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Sheila married at first sight

PHOTO GALLERY Final Decision: Stayed Together Current status: DivorcedPhoto Credit: Karolina Wojtasik/Lifetime Sheila Downs and Nate Duhon appeared on Season 5 of Married at First Sight. The couple seemed to be a perfect fit, except when they had a couple of blow-out arguments. Sheila even changed her last name to Duhon during the show. Sheila and Nate decided to remain married at the end of the process, but Nate ultimately filed for divorce in November 2017. His split from Sheila was nasty, as Sheila accused him of cheating on her -- a claim which Nate whole-heartedly denied. In April 2020, Lifetime aired a Married at First Sight: Where Are They Now? special that provided updates on some of MAFS's former participants. In his Where Are They Now? update video, Nate said he was still living in Chicago and dating someone. "They call it The Windy City, but this is the coldest city I've ever lived in... I'm freezing," Nate said. "I am dating somebody right now, she's holding me down, I mean she's rock solid," he added. "Girl, I love you. She's holding me down, I love you." Sheila continues to live and work in the Chicago area and is reportedly in a relationship with a businessman named Terrell Wilson.ADVERTISEMENT Get more Reality TV World! Follow us on Twitter, like us on Facebook or add our RSS feed. Nate and Sheila smile while cuddled up together. Pic credit: Lifetime Married at First Sight couples are bound to face plenty of obstacles, but when families get too involved, it makes navigating a brand new marriage even more complicated. This was the case for MAFS Season 5 couple Nate and Sheila, who looked great on paper, but quickly became a toxic pairing thanks to their own issues and the difficult issues within their extended families. Nate and Sheila's marriage ends in a messy divorce Despite being very attracted to one another at the altar, Nate and Sheila had an uphill battle from the beginning. Sign up for our newsletter! Nate's mother strongly opposed her son marrying a stranger and wasn't ready for Nate to prioritize a woman other than herself. Nate felt his mother continually had negative energy, which forced Nate to confront his mother, reminding her that his wife has to be his new "queen" now. Both Nate and Sheila's families clashed at the wedding, with the couple's fathers having a bit of a tiff during the reception. Similar to Chris Williams' father at Chris and Paige's wedding on Season 12, Nate's dad began to make Sheila's family and wedding guests slightly uncomfortable. Sheila would later share that the disapproval she received from Nate's family exacerbated her deep rooted trust issues. The couple's issues began to rear their head as soon as the honeymoon. Sheila broke down often, expressing her worry that Nate didn't truly see her and wouldn't love her during the times when she was not easy to love. Over time, Sheila also became frustrated with production and appeared to be over the whole experiment. During their arguments, Nate and Sheila would throw jabs at each other that caused them to blow up and put up walls. Nate also took issue with Sheila having a male best friend and confronted her male best friend at a party. Unlike MAFS Season 12 alum Eric, Nate believed men and women could be friends, but he still didn't trust Sheila's best friend. While they had loads of family issues, a positive family element in their relationship was Nate's younger brother, who came to live with the couple. Nate was like a father figure to his little brother, and so it meant a lot to him when his little brother and Sheila bonded and naturally got along. As the experiment came to an end, the couple got to a point where they believed in the marriage again. Despite admitting that they both crossed boundaries and disrespected each other to a damaging extent, both Nate and Sheila said yes on Decision Day and agreed to stay married. The couple later got a divorce and went public with the messy details. Sheila shared that she received a call from a woman who was messing around with Nate, and allegedly the woman was someone Nate had been talking to even during his honeymoon with Sheila. Nate denies being involved in any infidelity and claims he had already moved out and filed for divorce before engaging with other women. Sheila retorted with an even more revealing public claim that Nate was a dishonest husband and that there were "other women" throughout their entire marriage and explained further how Nate had allegedly mistreated her and been unfaithful. Where are Nate and Sheila now? After being very outspoken about their divorce on social media, Sheila made her Instagram account private and is now more cautious about sharing her life with the world. It's not confirmed whether she's in a new relationship or not. On Twitter, she often tweets inspirational quotes and life lessons and appears to feel that the tough times in her life have only made her stronger. As for Nate, he did go public about dating his new girlfriend, Nastassja B., in 2018. Whether the two are officially still together or not isn't clear, but Nate does not