing. Sure, I mean you know what? Women have loudly proclaimed having washed that man right out of their hair for ages now. And this is, yeah, you know what, kind of a different, more modern iteration of that. Well, there's also no disputing that hotter, healthier, and happier

Is a better state to be in post-divorce than uglier, sicker, and more miserable. Fair enough, right? But here's the thing that's important for guys on the positive side of the ledger there. A woman who is recently divorced and rolling out divorce glow-ups of herself online is absolutely positively single and ready to mingle, or at least apparently. Yeah, you know what? Don't be hearing I'm not ready to date from the glow-up chick, okay?

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If you hear that after a date with her, you know what? It's an excuse. It's probably more like her wanting to be nice and let you down easy, because there's just straight up flat out no way that a chick who is posting divorce glow ups isn't ready to get out there again and get some. That's legitimately good news for any guy who's had his eye on a recently divorced babe since the ink dried on her decree. But now let's turn to what's troubling about the divorce glow up thing. Well

At the least toxic level, is it yet another annoying case of TMI on social media? Yeah, sure, but you know what, you can look the other way. You can just keep scrolling. But at a slightly more toxic level, is it really overcompensation for that nagging pain that we're all going to feel after a divorce? I mean, there is no such thing as an easy divorce. No matter what divorce you go through, whether it's relatively pain free or

Or an excruciatingly painful, long drawn out, expensive one with lots of legal fees and fighting over the kids and you know lots of hurt feelings and perhaps wounded psyches for the long term. Can it ever really be considered honest and up front to perpetrate online as if you just got divorced and you know what? I'm great. This is fantastic. I don't know. I think it's hiding something. And you know, people love to produce their highlight reels online.

And camouflage what's hurting. I mean, you know, nobody's worse online than the person who tells you every little thing that's wrong in their life. But you know, that highlight reel isn't too healthy either. And this is absolutely a banner example of rolling a highlight reel that can appear on the surface to be kind of a head scratcher. Now, at an even deeper level, is this an attempt to either hide or deny that pain rather than just dealing with it in the grief stages that go with it?

I that's another great question. But the subtle message presented by the divorce glow-up is the most dangerous. If I'm better after the divorce, as I say I am, is that glorifying divorce? Well, some of you are probably already saying, well, McKay, you're overreacting. But am I? The problem here is that in society

there's increased evidence that we're cheapening marriage. There's more glib discussion of divorce.

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between even ostensibly happy couples, and more and more couples are actually carrying through with divorce, women especially, after getting these rave reviews that kind of go along with the divorce glow-up vibe from their BFFs about their own divorces. You know, the evidence keeps mounting, gentlemen, that estranging ourselves from others, even ending marriages with a cavalier sense of having simply quote unquote moved on.

Is getting more prevalent. I mean, we're just valuing relationships and so-called significant others less and less as time passes. And now this has devolved to the point where we're actually celebrating in public being divorced for everyone to see. Now listen, it's not like we should be shamed and banished into hiding for having had a divorce. You know, you do need to heal and move on.

But to loudly proclaim celebration in public over your divorce for everyone to see, that's that's a whole new level of societal devolution in my opinion. See, here's how things are kind of going nowadays in society, at least in Western culture. Decades now after human life itself was first cheapened by abortion, women started proclaiming public pride over having had abortions and

After Roe v. Wade was overturned a few years ago. Political hot potatoes aside, nowadays we have the severing of matrimonial bonds being celebrated by women who appear happier to be unhitched than they were about getting hitched in the first place. I don't know about you, but I see more glow-ups on Facebook nowadays than even engagement announcements. And that's troubling. Wanna talk about this or anything else?

scot@mountaintoppodcast.com. Be good out there. As always, visit mountaintoppodcast.com for more.