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I lived there for over a decade so I'll answer.

The first 2-3 years are great because we are for the most part still in "vacation mode". The next 2 or 3 years are bearable as we get used to things. After that, when we finally see what things are really like and stop pretending all is well, for nearly all of us it is time to pack up and come home. We usually won't tell our American friends the real reason we are leaving. We make up stuff like "parental problems" or "visa problems" or other BS so as not to hurt their feelings. So of course our American friends will never know the truth as to why we leave - that life in the US is HARD, man, really HARD.

I am not including expatriates (those sent by their companies for temporary work assignment) or students, as both will have their expenses paid and will live rather carefree lives. I am talking about those that go to the US of their own volition.

Please see the below and the links given within.

Hidesato Sakakibara's answer to Why do Japanese people want to live in the USA?

We Japanese like to bitch and complain about Japan, but understand that for the most part we are very SPOILED as a people. Despite the image we portray, many of us are whiny, complaining spoiled brats. Also, thanks to our garbage mainstream media we only see the best of life abroad (in particular Western countries) and rarely the reality. Few really know what life in the US is really like until after we live there, but give us a few years and we find out and find out fast we do.

And out we go!

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