appear to have many photos of Nastassja on his social media as of late. Since getting divorced, Nate appears to be dedicated to helping raise up the next generation of young successful Black men. He's also the CEO of the cocktail brand, DueyJuice, and recently celebrated his 30th birthday. In addition, Nate appears to enjoy sharing photos of his fun moments with friends and family. Married at First Sight returns Wednesday, July 21 at 8/7c on Lifetime. Nate Duhon and Sheila Downs have split. The Married at First Sight couple, who met and married on season 5 of the Lifetime reality series, is calling it quits on their marriage. Get push notifications with news, features and more. + Follow On Sunday, Duhon — a business manager — took to Twitter to release a statement about the couple's relationship status, revealing that he had filed for divorced from Downs — a director of operations for a local school district in Chicago — and denied any cheating allegations. "Already filed for divorce. This was known by both parties, my lawyer, and the lawyer for the show. The reason that led me to file for divorce from Ms. Downs was thoroughly understood by all parties as well," he wrote. "Infidelity was not a reason, nor did I ever admit such a thing. Thank you to those of you who have shown support throughout this tough time." Shortly after Duhon shared his statement on social media Sunday, Downs released her own side of the story in a lengthy and candid Instagram post. "I see that instead of finally operating in integrity, [Nate] chose to continue to lie. My husband & I had problems. Yes. He was dishonest and there were women throughout our ENTIRE marriage. Admittedly, I didn't know how to handle that; and as you saw on the show, I handled it poorly at times. I'm not proud of that, but I am extremely proud of the woman who acknowledges that and has made a conscious effort to change the things I didn't like. When I got married, I meant FOREVER," Downs wrote. "I unfortunately was the only one. If you watch the show back, my meltdown on the balcony was because Nathan said that he wanted a divorce. That was the first of probably 40+ times. And then came the women and the nights he would ignore my calls, block my number, engage in illicit activities, or not come home at all. On the cruise, we were intimate. We admittedly had problems, but I was fighting for my marriage only to have a woman who had reached out to me before call me AGAIN with receipts.. Now had my husband already begun living a single life?? Absolutely!" she continued. "But he had never stopped... and unlike him, a covenant with God wasn't as easily broken as taking off my wedding ring and bedding others... Again, perhaps he would've fought harder for the marriage if he hadn't already moved on. We'll never know, but he will have to see God for that. And I can proudly say that even on our worst day, I honored my vows and loved my husband and I would have until he showed me without a shadow of a doubt that I was in this alone. His infidelity and abandonment of the marriage released me. And although I'm not excited about the impending divorce, I am proud of this woman who knows what she deserves and a God who has shown me the true definition of unconditional love," she concluded. She also took to Twitter, where she said, "It's really pathetic how far Nate is going to try to save face. I'm many things, but I am NOT a liar. I stayed in my marriage BC of my COVENANT WITH GOD. Nate cried & told me he wasn't ready & I deserved better almost a year ago. I should've let him go then. & for real the worst thing you can say is that we had 4 counselors?? That is correct we went to 1 ONCE who just wasn't a fit, I was a hardcore fan of the show (kinda a problem), one was nice as can be but a space cadet, & then we found the one! Neesext!!" Duhon's initial statement comes weeks after Downs alleged on Twitter that her husband had been unfaithful to her. "Just got a call from the woman who's been sleeping with my husband...the same woman who he called on the honeymoon," she tweeted Nov. 5 and followed it with, "I am so done. I honored my covenant with God. God said adultery is means for divorce." "I'm hoping for the best, but I also understand there's been a lot that's been going on, and the whole process is extremely stressful," he said on the series. "I've learned I have a whole lot of patience, but I have to still learn how to completely be a husband. I'm starting to have second thoughts about being married to Sheila." At the time, Downs revealed she would be "devastated" to hear Duhon say he wants a divorce. "I want a best friend and to hold somebody's hand and take the journey through life together," she said on the finale. We've detected that JavaScript is disabled in this browser. Please enable JavaScript or switch to a supported browser to continue using twitter.com. You can see a list of supported browsers in our Help Center. Help Center "Married at First Sight" ends with couples making a choice to stay married or get divorced. The show checks in with the husbands and wives after six months or so in the reunion special, but some couples split several months after the cameras leave. These divorces happened after the reunion special.Nate Duhon and Sheila Downs — Nate announced Sunday night that he had filed for divorce from his wife, Sheila, in October, and it might be the messiest "Married at First Sight" divorce yet.The couple had plenty of issues on the show. They got into fights all the time, and their arguments would get heated quickly. However, the biggest drama happened this fall. Earlier this month, Sheila tweeted that he was cheating on her. "Just got a call from the woman who's been sleeping with my husband...the same woman who he called on the honeymoon," she wrote.When Nate made the announcement, he didn't give a reason, but he addressed rumors of cheating. "Infidelity was not a reason nor did I admit to such a thing," he wrote on Twitter.Sheila clapped back at his note and said she was not lying about him cheating.Sheila then wrote a longer message on Twitter. She accused him of lying and cheating and revealed that he often said he wanted a divorce during their fights. In a second message on Twitter, he wrote that he felt Sheila manipulated stories to make herself look better. He also said that this was the last he would say about the split publicly.Danielle DeGroot and Cody Knappek — This couple also met on "Married at First Sight" Season 5, but their split is a little more civil. The two never had much chemistry on the show, and it turns out that they're just better as friends."We value and respect marriage, but life is short and we also value happiness," Danielle wrote on Instagram in August. "While this was a difficult decision and divorce is not something either of us hoped for, we decided we will be happiest separating. Still got nothin' but love for @codyknappek!" Danielle and Cody were the first "Married at First Sight" Season 5 couple to divorce. Photo: Lifetime Nick Pendergrast and Sonia Granados — In March, Nick and Sonia revealed that they were getting divorced. The two had many issues during their time on "Married at First Sight" Season 4 (including a fight that caused Sonia to move out), but they remained married for nearly a year. Sonia and Nick divorced nearly a year after their wedding on "Married at First Sight" Season 4. Photo: Lifetime Tom Wilson and Lillian Vilchez — This "MAFS" Season 4 couple seemed solid throughout filming. While Tom and Lillian had different lifestyles — she liked security and structure while he preferred to go with the flow — the two had a mature relationship that seemed like it might last. Unfortunately, they announced their divorce after nearly 14 months of marriage."After much thought and reflection, and after being married for over a year, we have decided to file for a divorce," the couple said in a statement to Us Weekly. "This was not an easy decision for either of us because we do love each other very much but sometimes God has other plans. This is the route we have decided to take, and all we request is that you respect our privacy in this delicate matter." Lillian and Tom stayed married for over a year after meeting on "Married at First Sight" Season 4, but ultimately, they decided to divorce. Photo: Lifetime "Married at First Sight" Season 6 premieres Tuesday, Jan. 2 on Lifetime. After a year of marriage, Married at First Sight couple Sheila Downs and Nate Duhon have decided to call it quits. The former couple met at the altar during Season 5 of the hit Lifetime reality TV series, and they each took turns announcing their divorce on social media — with Sheila accusing Nate of cheating on her throughout their entire marriage. Although the couple had a ton of issues early on in their marriage — which played out during their season of MAFS — Sheila dropped a major hint about their inevitable divorce when she took to Twitter earlier this month to announced that a woman had come forward and revealed she had been having an affair with Nate. Wedding flow pic.twitter.com/w6HYt86Kzc — Nate Duhon (@Nate MAFS) September 15, 2017 "Just got a call from the woman who's been sleeping with my husband...the same woman who he called on the honeymoon," she tweeted, publicly shaming her estranged husband. But when fans pointed out that the mystery woman could have been making up lies just to drive the couple apart, Sheila replied, "He admitted it." Nate attempted to defend himself and he denied having an affair in a statement posted to Twitter. "Prior to any statements made about me, we were no longer living together and I already filed for divorce. This was known by both parties, my lawyer, and the lawyer for the show," he wrote. "The reason that led me to file for divorce from Ms. Downs was thoroughly understood by all parties as well. Infidelity was not a reason, nor did I ever admit such a thing." But Sheila hit back and posted a lengthy statement on Instagram, discrediting Nate and sharing candid details about what she claims really happened between them. "I see that instead of finally operating in integrity, [Nate] chose to continue to lie," she wrote. "My husband [and] I had problems. Yes. He was dishonest and there were women throughout our ENTIRE marriage."

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